

Alexandria Gazette Packet

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JULY 3, 2025

Remembering the Past

Juneteenth ceremony held at Douglass Memorial Cemetery.

BY JEANNE THEISMANN
GAZETTE PACKET

Crowds gathered in Douglass Memorial cemetery June 21 to celebrate Juneteenth, also known as Emancipation Day or Freedom Day, with descendants of those buried there recalling family legacies of the African American quest for freedom and equality.

"It is really good for me to be standing here," said Beatrice McGuire, whose grandfather's cousin, Rev. Robert Jenkins, is buried in the cemetery. "I read about our past and want to know more about our history — the struggles that we have had and how far we have come."

The annual Juneteenth holiday observes the emancipation of enslaved African Americans in the United States. It marks the day in 1865 when Union General Gordon Granger arrived in Galveston, Texas, with about 2,000 Union soldiers to enforce the Emancipation Proclamation.

"I am very grateful that [the cemetery] is now being recognized for its historical significance."

— Darnella McGuire-Nelson

"While the Emancipation Proclamation issued by President Abraham Lincoln legally freed slaves throughout the Confederate States, Texas resisted for two years," according to the National Museum of the U.S. Army. "Granger's order had the effect of liberating 250,000 people who had been enslaved in Texas."

The Douglass Cemetery Association established Douglass Memorial Cemetery in 1895 as a segregated, nondenominational African American cemetery and named in memory of abolitionist Frederick Douglass. Douglass was the keynote speaker at the 31st anniversary of the Emancipation Proclamation on Sept. 24, 1894, at the site now named in his honor.

"Each time we grace this space, I feel it on a spiritual level," said Stephanie Johnson, who attended the event with her twin brother Stephen Johnson. "The people who come out and show up — it's not about race, it's about unity and people coming together and getting the cemetery to where it needs

PHOTOS BY JANET BARNETT/GAZETTE PACKET



Rev. Myron Contee blesses the Frederick Douglass Memorial in honor of Juneteenth, June 21 at Douglass Memorial Cemetery.



Stephen Johnson and Elizabeth Clark-Lewis at the Juneteenth ceremony held June 21 at Douglass Memorial Cemetery.

to be."

For decades the cemetery was overgrown and virtually undiscovered until recent years when resident Michael Johnson learned of its history and began work to restore it as a sacred place in Alexandria's history.

"There is still a lot to be done," Johnson said. "We need to mitigate flooding, fix some headstones, and work on getting the memorial and gates in place. We are working with descendants and stakeholders to make this a



Descendants of Rev. Robert Jenkins gather at his headstone June 21 in Douglass Memorial Cemetery. Pictured are: Bernard Ford, Darnella McGuire-Nelson, Beatrice S. McGuire and Steven Nelson.



Darnella McGuire Nelson addresses the audience during a Juneteenth ceremony June 21 at Douglass Memorial Cemetery.

place of honor and reflection."

Lifelong Alexandrian Darnella McGuire-Nelson grew up just blocks from the cemetery.

"I lived two blocks away and would come to the cemetery and play," McGuire-Nelson

said. "I never knew the cemetery was here because it was completely covered in weeds. I am embarrassed that I never knew that this sacred ground existed but am very grateful that it is now being recognized for its historical significance."



US Marine Corps Maj. Jerry File (ret.) salutes at the Alexandria Rotary Club's opening ceremony for Flags for Heroes June 24 at Cedar Knoll Restaurant.



Rotarian Chris Leighton, left, and supporters attend the Alexandria Rotary Club's Flags for Heroes opening ceremony June 24 at Cedar Knoll Restaurant.

PHOTOS BY JANET BARNETT/GAZETTE PACKET

Home of the Brave

Flags for Heroes on display at Cedar Knoll.



Bugler Gil Hoffer plays patriotic tunes at the Alexandria Rotary Club Flags for Heroes opening ceremony June 24 at Cedar Knoll Restaurant.

BY JEANNE THEISMANN
GAZETTE PACKET

Hundreds of American flags were unfurled overlooking the Potomac River to kick off the 8th annual Flags for Heroes display June 24 on the grounds of Cedar Knoll Restaurant.

Sponsored by the Rotary Club of Alexandria, the Flags for Heroes project provides community members an opportunity to dedicate a flag to honor a hero in their life. A card attached to each flag bears the name of the hero – a friend, family member, veteran, health-care worker, first responder or other hero -- along with the name of the individual sponsor.

"It is very humbling to see these

flags representing the heroes of our area," said Rotary president Jim Carmalt. "This project is representative of the very model of Rotary – Service Above Self."

Area volunteers joined the Alexandria Rotary Club in positioning the flags at the restaurant's location along the George Washington Memorial Parkway.

More than 200 flags were unfurled to set up the display, which will remain in place through July 12. Donations will also be accepted through that date.

This year's Flags for Heroes program has so far raised \$40,000 which will benefit Alexandria Rotary Club community projects and provide direct financial support to more than 40 local charities and nonprofits.

www.alexandriarotary.org

"This project is representative of the very model of Rotary – Service Above Self."

— Alexandria Rotary president Jim Carmalt

WWW.CONNECTIONNEWSPAPERS.COM

HUD Leaves DC for Alexandria

National Science Foundation building to house 2,500 HUD workers.

BY JEANNE THEISMANN
GAZETTE PACKET

The Department of Housing and Urban Development announced June 25 that it will be relocating its headquarters from the Weaver office building in Washington, D.C., to Alexandria's National

Science Foundation building in the Eisenhower neighborhood. It is that spirit of collaboration that originally brought the National Science Foundation to Alexandria in 2017. In a region where federal, state, and local responsibilities intersect daily, collaboration and coordination are essential."

It was not immediately clear where the National Science Foundation will be moved to free up space for HUD.

Peters said that federal officials were still arranging a timeline for moving science foundation staff out of the building.

"We're going to work with NSF to identify the best solution for them," Peters said.

According to Turner, HUD's nearly 2,500 workers will be relocated in a staggered process to maintain productivity.

The Weaver Building has been HUD's home since 1968, shortly after the agency was created. Turner has highlighted infrastructure and health dangers at the Weaver Building shortly after taking the helm of HUD earlier this year.

"I would hope that no leader, in government or otherwise, would expect staff to work every day in an atmosphere where the air quality is questionable, leaks are nearly unstoppable, and the HVAC is almost unworkable, just to name a few examples in addition to the broken elevator banks that have been broken for years," Turner said at the press conference. "It's time for a change."

Congressman Don Beyer (D-8) released a statement on the proposed HUD move to Alexandria.

"As a proud Alexandrian, I am always proud to welcome federal agencies into our community, but this proposed move raises serious concerns about the future of NSF, the over 1,800 employees who work in the building, and the broader integrity of American science," a portion of Beyer's statement read.

Youngkin said they are offering NSF the buildings that HUD passed on.

"There's great days ahead, and HUD's new home will serve its workforce very well."

— HUD Secretary Scott Turner

Science Foundation building in the Eisenhower neighborhood.

Gov. Glenn Youngkin was joined by HUD Secretary Scott Turner at the NSF building for the announcement.

"This announcement underscores a cross-government partnership to use federal spaces and taxpayer dollars efficiently, ensuring that all buildings are being properly utilized," Turner said. "I know there are a lot of questions which understandably come with change and transition, but I can promise you that the future of HUD is

"This proposed move raises serious concerns about the future of NSF, the over 1,800 employees who work in the building, and the broader integrity of American science."

— U.S. Rep. Don Beyer

brighter than its past."

Mayor Alyia Gaskins and City Manager James Parajon attended the press event led by Turner, Youngkin, and General Services Administration Public Building Service Commissioner Michael Peters.

"Alexandria is a premier city to live, work, visit, and do business," the city said in a statement. "And it is a place where businesses choose to locate because we collaborate,



PHOTOS CONTRIBUTED

Gov. Glenn Youngkin, left, with HUD Secretary Scott Turner at the announcement of HUD's relocation to Alexandria June 25 at the National Science Foundation Building.



The National Science Foundation building will soon be home to the 2,500 workers from the Department of Housing and Urban development.

"We had multiple sites that we presented to GSA for HUD, and we're just dusting off and going to present them for NSF," Youngkin said. "And there are sites here in Alexandria, and there are sites in other spots in Northern Virginia."

City officials are working to keep the NSF in Alexandria, saying, "We welcome HUD, the first cabinet-level agency to locate in Alexandria, its 2,700 employees, and its vital mission to our community. And we are committed to

making sure that the National Science Foundation, its workers, and its vital mission continue to make their home in Alexandria."

Added Turner, "There's great days ahead, and HUD's new home will serve its workforce very well."



PHOTO/VISIT DEL RAY

Members of the Old Town softball team pose for a photo after winning the seventh annual Old Town vs. Del Ray softball game June 2 at Eugene Simpson Field in Del Ray. Old Town took home the John Porter trophy with a 24-23 victory over Del Ray.

Old Town Tops Del Ray, 24-23

Business groups square off in 7th annual game.

Old Town put an end to Del Ray's three-year winning streak with a 24-23 victory in the seventh annual Del Ray vs. Old Town softball game June 2 at Eugene Simpson Field in Del Ray.

The annual game between members of

each neighborhood's business communities was a quest for the John Porter Cup, named for the beloved former principal of Alexandria City High school.

The five-inning game pitted Old Town, led by Chadwick's owner Trae Lamond, against HomeGrown Restaurant Group's Bill Blackburn and the Del Ray team. Mayor Alyia Gaskins was on hand to throw out the first pitch.

— JEANNE THEISMANN



PHOTO BY JANET BARNETT/GAZETTE PACKET

Mayor Alyia Gaskins throws out the first pitch at the annual Old Town vs. Del Ray softball game June 2 at Eugene Simpson Field in Del Ray



PHOTOS BY JANET BARNETT/GAZETTE PACKET

Employees from Lena's Wood Fired Pizza and Tap serve attendees at the Taste of Del Ray June 1 at the Mount Vernon Recreation Center fields.

Taste of Del Ray

Spice Kraft Indian Bistro takes top honors.

By JEANNE THEISMANN
GAZETTE PACKET

Recreation Center field for the 16th annual culinary event.

The popular Taste of Del Ray was once again a sell out as foodies descended on the Mount Vernon

More than a dozen Del Ray restaurants participated in the June 1st event,

SEE TASTE OF DEL RAY, PAGE 5



Organizers of the Taste of Del Ray gather for a photo June 1 at the Mount Vernon Recreation Center field. Pictured are: Karly Lynch, Kristian Denny Todd, Gayle Reuter, Chuck Todd, Lauren Fisher and Brian Maher.



PHOTO CONTRIBUTED/ASO

Celebrating Pride

Representatives from the Alexandria Sheriff's Office talked with attendees at the June 28 Pride Fair in Market Square. Attendees learned about employment opportunities as the ASO shared safety information as well as Pride-themed freebies. Pictured are Volunteer Coordinator Shakayla Farmer, Inmate Services Director LaTanya Ervin, Councilman Abdel Elnoubi, Deputy Jaspinder Sahota and Deputy Ehsan Khan. Ervin represents the Sheriff's Office on the City's LGBTQ+ Task Force.



PHOTO/NATIONAL SHERIFF'S INSTITUTE

Sheriff Sean Casey (far left) was among the 18 sheriffs in Session 1 of Communicating for Impact as part of the National Sheriffs' Institute.

Casey Completes National Sheriffs Program

Alexandria Sheriff Sean Casey successfully completed the inaugural session of the National Sheriffs' Institute (NSI) Communicating for Impact program June 9 to 13 at the FBI Academy in Quantico. The course was provided by the National Institute of Corrections and U.S. Department of Justice, in collaboration with the Major County Sheriffs of America.

Casey was selected to join 17 other sheriffs from across the coun-

try to attend the NSI's first offering of the course, which focuses on enhancing a sheriff's ability to inspire, motivate, inform, build trust, and lead change, while promoting and supporting their organization's mission, vision, and values.

The NSI is the only executive leadership training program designed specifically for sheriffs to prepare them for all matters that impact their office. The NSI was established in the early 1970s in response to a need by sheriffs to

meet the evolving demands of the office.

Casey previously completed another NSI program, the Leadership Development course, which gives sheriffs the opportunity to assess their leadership strengths, define a leadership direction, and identify how to effectively engage their leadership team to advance their organization's mission, vision, and values.

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- JEANNE THEISMANN

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Taste of Del Ray

FROM PAGE 4

which limited tickets sales to 500 attendees due to the popularity of one of Del Ray's signature gatherings.

"I don't think there is anything here I haven't tried today," said Del Ray resident Adam Long. "We live here in Del Ray and really enjoy the people, the food and the atmosphere. Taste of Del Ray is a great opportunity for us to enjoy all of that at the same time."

A VIP wine tasting was held at the nearby Del Ray Artisans and former Meet the Press host

PHOTO BY JANET BARNETT/GAZETTE PACKET

Adam Long, rear left, and friends enjoy the Taste of Del Ray at the Mount Vernon Recreation Center field June 1.

Chuck Todd served as a judge at the competition.

People's Choice winners: 1st - Spice Kraft Indian Bistro; 2nd - Del Ray Café; 3rd- La'Baik.

Judge's Choice winners: 1st - Spice Kraft Indian Bistro; 2nd - La'Baik; 3rd (tie) - Taqueria Poblano and Evening Star Cafe's Hi-Fi Tex-Mex BBQ.

THE CHAMBER ALX

Looking for networking events, business updates, and advocacy support in 2024? Join The Chamber ALX now at thechamberalx.com

Leadership Alexandria Celebrates 20 Years

Alumni gather for class reunion.

BY JEANNE THEISMANN
GAZETTE PACKET

Members of the leadership Alexandria Alumni Association gathered to celebrate the latest 2025 graduates at a reunion held June 23 at Cooper Mill Restaurant.

Started by the Alexandria Chamber of Commerce in 2004, Leadership Alexandria is a nine-month civic leadership program designed to educate emerging and established leaders in the Alexandria community.

“Leadership Alexandria was a life changing experience.”

— Class of 2005 graduate
Mark Feldheim

“We are highlighting the 20-year reunion of the class of 2005, which was the 2nd year of the program,” said alumnus John Porter. “The Chamber began the program in 2004 and went on hiatus for a few years. It came back recently and has been a valuable program to introduce rising leaders in Alexandria to various aspects of our city.”

Jake Truex was among the newest graduates of the program.

“I got into it so I could understand the community more,” Truex said. “I wanted to learn how local government works, how



PHOTO BY JANET BARNETT/GAZETTE PACKET

Participants of the Leadership Alexandria class of 2025 are joined by graduates of the class of 2005 and members of the Leadership Alexandria Alumni Association for a reunion at Cooper Mill restaurant June 23.

civil services benefit us and gain a deeper understanding of these connections.”

Truex called the program “phenomenal” and praised the alumni association network.

“I got a much deeper understanding,

much deeper network of people from all sides of the aisle,” Truex said. “We are all here connecting together through 20 different classes. It’s a deep network that people are still very ingrained in. That’s the beauty

of the program and Alexandria in general.”

Said 2005 graduate Mark Feldheim, “Leadership Alexandria was a life changing experience. I learned how to work with people and made lifelong friends.”

SENIOR LIVING

Alzheimer’s Awareness Month

Update on the science and treatment of Alzheimer’s disease.

Q&A with Dr. Pauldurai

Q: Please introduce yourself.

A: My name is Dr. Jennifer Pauldurai and I am an Inovacognitive behavioral neurologist. I help people with changes in thinking and memory.

Q: What exactly is Alzheimer’s disease, and how common is it?

A: Alzheimer’s disease is a neurodegenerative disease that causes dementia. It is caused in part by the accumulation of abnormally folded protein plaques called

amyloid plaques. These amyloid plaques, along with changes in blood flow, inflammation, and other variables accumulate to a state of dysfunction in the brain. This can cause symptoms of forgetfulness, mood change, appetite change, and functional decline. As this disease progresses, people will need more assistance with daily activities.

When the brain is unable to work well independently to do basic human survival tasks like work, eat, manage daily affairs, then we call this dementia. While Alzheimer’s disease is the most common cause of dementia, you can actually get dementia from many other types of diseases (like stroke, repetitive head trauma, infections, hydrocephalus). Alzheimer’s disease becomes more prevalent as we age, and because society is tending to live longer, we are seeing greater prevalence of



Dr. Jennifer Pauldurai

this disease. There are currently 7 million people in the US with Alzheimer’s disease, with projections upward of 13 million afflicted by this disease by 2050. Another perspective is to say, about 1 in 9 people over the age of 65 have Alzheimer’s Disease.

Q: What are the current best practices for screening and early detection of Alzheimer’s?

A: Typically, everyone over the age of 65 gets memory screening through their primary care doctors during the annual wellness checks. These brief screenings do not always capture early signs of a neurodegenerative disease (we can compensate well in the early stages), so I always suggest that if there is a cognitive change that is becoming progressively more distressing to your daily life, it is better to get a neurologic evaluation. This may include brain imaging,

neuropsychological testing, and other blood tests to better understand your risks for dementia.

Everyone is allowed to have a bad memory day — brains are complex, and it is okay to feel less sharp when we are tired or stressed. However, if this brain fog persists and interferes with your ability to function (pay your bills, take your medicines, maintain your job), it is worth looking into with more assessment. Talk to your primary care about the next steps in evaluation, and if a neurology evaluation is needed.

Q: Are there specific lifestyle changes or preventive measures you recommend to reduce the risk of developing Alzheimer’s?

A: Brain diseases do not develop suddenly overnight; they are often the result

SEE ALZHEIMER’S, PAGE 11

HISTORY



Liam Sullivan (right) uncovered the marker, as Senator Surovell and Supervisor Storck looked on.

From Mount Vernon to the U.S. Supreme Court

Marker recognizes unconstitutional racial discrimination in Northern Virginia

BY GLENDA C. BOOTH
THE GAZETTE

We must tell the whole story, including the disturbing chapters, several speakers urged at the June 29 dedication of a new Virginia marker in Little Hunting Park in Mount Vernon's Bucknell community.

The marker recognizes the dogged efforts of the late Paul Sullivan, a former community member who died in 1987 and who successfully pursued a landmark case all the way to the U.S. Supreme Court that led to the desegregation of recreational associations and facilities across the country.

In 1965, Sullivan rented a house in the Bucknell subdivision to Theodore R. Freeman Jr., and attempted to transfer his Little Hunting Park membership to the Freemans as part of the lease. The park's board denied the transfer in part because the Freeman family was African American. The board revoked Sullivan's membership.

In 1966, the Sullivan and Freeman families filed a lawsuit and lost several appeals. In December 1969, the U.S. Supreme Court ruled in *Sullivan v. Little Hunting Park* that excluding African Americans was a violation of the Civil Rights Act of 1866 and illegal housing discrimination.

HISTORY RIGHT HERE

Welcoming 70 attendees on a sauna-like Sunday morning, Jamie Atala, the park Board's president, said, "History is not just written in textbooks. It's living right here." Today's 10-acre park is 70 years old, has 545 members and is home to the Gators swim team, she noted.

Julie Langan credited Mount Vernon resident and Virginia Senator Scott Surovell

for suggesting the marker. "Otherwise, we would never have known about it," she said. Langan, who drove from Richmond, is the Director of the Virginia Department of Historic Resources.

When the state's marker program began in 1927, "At first, we failed to tell the full story," she said, reporting that before 1930, three out of 700 markers related to African-American history. Today, out of 2,600 markers, 480 or 18 percent do, "still a low number," she contended, adding, "This brings us closer to the marker system we're trying to achieve."

"Every pool in America became desegregated because of what happened here."

— Sen. Scott Surovell

Surovell related some of Northern Virginia's scarred history. He recalled that when his Surovell grandparents moved from New York City to Northern Virginia, "Fairfax was not very welcoming at times to Jewish people." His grandparents helped abolish the poll tax then required for voting. The Harper v. Virginia Board of Elections case decided by the U.S. Supreme Court in 1966 found that the poll tax violated the U.S. Constitution. "That case originated here," he said. Fairfax County Public Schools were not fully desegregated until 1966, but even with that progress, swimming pools still had discriminatory racial admissions policies.

Surovell learned about the Little Hunting



Local youngsters and community members gathered around the new marker.



The Little Hunting Park pool was popular on this hot, humid day.

Park case when he read Sullivan's obituary in 2011 and decided to learn more. Sullivan faced threats in the neighborhood, including having his mailbox blown up. Some park members feared that by admitting African Americans, membership would decline. The Fairfax Circuit Court and the Virginia Supreme Court both "threw out the case," Surovell said. Sullivan persisted.

In 1969, the U.S. Supreme Court ruled in a five to three vote in favor of the Sullivans and Freemans.

"Every pool in America became desegregated because of what happened here," Surovell said. "It's important to recognize what happened here and honor their struggles."

Mount Vernon Supervisor Dan Storck encouraged people to make a difference. "Things happen because someone took a stand," he said. "It takes steely determination for individuals to stand up. We all are responsible for making a difference and we cannot let past barriers get in the way," he said.

Liam Sullivan, Paul's grandson, came from Bristow, Virginia, and led the unveiling. His son, Luke, age 16, said, "It's awesome to see my great-grandfather recognized." Paul's daughter, Isabelle, who came from Richmond, remembers her father's efforts starting when she was ten. "This is wonderful," she said. "This would make my parents happy."

Jube Shiver, a local resident who grew up nearby, lauded the "symbolism and history" of the marker.

Mount Vernonite Jane Schaffner recalled reading about this case in her first year of law school at Georgetown University.

Despite the oppressively humid heat, spir-

The Marker's Full Text:

Desegregation of Community Clubs

In 1965, Paul Sullivan rented a house to Theodore R. Freeman Jr. and transferred a Little Hunting Park (LHP) membership as part of the lease. The LHP board denied the transfer in part because the Freeman family was African American. After Sullivan mounted a vigorous campaign of protest, the board also revoked his membership. Both families filed a lawsuit in 1966 and lost several appeals. In December 1969, the U.S. Supreme Court ruled in *Sullivan v. LHP* that the exclusion of African Americans was a violation of the Civil Rights Act of 1866 and thus constituted illegal housing discrimination. This case, along with the Fair Housing Act of 1968, desegregated recreational associations across the U.S.

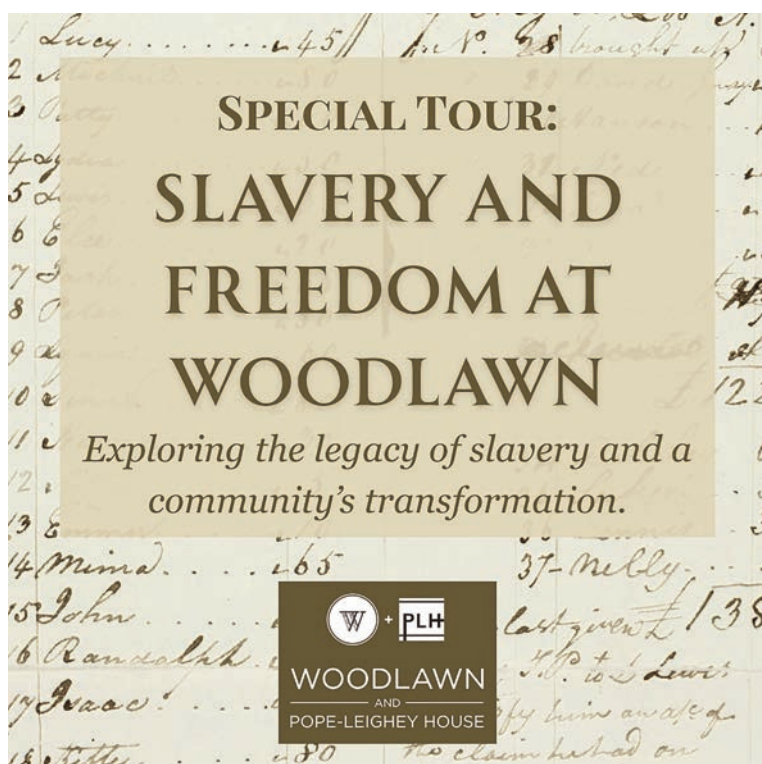
its were high and gratitude was all around.

Virginia's historical highway marker program, the oldest in the United States, began in 1927 with installation of the first markers along U.S. Route 1.

The park and marker are at 7000 Canterbury Lane, near Quander and Beacon Hill Roads.

Note: Writer Glenda Booth is the mother of Sen. Scott Surovell.

ENTERTAINMENT



Learn about Slavery and Freedom on Saturday, July 26, 2025 at Woodlawn & Pope-Leighey House in Alexandria.

ONGOING

Revolutionary War Exhibit. At the National Museum of the U.S. Army, Alexandria. The National Museum of the United States Army has opened a special exhibition, Call To Arms: The Soldier and the Revolutionary War. The two-year exhibition commemorates this year's 250th Birthday of the U.S. Army and next year's 250th anniversary of the Declaration of Independence. This 5,000 square-foot exhibition features a rare collection, specially curated by the Museum, that includes Revolutionary War artifacts from the original colonies, England, France and Canada. Among the exhibit's highlights are a pair of General George Washington's pistols, the original flag of the 1st Rhode Island Regiment carried by the Army's first African American Soldiers, and a complete Loyalist uniform—one of the rarest items in the collection. The sword of British General Charles Lord Cornwallis, presented to Washington at the surrender at Yorktown, Virginia, will also be displayed for a limited time.

NOW THRU AUG. 31

Creative Summer Programs is a series of workshops exploring the arts. Learn techniques in collage, drawing, mixed media, photography, bead embroidery, and more from local artists. Delve into creative exploration solo or with friends. For children and/or adults, free and paid programs are offered. Sign up for what inspires you! Held at Del Ray Artisans (2704 Mount Vernon Avenue, Alexandria VA) unless noted. Details: DelRayArtisans.org/creative-summer

NOW THRU AUG. 17

Potomac Valley Watercolorists "The Painted Garden" 2025 Art Exhibition and Sale. At Green Spring Gardens Horticultural Center, 4603 Green Spring Road, Alexandria. This annual fine art show spotlights many of our region's most highly-skilled and well-known water media artists, and features more than 100 original framed works on display and available for

purchase. Special Event: Artists Reception – Sunday, July 13 from 1-3 p.m.

JULY 1-31

Mozzarella Fest. At Cheesetique in Del Ray, 2411 Mt. Vernon Ave., Alexandria. This month-long homage to Italy's most beloved cheeses, salumi, wine, and spirits, features a limited-time Mozzarella Fest menu, curated tasting events and classes, and an Italian Wine Expo.

Highlights include:

July 10 –Online Guided Tasting Class: Italian Masterpieces: Cheesetique founder Jill Erber leads this interactive, flavor-filled journey through iconic Italian wines and cheeses.

July 13 –Italian Wine Expo: Sample dozens of new Italian summer wines with a cheese & charcuterie sampler in a relaxed, station-style setting.

July 22 – Meet the Wines of Tuscany (in-person): A curated tasting of five Tuscan wines, each paired with a flavorful small bites.

THURSDAY/JULY 3

Art + Wine + Cheese Reception. 6-7:30 p.m. At the Nepenthe Gallery at Hollin Hall, 7918 Fort Hunt Road, Alexandria. Stop in Nepenthe to see a patriotic collection by various outstanding artists including Cey Adams, Norman Rockwell, and Pamela Patrick White.

FRIDAY/JULY 4

Reading of the Declaration of Independence. 1-3 p.m. At Historic Pohick Church, 9301 Richmond Highway, Lorton. The community is invited to a free public reading of the Declaration of Independence in the church by historical re-enactor, the Rev. Dr. Thomas Costa, portraying the Rev. Mr. Massey, the Rector of Pohick Church in 1776. The reading will take place at 1:00 PM, with free docent tours of the colonial church of George Washington and George Mason following the presentation. For additional information, call the church office at 703-339-6572, or visit the church web site at <http://www.pohick.org>.



A reading of the Declaration of Independence will take place on Friday, July 4, 2025 at Historic Pohick Church in Lorton.

SATURDAY/JULY 5

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 hard backs 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.

SUNDAY/JULY 6

What a Coincidence! 1-3 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adult) Mark Twain was born on the day Halley's Comet visited in 1835 and died on the day of its return in 1910. What are the odds? Hear theories on why coincidences happen and what they mean. Discover some of the most remarkable known coincidences and chance events in human history. \$42 (lecture + tea); \$18 (lecture only).

JULY 7-11

Figure Drawing Bootcamp. 6-10 p.m. At Del Ray Artisans, 2704 Mount Vernon Avenue, Alexandria. Del Ray Artisans invites you to its 5-day Figure Drawing Bootcamp to hone your composition, anatomy, mark making, and portraiture skills. Monday–Friday, July 7–11. Cost for one-day pass is \$55 Del Ray Artisans member / \$65 non-member. The five-day pass is \$200 Del Ray Artisans member / \$250 non-member. The five-day pass is a \$75 discount! Visit DelRayArtisans.org/figure-drawing-bootcamp

THURSDAY/JULY 10

Art + Wine + Cheese Reception. 6-7:30 p.m. At the Nepenthe Gallery at Hollin Hall, 7918 Fort Hunt Road, Alexandria. Matrilin-eal: A Collection of Original Art by Female Artists. Curated exhibit by

Nepenthe Colleague and Emory University Art History Ph.D. Student Julia Weichlein. Featured will be works by Debra Ferrari, Cara Romero, and Ola Rondiak among others. This exhibit will be up until Wednesday, August 6th.

SATURDAY/JULY 12

Creative Lettering Workshop. 9:30 a.m. - 3:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (16-Adult) Have fun learning creative lettering styles including cursive, decorative, free-style, and typographic. Artist Caroline Hottenstein explores lettering throughout history and assists you in making small lettering compositions using pencil, micron pens, colored pencils, and a nib pen. A supply list will be emailed before class. Bring a lunch. \$112 per person. Register online at <http://www.fairfaxcounty.gov/parks/parktakes> or call Green Spring Gardens at 703-642-5173. Code 8E0.05YU

SATURDAY/JULY 12

Top Perennial for the Summer. 10:30 a.m. - noon. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adults) Join Green Spring horticulturist Brenda Skarphol for a stroll in the summer gardens to look at some of our top perennial plants. Both native and sustainable non-native perennials will be featured, including some newer cultivars. See perennials thriving in a range of growing conditions, from sun to shade, and in environments that are dry, moist, or periodically wet. Plant combinations and eco-friendly gardening styles will be highlighted. Cost is \$19 per person. Register online at <http://www.fairfaxcounty.gov/parks/parktakes> or call Green Spring Gardens at 703-642-5173. Code VW1.BX08

SATURDAY/JULY 12

Forest Bathing Walk in the Gardens. 9:30 a.m. - 11:30 a.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adults) Experience Green Spring Gardens with all of your senses. Join Ana

Ka'ahanui, co-founder of local nonprofit Capital Nature for a slow, meditative walk around the gardens. Contemplative, but more active than meditation, this forest bathing walk will help reduce blood pressure, boost immunity, and enhance mood and creativity. Decompress and feel a deeper connection with the natural world. Bring something to sit on the ground, which may be damp, and a water bottle. Dress for the weather. Cost is \$35 per person. Register online at <http://www.fairfaxcounty.gov/parks/parktakes> or call Green Spring Gardens at 703-642-5173. Code Z0Y.ET8C

JULY 14-18 OR JULY 21-25

Art Camp 2025. Del Ray Artisans invites youth ages 8-12 to Art Camp 2025 for a week of professional art instruction! Campers will have an immersive creative journey: painting, sculpting, journaling and more. During nice weather, campers will have outdoor time to get fresh air, unwind, and replenish their creative energy. All supplies are provided. Choose July 14-18 or July 21-25 (9 a.m. to 4 p.m. daily). \$350/child; scholarship support available. Registration at delrayartisans.org/art-camp-2025

THURSDAY/JULY 17

Art + Wine + Cheese Reception. 6-7:30 p.m. At the Nepenthe Gallery at Hollin Hall, 7918 Fort Hunt Road, Alexandria. 4th Annual Student Art Anthology. The favorite evening of the year! High school and college students from all over the DMV area are invited to submit up to three images of original artworks of any medium to our Curators, who select 15 of the submitted works to be featured at this annual event. This exhibit will be up at Nepenthe until Wednesday, July 30th.

FRIDAY/JULY 18

UNC Men's Rugby. 6-8 p.m. At the Nepenthe Gallery at Hollin Hall, 7918 Fort Hunt Road, Alexandria. Whiskey Tasting Reception. Nepenthe Gallery and UNC's Men's Rugby

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ENTERTAINMENT



The Potomac Valley Watercolorists "The Painted Garden" 2025 Art Exhibition and Sale takes place June 29 to Aug. 17, 2025 at Green Springs Gardens.



faxcounty.gov/library/branches/friends-of-sherwood-regional for information on other days and times for the library's ongoing book sale.

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.

JULY
Sat. 5: Donnell Rawlings \$49.50
Sun. 6: The Milk Carton Kids \$45.00
Wed. 9: Big Bad Voodoo Daddy \$65.00
Fri. 11: LAUREL CANYON: Golden Songs of Los Angeles '66-'72 \$39.50
Sat. 12: Classic Stones Live! \$35.00
Thu. 17: OMAR with special guest Tabi Bonney \$45.00
Sat. 19: Tell Me Lies – The Fleetwood Mac Experience \$35.00
Sun. 20: Hubert Laws \$55.00
Thu. 24: Hiroshima \$59.50

Fri. 25: The Bacon Brothers w/ Pernikoff Brothers \$69.50 SOLD OUT!
Sat. 26: The Bacon Brothers w/ Pernikoff Brothers \$69.50 SOLD OUT!
Sun. 27: Judy Collins \$59.50
Tue. 29: Three Dog Night \$95.00 2nd Night Added! (7/2 is Sold Out!)
Wed. 30: Sheila E. & The E-Train \$69.50
Thu. 31: Dave Koz And Friends Summer Horns 2025 featuring Dave Koz, Marcus Anderson, Jeff Bradshaw, Leo P and Evan Taylor, plus Marcel Anderson \$95.00

are sponsoring an evening of whiskey tasting, fellowship, rugby tales, and special prizes. The USA Men's and Women's Eagles rugby teams play a double-header the following day at Audi Field in Washington, DC—players and visitors will be here from England and Fiji. Donations to the UNC Men's Rugby Club will be accepted!

At Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Alexandria. Explore the lives of the people enslaved at Woodlawn and the property's transformation from a plantation to an antislavery community. Cost is \$25. Visit the website: <https://www.woodlawn-popeleighey.org/upcomingevents>

SATURDAY/JULY 26
Slavery and Freedom. 12-1 p.m.

AUG. 1-30
"Lovely As a Tree" Art Exhibit. At Del Ray Artisans Gallery, 2704

Mount Vernon Ave., Alexandria. Del Ray Artisans members explore all the ways in which trees impact our lives and the earth and bring aspects of this natural phenomenon to artistic life. Join them for the Opening Reception on Friday, August 1, 7-9pm. Gallery hours are Thursdays 12-6pm, Fridays 12-9pm, Saturdays & Sundays 12-6pm. Details at [DelRayArtisans.org/exhibits](https://www.fair-)

SATURDAY/AUG. 2
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 hard backs and large paperbacks, and 25 cents for mass market paperbacks. Visit <https://www.fair->

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OPINION

Deeply Disturbing

The Virginia Hospital & Healthcare Association is deeply disturbed that the U.S. Senate approved a budget reconciliation plan with severe Medicaid funding cuts that jeopardize the stability and survival of hospitals, pose real harm to access to care for hundreds of thousands of Virginians, and significantly weaken our economy and employment. The Senate approach would cost Virginia hospitals more than \$2 billion annually in essential funding that helps them sustain their operations, employ people in communities across the Commonwealth, and care for people in their moment of need. The effect of that financial impact would be devastating to hospitals.

It is likely that several hospitals, including those serving rural parts

of Virginia, could end up closing in that scenario.

Others may have to cut services or reduce employment, which would limit patient access to care. Given the available options, the U.S. House reconciliation legislation is the better approach to accomplish the President's tax-cutting objectives while still preserving our health care delivery system and health safety net.

For the sake of public health, well-being, and the economy, we urge members of the House to reject the Senate plan and insist on their version of the package.

Julian Walker
Vice President of
Communications
Virginia Hospital &
Healthcare Association

Planning Underway for 2025 Northern Virginia Senior Olympics

Planning for Northern Virginia Senior Olympics 2025 has begun with some new events added. NVSO will be held Sept. 13 - 30.

"Last year the Northern Virginia Senior Olympics (NVSO) had a record participation and we are looking for another record this year," said Rod Hupp, (Falls Church) NVSO Chair. "In addition to the more than 70+ events offered last year, we are adding duplicate bridge, poker (Texas Hold'em) and the 50 yard butterfly to the swimming events," said Hupp.

Online registration at www.nvso.us opens July 7 and closes Aug. 29. Participants must be 50 years of age and over and live in one of the sponsoring jurisdictions.

Registration chairman Herb Levitan (Arlington) said, "The registration fee remains the same at \$20 which covers an unlimited number of events."

There are both outdoor and indoor events from track and field, to scrabble and sudoku to swim-

ming and pickleball, to croquet and jigsaw puzzles.

Most events are offered in five and 10 year age groups and by gender. Gold, silver and bronze medals are awarded after each event, and events will take place at 29 different venues throughout Northern Virginia. The NVSO website, www.nvso.us, has a full list of events and other pertinent information plus results and photos from 2024.

NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William plus the cities of Alexandria, Fairfax and Falls Church.

Additional support comes from gold, silver and bronze patrons. To date Gold Patrons are AARP Virginia, Adobe, CareFirst Blue Cross Blue Shield, Goodwin Living, Johns Hopkins Health Plan, Retirement Unlimited, Inc., The Beacon Newspapers, The Woodlands Retirement Community, United Health Care and Vinson Hall Retirement Community.

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.volun-

SEE BULLETIN, PAGE 11

Alzheimer's Awareness Month

FROM PAGE 6

of a lifetime of choices and co-existing conditions. While there is no 100% guaranteed way to prevent Alzheimer's disease, many of our lifestyle choices can help our brain remain in the best health possible to delay and lessen the symptoms of a brain disease. I encourage everyone to keep their bodies medically healthy. This means following PCP recommendations to evaluate for diabetes, blood pressure, and cholesterol problems. Get good rest and evaluate for sleep apnea. Eat nutritious, well-balanced meals (my favorite for the brain is the MIND diet), and maintain daily physical activity, usually 30 minutes a day of moderate exercise; avoid a sedentary lifestyle. Additionally, keep your brain cognitively and socially engaged with hobbies, community engagement, and other ways to challenge and inspire your brain. Find that spark of excitement to keep your brain active, and this will help prevent the onset of degenerative disease like Alzheimer's disease.

Q: How important is early diagnosis in managing the progression of the disease?

A: Early detection of a neurodegenerative disease is important in implementing targeted medical and lifestyle strategies to slow down the progression of decline. If there is a known trigger to brain cell death, say for example, untreated sleep apnea, then fixing this problem will have a huge impact on your overall health and longevity. Additionally, there are newer medical therapies to remove amyloid (the abnormal Alzheimer's plaque) from the brain. These infusion medications can be high risk, so they are most beneficial for people who are relatively minimally affected by Alzheimer's disease symptoms. So, early detection allows for early treatments. Early detection also allows the opportunity to plan your future on your terms — where you would like to live, what kind of assistance you prefer to have. Knowledge and self-advocacy are important in grappling with incurable illnesses like Alzheimer's disease.

Q: What are some of the most promising developments in Alzheimer's research right now?

A: There are two new FDA approved infusion medications on the market (lecanemab and donanemab), proven to slow down the progression of Alzheimer's disease by tag-

ging and removing amyloid and its precursors. Amyloid and tau research is the most promising domain in advancing Alzheimer's disease treatments. Other research that is soon to be published is looking at how amyloid sticks to brain tissue, how glucose control can help reduce formation of amyloid plaque, how energy supplements and anti-inflammatory nutrients can reduce the build-up of plaque and brain damage. There is also a lot of research into looking at brain health risk factors, like how best to treat traumatic brain injury, how best to control mood disorders later in life, and the impact that these interventions can have on incidence of dementia.

Q: Can you tell us about any new or emerging treatments being explored at Inova?

A: The new anti-amyloid monoclonal antibody infusions are the most exciting developments in Alzheimer's disease treatment right now. Lecanemab was approved in 2023 and donanemab was approved in 2024. These medications are intended to slow down the declines in Alzheimer's disease, best for people in the very early stages of the disease. Both of these medications have intensive treatment programs that involve infusions every 2 or 4 weeks, safety MRI monitoring, and frequent clinician visits over the course of at least a year, and sometimes longer. Akin to chemotherapy, these monoclonal antibody medications have a high risk profile, but the benefits of slowing down Alzheimer's disease may be worth pursuing this more aggressive and disease-modifying treatment.

Q: Are there any unique support services or programs that Inova offers to patients and caregivers?

A: Inova is lucky to be well connected with the local dementia support community. We are privileged to partner with care navigation services such as the Medicare GUIDE program to guide patients and families through every step of the dementia journey. We also value disease and care partner education, with active webinars, educational events and support groups that we run in collaboration with our local partners.

Q: How does Inova support patients and their families after an Alzheimer's diagnosis, beyond clinical care?

A: Inova is lucky to be well connected with the local dementia support community. We are privileged to partner with care navigation services such as the Medicare GUIDE program to guide patients and families through every step of the dementia journey. We also value disease and care partner education, with active webinars, educational events and support groups that we run in collaboration with our local partners.

A: Throughout the course of dementia, you may need social services, home health services, support groups, or rehabilitation services. As a large, multidisciplinary network, Inova offers most of those services within our network and we can provide a seamless plan of care without the need to find individual agencies to call upon for help. We have an excellent patient care coordinator, whose sole role is to guide you through the next steps in disease management.

Q: What should families do if they're concerned about memory issues in a loved one, but the person is resistant to seeking help?

A: Meet your loved one where they are. Getting an evaluation for dementia can be stressful, a threat to autonomy, and just plain embarrassing to admit to. Instead of forcing your concerns or ideas onto someone else, learn more about their wishes. Try to find a common ground. Many people may not admit or recognize that they have forgetfulness but may truly value aging in place at home. In this scenario, try advocating for a brain health evaluation with words like: "Let's make sure you are able to live safely at home for as long as possible." This is a less threatening way to present the idea and express concern in their terms.

Q: What kinds of resources or education does Inova offer to help families better understand and navigate the disease?

A: We work very closely with local dementia education, dementia support groups, and national level dementia advocacy groups. The best local resource is the Alzheimer's Association — they offer webinars, training and supports groups. After you meet with your Inova physician, they will be able to give you more targeted, and disease-specific resources.

Q: Is there anything else you'd like to add, especially in recognition of June as Alzheimer's Awareness Month?

A: Talking about brain health and how to prevent dementia and Alzheimer's disease is a very special topic. Too often, I meet people in "chaos mode" as they have not planned for their future needs. I would much rather be able to offer you resources and education before you need it, so thank you for advocating and learning more about how to keep your brain healthy.

Bane of my Existence



By KENNETH B. LOURIE

Now that I've reached an age, I never thought I'd reach, I have a lingering (now that I'm still here) perspective on life in the cancer lane. It has to do with a subject, make that a decision that anyone diagnosed with a serious, life altering/potentially life-ending disease presumably (I can only speak for myself) has to address/make: how do you plan/allocate resources for the future when you barely have a present? Moreover, what happens if you end up having a future you never really anticipated/expected nor one your doctors gave you much hope of ever having? (Oncologists are like the late Howard Cosell: "They tell it like is".)

Tim McGraw, the country music super star - and sometimes actor, sang a song about this very dilemma in his "number one country song of the year of 2004," as voted on by Billboard: "Live Like You Were Dying." Even though I wasn't diagnosed yet, I remember it well as its number one status cemented its replayability. And after my diagnosis in 2009, I sure enough heard (occasionally I'd listen to country-music stations) it again. It resonated to say the least. To say the most: it was part discouraging and part reality. Diagnosed with stage IV, non-small cell lung cancer in late Feb. 2009 with a, according to my oncologist, "two-percent survival rate" beyond year five, I was sort of a dead man walking. How I ever managed to drive home the 35 minutes from the medical center after my oncologist lowered this boom on myself/Team Lourie at that initial Team Loure meeting, is beyond me. The word I used then to describe my feelings is a word I've often heard from others experiencing similarly traumatic/devastating news/circumstances: "surreal."

Nevertheless, here I sit, pen in hand, 16+ years later having lived beyond all expectations associated with a "13 month to two years" prognosis. A terminal diagnosis if there ever was one, and there's been plenty, especially if you're diagnosed with lung cancer, the leading cause of cancer deaths in the country, more than the next four categories combined. Still, "Live Like You're Dying" never set well with me. In fact, my philosophy/m.o. was to live like I was living. However, as put forth in my opening paragraph, as a practical matter, as motivation for a thousand decisions that one makes, how does one actually do it?

I mean we don't have an automatic pilot (though some of you might have an automated attendant or a driverless car; there's no real similar option in life). You have to play the hand you dealt (hopefully that hand is not aces and eights). In fact, how does one ignore the medical realities and not die when the best statistics from The American Cancer Society, or U.S. Cancer Statistics report otherwise. They're kind of the big dogs in the cancer world; how do I ignore their reports and stay on the porch? I don't know anything other than as of noon or so on that fateful day in February 2009, I'm no longer buying green bananas.

But I'm alive still. Due to an amazing amount of God-provided good luck no doubt. Moreover, I've made some changes in my life; stopped eating and drinking certain things and incorporated some non-Western ideas into the mix and maintained an attitude that even though I had "terminal" cancer, I was going to live today as any normal, pre-cancer day. Live every day like I was dying? Not me. Then as now, I take the good with the bad, the high with the low and look forward, never backward. In addition, I'll plan for the future, and not at the expense of the present. And the present won't dominate my life. My health status will be considered as part of a bigger picture. As a cancer patient, there's only so much you can control, but I can control my attitude. I'm positive about that.

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

BULLETIN BOARD

FROM PAGE 10

teeralexandria.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.volunteeralexandria.org/ALIVE>

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax

and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org. 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.

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2929 Eddington Terrace

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Villamay

7123 Park Terrace Drive

\$1,299,000 | Raised ranch backing to Parkway with winter river views. 5 beds, 3 baths, freshly painted, inviting kitchen with cherry cabinets, rec room with fireplace, and landscaped yard.

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