



Alexandria Public Defender Melinda Douglas, center, is surrounded by city officials and dignitaries during a proclamation ceremony honoring her service Oct. 2 at City Hall.

Genetic Genealogy Leads to Rape Conviction

Verbatim report from City of Alexandria Office of the Commonwealth's Attorney

On Oct. 17, 2019, Jesse Bjerke, a 38-year old Arlington resident, pleaded guilty to Rape, Object Sexual Penetration, Abduction with the Intent to Defile and three counts of Use of a Firearm in the Commission of a Felony. The charges relate to a violent sexual assault that occurred in 2016. A statement of facts read at the time of the plea revealed the following information about the offense.



Jesse Bjerke

On Sept. 3, 2016, the victim was working as a lifeguard at a pool located in a condominium complex located on South Pickett Street in the City of Alexandria. The weather was cool and cloudy, and no one was at the pool.

Around 12:30 a man arrived at the pool asking if he had left his flip-flops there the day before. The victim looked around the pool area and went into a pump room where found items are stored, and the man followed her around as she did so. Having not found the shoes, the man left.

The man returned sometime after 1 p.m. and asked if they could look for the shoes again. He again followed the victim around the pool area and to the pump room. When she turned to tell the man that the shoes were not there, the man pointed a gun at her face. The victim screamed, and the man told

SEE GENETIC, PAGE 16

Order in the Court Public defender Douglas to step down after 32 years.

BY JEANNE THEISMANN
GAZETTE PACKET

Melinda Douglas, creator of the city's Office of the Public Defender, was honored Oct. 2 during a ceremony at City Hall following 32 years of service to the community. She announced her retirement earlier this year and will step down at the end of the month.

"I dare anyone to observe her in a courtroom and tell the difference between Melinda and a high-priced private defense attorney," said retired Alexandria Circuit Court Judge Alfred Swersky, one of several dignitaries on hand for the ceremony. "I've had a standing \$100 bet on that for decades and not once has anyone taken me up on it, that's how good she is."

Douglas created the Office of the Public Defender for the City of Alexandria in July 1987, to provide legal representation to indigent clients in misdemeanor, felony and juvenile cases. In doing so, replaced a prior system of only court-appointed lawyers.

Douglas, along with nine other attorneys and a supporting staff of eight, has handled a varied caseload, in addition to supervising a clinical education program for law students.

She is the first woman to be appointed chief defender of a public defender office in Virginia and is the first woman – and first public

defender – to receive the Harry L. Carrico Professionalism Award from the Virginia State Bar.

"Melinda Douglas has specialized in the practice of criminal and civil law for over three decades, for the betterment of our City and community," read Mayor Justin Wilson from his official proclamation. "And [she] has done so under the aegis of seven Bar admissions, ranging from the Commonwealths of Virginia and Massachusetts, to the District of Columbia, following the attainment of her Juris Doctor degree in 1981 from the Antioch School of Law, and did so in several board capacities, task forces, committees, and faculty appointments."

Commonwealth Attorney Bryan Porter, who often faces off against Douglas in the courtroom, was also on hand to praise her work.

"The Office of the Public Defender is a real institution and has significantly increased the quality of representation for indigents in Alexandria," said Porter. "We may be adversaries in the courtroom, but we're comrades outside."

In an interview with the Alexandria Gazette Packet on the 30th anniversary of the founding of the office, Douglas looked back on the whirlwind of her early years, crediting the office's success to financial support from the city at a time when her public defender office was one of the first in the Commonwealth. According to Douglas, there were three public defender's



Alexandria Public Defender Melinda Douglas, left, is congratulated by Mayor Justin Wilson during a proclamation ceremony honoring her service and retirement Oct. 2 at City Hall. Douglas, who created the Office of the Public Defender in 1987, will step down at the end of the month after 32 years of service.

offices across the state that all started up in that year.

"It was an adventure," said Douglas. "When I went to law school, it was because of social justice [issues], not for money. I never got that thrill from private work. It's about empowering the unempowered."

Douglas said working alongside idealistic young lawyers who want to make the world a better place despite the horrible pay is the best part of the job.

"Our office is a family, with a

commonality in our mission," said Douglas. "Never in my 30 years have I had to wonder if what I did was meaningful."

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Good Intentions

The asphalt plant on Alexandria's West End is a curious anomaly. It's been there since 1960, a time when Old Town was up in arms about the possibility that asphalt might smother cobblestone streets supposedly laid by Hessian forces during the revolution. These days it seems out of place next to the Van Dorn Metro station, which is why City Council is considering rezoning the land.

But when should that happen? Three years from now? Or seven years from now? That was the question before members of the Alexandria City Council last weekend, when the elected officials decided to play the long game and close the plant on New Years Day 2027.

Virginia Paving employs 110 people, and about 10 percent of those are Alexandria residents. It contributes about \$340,000 every year in tax revenue, and its location inside the Beltway reduces the cost of paving projects. But it's an industrial use right next to a Metro station, so it doesn't really fit in with the long-range plan for the area.

"I just want to point out the Eisenhower Avenue was paved with Virginia Paving asphalt," noted Councilwoman **Del Pepper**.

"And good intentions," added Mayor **Justin Wilson**.

Rent Uncontrolled

Virginia has no rent control, a system that allows localities in four states to limit rents landlords can charge. The infamous Dillon Rule prevents Alexandria from regulating much of anything unless the General Assembly says it's OK, and for now that includes rent control. So why do members of the City Council spend so much time debating "voluntary rent guidelines" that limit rent increases to 5 percent a year?

"We have no ability to make landlords comply with this," says **Melodie Seau**, division chief of the Office of Housing. "We use the resolution to introduce negotiations to reduce rent increases."

When the Alexandria government receives a formal complaint about a landlord spiking rent, city officials investigate. That can happen as many as 150 times a year, especially when the real estate market gets white hot. That's what happened before the global financial crisis, when City Council members raised the voluntary guidelines up to 9 percent. The current guideline is 5 percent, which has been consistent since 2009.

Earlier this week, Councilman **Mo Seifeldein** suggested that the coming rent increases associated with Amazon required what he called "political will" to do something. So he suggested setting the voluntary rent guidelines at 3 percent.

"If you want to talk about political will, let's just make it 1 percent," suggested Councilman **Canek Aguirre**.

Seifeldein agreed, and the two tried to get their colleagues to set the guidelines at 1 percent. That effort failed, as did a separate effort to reduce the guidelines to 3 percent. So, for now, the Alexandria's voluntary rent guidelines remain at 5 percent, although city officials acknowledge that landlords largely ignore them.

Aiding the Aides

Should City Council members have full-time aides? How much should those aides be paid?

"Our current policy and treatment of council aides doesn't seem to align with our own city's compensation policy," says Vice Mayor **Elizabeth Bennett-Parker**. "This is ultimate a retention issue."

Alexandria City Council aides are currently considered part-time temporary workers, and some don't even qualify for health insurance or retirement benefits. They currently pull in about \$21,000 a year, considerably less than neighboring jurisdictions where they make anywhere from \$30,000 to \$100,000. And unlike other city employees, aides don't get merit increases.

"I can't think of any other business that would not offer some sort of increase or incentive for performance," says Bennett-Parker. "And I'm curious about how other jurisdictions treat that issue."

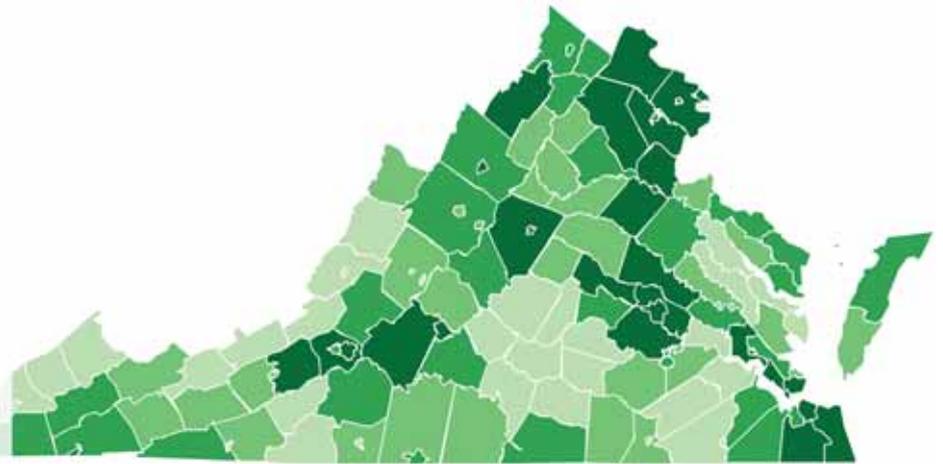
City Manager **Mark Jinks** says he'll look into how other jurisdictions approach the issue and report back to City Council members on their options.

— MICHAEL LEE POPE

NEWS

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MAP DATA SOURCE: VIRGINIA PUBLIC ACCESS PROJECT

Off-Year Campaign Cash

Money from Alexandria will help shape Election 2019.

BY MICHAEL LEE POPE
GAZETTE PACKET

More than \$3.5 million in campaign cash has an Alexandria mailing address this election cycle, a spending spree that reflects the stakes this year's election. Control of the House of Delegates and state Senate is at stake, and partisans on both sides are trying to influence the outcome.

At the top of the list is commercial real-estate mogul Thomson Hirst, son of longtime General Assembly member Omer Hirst, who represented Falls Church and Fairfax in the House and Senate. He's given more than \$300,000 to WinVirginia, a political action committee where he also serves on the board of directors. The PAC is helping state Sen. Jeremy McPike (D-29) keep his seat in Prince William County as well as helping Democratic challenger Dan Helmer take on Republican incumbent Del. Tim Hugo (D-40). Hirst also has a list of candidates he's helping directly.

"If they are giving to candidates directly it's probably because they are trying to influence some narrow policy area," says Quentin Kidd, director of the Wason Center for Public Policy at Christopher Newport University. "If they are giving to PACs or leadership PACs, it's because they are trying to flip the chambers."

The vast majority of money from Alexandria is going to Democrats with one notable exception, Virginia Republican Victory Fund. The Alexandria-based political action committee spends most of its money in Loudoun County, where Republicans have competitive races on the Board of Supervisors and are trying to hang on to a Senate seat currently occupied by retiring Sen. Dick Black (R-32). Republicans in Alexandria are also providing support for Repub-



Adam Ebbin



Charniele Herring

lican challenger D.J. Jordan, who is trying to unseat freshman Del. Elizabeth Guzman, who unseated longtime Republican incumbent Scott Lingamfelter two years ago.

"This election represents a check and balance," says Andrew Lund, chairman of the Alexandria Area Young Republicans. "If all the executive offices are run by Democrats, the only check or balance is the legislature."

Leadership committees are also throwing around their influence this year, especially the one controlled by state Sen. Adam Ebbin (D-30). If Democrats take control of the state Senate next year, Ebbin would be in a position to assume a leadership role because of his ability to help candidates in tight races this year. Del. Charniele Herring (D-46) already has a leadership position as chairwoman of the House Democratic Caucus, and she helped attract Saturday Night Live luminary Alec Baldwin and presidential candidate Kamala Harris to big-money fundraisers. Other elected officials hitting the fundraising circuit include U.S. Rep. Don Beyer (D-8) and Councilwoman Del Pepper.

"They're working their buns off," says Susan Kellom, former chairwoman of the Alexandria Democratic Committee.

Top Contributions from Alexandria

- ❖ \$368,900 from **Thomson Hirst** of Mason Hirst commercial real estate
- ❖ \$283,000 from the **Virginia Republican Victory Fund**, a Republican advocacy PAC
- ❖ \$280,000 from **New Virginia Majority**, a left-leaning political advocacy group
- ❖ \$211,000 from state Sen. **Adam Ebbin** (D-30) leadership committee
- ❖ \$200,000 from U.S. Rep. **Don Beyer** (D-9) leadership committee
- ❖ \$92,000 from Del. **Charniele Herring** (D-46) leadership committee
- ❖ \$90,000 from Councilwoman **Del Pepper** leadership committee
- ❖ \$89,000 from **Virginia Association of Commercial Real Estate**
- ❖ \$65,000 from former City Council candidate **Matt Feely**
- ❖ \$59,000 from Alexandria Clerk of Court candidate **Greg Parks**
- ❖ \$53,000 from attorney **Mark Colley** of Arnold & Porter LLP
- ❖ \$51,000 from attorney **Mark Williams** of Morgan, Lewis and Bockius LLP
- ❖ \$50,000 from Del. **Mark Levine** (D-45) leadership committee
- ❖ \$46,000 from Democratic advocacy PAC **Virginia's List**
- ❖ \$35,000 from U.S. Rep. **Don Beyer** (D-8)
- ❖ \$34,000 from **Joan Huffer** of the Center on Budget and Policy Priorities

ASC Honors Athletes McGee details "Black 14" experience.

BY JEANNE THEISMANN
GAZETTE PACKET

Tony McGee, former defensive lineman for the Washington Redskins, was on hand to present the Alexandria Sportsman's Club Athlete of the Month Awards Oct. 16 during the organization's annual Redskins Night at the Old Dominion Boat Club.

Recognized for outstanding athletic and scholastic achievement were St. Stephen's & St. Agnes students Malcolm John (football) and Kathryn Atkinson (field hockey), Mary Margaret Quinn of Bishop Ireton (girls lacrosse), Alli Boehm (track and field) and Elyse Farrell (volleyball) of Episcopal, and Milan Rex (volleyball) and Robert Longerbeam (football) of T.C. Williams.

The Athlete of the Month Awards followed a presentation by McGee that detailed his career from college to professional football, including his experience as one of the "Black 14" during his junior year at the University of Wyoming.

In McGee's junior season in 1969, he and 13 other African American players were removed from the team by head coach Lloyd Eaton for wearing armbands in support of a protest called by the UW Black Students Alliance against The Church of Jesus Christ of Latter-day Saints tenet which prohibited black men from becoming priests.

McGee went on to finish his college career in Texas at Bishop College in Dallas. Projected to be a first-round pick in the 1971 NFL Draft, he fell to the third round because of his involvement in the Black 14.

His NFL career spanned 14 years, including a Super Bowl win with the Redskins in 1983.

The Alexandria Sportsman's Club, founded in 1947, is a non-profit organization that supports local high school athletics and recognizes achievements on the field and in the classroom. Monthly meetings include a special guest and presentation of Athlete of the Month awards. For more information, visit www.alexandriavasports.org.



Former Washington Redskins defensive lineman Tony McGee stands with St. Stephen's & St. Agnes School students Kathryn Atkinson, winner of the Tommy Ennis Memorial Athlete of the Month Award for field hockey, and Malcolm Johnson, winner of the Tommy Ennis Memorial Athletes of the Month Award for football, at the Alexandria Sportsman's Club meeting Oct. 16 at the Old Dominion Boat Club.



Elizabeth Atkinson, left, and Aileen Pugh with former Washington Redskins defensive lineman Tony McGee at the monthly meeting of the Alexandria Sportsman's Club Oct. 16 at Belle Haven Country Club.

PHOTOS BY
JANET BARNETT
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PEOPLE

It Takes a Village At Home Alexandria Fall Fundraiser.

PHOTOS BY JANET BARNETT
GAZETTE PACKET

BY JEANNE THEISMANN
GAZETTE PACKET

Members, volunteers, friends and supporters of At Home Alexandria gathered at Belle Haven Country Club Oct. 6 to celebrate at AHA's annual Fall Fundraiser and auction.

Vicki and Fabrice Vasques served as lead sponsors of the evening, with an array of silent auction items that included a week at a waterfront home in St. Michael's, a French Country dinner for four at Del Ray Cafe, and a private Cabaret Dinner.

AHA is a nonprofit organization that provides practical, social and emotional support to Alexandria seniors ages 55 and older. The membership organization is based on the "village" concept of support for older adults that began in Boston in 2002. AHA



Cele Garrett, left, executive director of At Home Alexandria, celebrates with Vicki Vasques and Na00ncy Berg at the Oct. 6 AHA gala at Belle Haven Country Club.



Louise and Mike Kenny, left, with Paula and Herb Berg at the At Home Alexandria Gala Oct. 6 at Belle Haven Country Club.



Enjoying the Belle Haven Country Club terrace during the Oct. 6 At Home Alexandria gala are Barry Stauffer, Tom Crowley, Rollie Frye, Christena Nielsen and Susan Pettey.

opened in 2011 and is one of more than 30 villages in the DC region with 210 operating across the country.

Services provided by AHA include trans-

portation, errands, technical support, light maintenance, organizing and decluttering, or short-term pet or lawn care.

In addition to practical services, AHA pro-

vides an array of social opportunities for members.

For more information, visit www.athomeinalexandria.org.



Nancy Kincaid, left, and Dale Gibb at the At Home Alexandria Gala Oct. 6 at Belle Haven Country Club.



Maggie Mouse, center, with Margaret and Laurent Janowsky of del Ray Café at the At Home Alexandria Gala Oct. 6 at Belle Haven Country Club.



Sally Ann Greer joins Peter and Lori Crouch at the At Home Alexandria gala Oct. 6 at Belle Haven Country Club.

Prost!

Oktoberfest raises funds for Campagna Center.

BY JEANNE THEISMANN
GAZETTE PACKET

Revelers raised a glass or two at Port City Brewing Company Sept. 26 all in support of the Campagna Center's Oktoberfest fundraiser for the organization's New Neighbors program.

"Tonight is a benefit for our New Neighbors program," said Campagna Center president and CEO Tammy Mann. "The program essentially provides 10 levels of English language instruction to immigrants and refugees who are new in our community and who really want to access education to be able to support themselves and their families. It's all about self-sufficiency and contributing to the community."

Founded in 1945, the Campagna Center is a nonprofit human services organization that provides educational and social development programs for children, teens and adults. "The New Neighbors program is really, really important," said board member Deborah Warren. "It provides incredible support and useful information for our new neighbors – the immigrants and refugees in our community, and there are a lot of them. The program helps them integrate into society and relies on a lot of volunteer support."



Celebrating Oktoberfest with Campagna Center president and CEO Tammy Mann, center, are Richard Morton, Carl Neuberg, Adele Neuberg and Dottie Bennett Sept. 26 at Port City Brewing Company.



Port City Brewing Company bartenders Chad Droz, Emma Quinn, Tim Quintun and Justin Fox are ready to serve varieties of beer at the Sept. 26 Oktoberfest benefiting the Campagna Center.



Ready to enjoy a beverage from Port City Brewing Company are Laura Hartman and Ashton Hellmuth. Catering was provided by a Thyme and Place.



Campagna Center board members Jennifer Gale, Denise Borland and Andrew Palmieri. Presenting sponsor was Passport Auto Group, also the Campagna Center's 2019 Business Partner of the Year.

PHOTOS BY JANET BARNETT/GAZETTE PACKET



Darrin Hostetler is served some bratwurst by a Thyme and Place caterer at the Campagna Center's Sept. 26 Oktoberfest at Port City Brewing Company.



Alissa Kachinski, Ashley Wilson, her guest, George Wilson and immediate past board chair Laura Lawler enjoy German fare and beer at the Campagna Center's Oktoberfest. More at www.campagnacenter.org



JANET BARNETT/GAZETTE PACKET

City of Alexandria Commonwealth's Attorney Bryan Porter, center, holds a copy of his book "The Parable of the Knocker" at a book discussion Oct. 7 at the Alexandria campus of Northern Virginia Community College. With Porter are School Board vice chair Veronica Nolan, Porter's father John Porter, City Council member Amy Jackson and Cathy David.

'The Parable of the Knocker'

Bryan Porter, Commonwealth's Attorney for the City of Alexandria, discussed the details of the case against serial killer Charles Severance, which is the basis of his new book "The Parable of the Knocker," at a presentation Oct. 7 at the Alexandria campus of Northern Virginia Community College. Porter, who was only a few months into his elected role as Commonwealth's Attorney, detailed the investigation, prosecution and trial of Severance, who

was ultimately convicted of killing three people in Alexandria between 2003 and 2014.

Porter outlined how the case progressed, from the killing of Nancy Dunning in 2003 to the murder of Ronald Kirby in 2013 and Ruthanne Lodato in 2014. All were shot in their homes.

Despite no guns being found, Porter successfully secured convictions in May of 2017 on all counts against Severance, who is serving three life sentences for the killings.

— JEANNE THEISMANN

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- Master's Degree preferred.

EXPERIENCE:

- Healthcare and Capital campaign experience preferred.



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Served Under General Major Patton: Sergeant Paul Nevell Carter

BY CHAR MCCARGO BAH

On Jan. 23, 1944 the temperature was 29 degrees below zero and Paul N. Carter was on his way to France to fight in World War II. Just the day before he was deployed, he married his sweetheart, Sarah A. Nelson on a cold Saturday day at Saint Joseph's Catholic Church.

He went to Normandy where he was assigned to Patton's colored section "Third Army" in Normandy. In July of 1944, Major General Patton visited his troops at OMAHA Beach in Normandy, France. This was the first time that Paul met Major General Patton. It was a touching moment for Paul to see this great man. He told his children how the boat carrying Major General Patton to the beach, and how Patton stepped off and greeted his troops. Paul was in Europe when the Germans launched the last major offensive, called Ardennes Offensive and the Battle of the Bulge, which attempted to push the Allied front line west from northern France to northwestern Belgium. These great moments under the leadership of Major General George S. Patton were dear to Paul.

Paul was trained by the military as a medic. Because he was also fluent in French, the military occasionally used him as a translator. During Paul's military career, he provided medical services to many troops who were injured. He



Sergeant Paul Nevell Carter in uniform



Paul Nevelle Carter later in life.

PHOTOS COURTESY OF LAWRENCE CARTER

also constantly looked out for intruders entering the base. On one occasion, a woman entered the base carrying a package, and she refused the order to stop and identify herself. Paul then shot her in her rear-end. He quickly administered first aid to her, and he found out the package she was carrying was a loaf of bread. He retold this story to his children over and over again. After 70-years, his children still find humor in their father's war time stories.

After the end of the war, Paul returned home to his wife and his parents, and was trained as a bricklayer. Paul's father, Douglas R. Carter was a skilled carpenter and builder who had built his own house at 911 Princess Street where Paul and his wife were living. Unfortunately, Paul did not have the same passion for that career as his father did.

Paul obtained a job in the Federal government first as a clerk, then as a blueprint op-

erator at Veterans Administration. In 1956, he landed a job at the National Institute of Health (NIH) as a nursing assistant. As a nursing assistant in radiology, Paul was able to work in the health field again. He stayed with NIH until he retired in 1980.

Paul and his wife, Sarah had four children, Paul, Lawrence, Joyce and David. After the military, Paul Sr., his wife and his first two children lived with his parents. After securing a government job, he moved his family to 416 North Columbus Street. In 1961, he purchased a house at 403 North Fayette Street. During his retirement years, Paul worked part-time at Giant Food Store at several locations. His last location was in Tysons Corner. While at work, he suffered a heart attack and died on Nov. 20, 1984. He is buried at Saint Mary Catholic Cemetery in Alexandria.

Paul's children remembered seeing a picture of their father in army uniform with Major General Patton. They lost the picture but the stories of their father's military career are still fresh in their minds. Sgt. Paul N. Carter was a three stripe sergeant under Major General George S. Patton, and the time he spent in the military will always stay with his family.

Char McCargo Bah is a published author, freelance writer, independent historian, genealogist and a Living Legend of Alexandria. She maintains two blogs, <http://www.theotheralexandria.com> and <http://www.findingthingsforu.com>.

THE OTHER ALEXANDRIA

LETTERS TO THE EDITOR

Seeking District Representation

Dear Editor:

In the next several weeks, we will see the Alexandria City Council approve a new scooter pilot program for the year 2020. Undoubtedly, this will be a unanimous decision, because the City Council has proven over time to be indifferent to the concerns of citizens, and this scooter program is no exception. This stems from the patriarchal attitude of the City Council that the City Staff has the best interests of the Citizens when preparing staff work on the recommendation of decisions. This attitude prevails because Alexandria is one of the few local governments in Virginia that doesn't have a "ward system," which results in citizens having no representation at all, and City Council Members being accountable to no one. Imagine if Congress consisted of representatives at large-who would speak for the concerns of the individual states, and who would champion their interests? In the last year, a number of

articles have been written about the numerous reasons why the scooter program is not ready for prime time in our two major business districts, Old Town and Del Ray. Who are our advocates? The citizens of Alexandria appear to be voices crying out in the wilderness, their concerns falling on deaf ears. This appears to be another case of taxation without representation.

Townsend A. "Van" Van Fleet
Alexandria

Seminary Road Costs

I hope you tell the people that read your newspaper how much Money will be spent on private consultants. On seminary road how many trees will be removed for new sidewalk? Wait. a temporary sidewalk will be put in bike lane near all the trees near Quaker Lane and Seminary road. On Sept 14, 2019 council meeting, pedestrians and some council members said they are afraid to walk on

Seminary Road. a month has gone and nothing has been done to make it safer.

Ronald Rochenour
Alexandria

Write In?

I am running as a write-in candidate for the Virginia House of Delegates 46th district. I urge voters who share my conservative, GOP philosophy to write in my name on their ballots when they vote, whether absentee or in person on Nov. 5.

If elected I will do my best to represent the interests of Alexandria by working for a balance in all issues affecting all of us and do it in a way that promotes civic harmony. I will avoid name calling and questioning the patriotism or intelligence of those with whom I disagree politically.

I believe that Virginians themselves should decide how our schools, towns, cities, and counties are operated and that a strong, vibrant legislature will insure that.

I believe that racism and all

forms of injustice must be combated because all individuals are entitled to equal rights, justice, and opportunities.

I believe that we must reject the siren call of socialism because the free enterprise system is the most productive supplier of human needs and economic justice.

If elected, my primary interests in the legislature will be economic development and justice, good schools for all with parental choice the dominant factor, and improvement in transportation.

I have been a resident of Alexandria and the 46th district for 7.5 years and am proud to be part of this vibrant community. I am retired and thus will have time to contribute to the advancement of Virginia and Virginians. My former professional life was in information technology and software development.

I ask that your write in my name – please spell it correctly – Gerald Chandler – on your ballot for the 46th district of the Virginia House of Delegates.

Gerald Chandler
West End, Alexandria

www.AlexandriaGazette.com

@AlexGazette

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PHOTO BY JANET BARNETT/GAZETTE PACKET

Krystal Fenwick, left, coordinator of the Holiday Sharing Program, and Department of Community and Human Services staff member Suzanne Kratzok, right, with volunteers Abi Baker, Lisa Munoz, Matthew Scherbel at the DHS facility Oct. 13 as families registered to participate in the program for families in need.

Holiday Sharing Program Opens Donors, volunteers needed to help families in need.

BY JEANNE THEISMANN
GAZETTE PACKET

The Department of Community and Human Services kicked off its annual Holiday Sharing Program with

families lining up Oct. 13 outside the DCHS offices on Mount Vernon Ave. to begin registering for the program.

The program helps foster children, families in need and senior

SEE HOLIDAY, PAGE 17

The Great Pumpkin Patch

Immanuel fundraiser supports local charities.

BY JEANNE THEISMANN
GAZETTE PACKET

Charlie Brown would be impressed. The legendary pumpkin patch sponsored by Immanuel-Church-on-the-Hill opened for business Oct. 6 with a volunteer bucket brigade unloading thousands of pumpkins ready for sale to benefit local and international charities.

Now in its 26th year, the Pumpkin Patch fundraiser features pumpkins sustainably grown on a Navajo Indian Reservation near Farmington, N.M., and trucked across the country for sale in Alexandria.

"The pumpkin patch is a wonderful ministry for many reasons," said the Rev. Randy Alexander, Rector of Immanuel. "The entire parish is involved. It's our welcoming door to the community and it gives us the resources to do God's charitable work."

All net profits from the pumpkin patch support the church's outreach activities at the community, regional and international levels. Last year, over 25 charities received support ranging from Alexandria charities working with homelessness and education, to regional anti-poverty programs, to international work including a children's ministry in Haiti, nurses training in the Democratic Republic of the Congo, and a hospital in Gaza.

Local charities benefitting from the sale include ALIVE!, Carpenter's Shelter, Inova Alexandria Hos-

SEE THE GREAT PUMPKIN, PAGE 18



BY JANET BARNETT/GAZETTE PACKET

Airman Christopher Thorne with his wife Kiara and son Camden.



Sharon Thompson helps grandson Duke Byrnes pick pumpkins.



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SENIOR LIVING

2.4 Million Older Adults In U.S. Identify as LGBT

The joys and obstacles of coming out later in life

BY MARILYN CAMPBELL
THE GAZETTE PACKET

A married father of five, George Murphy seemed to have it all. The successful construction company he founded, afforded him luxuries such as private school tuition for all of his children, a sprawling home in McLean, Va., and a marriage that spanned more than three decades. Still, something was missing: a satisfying romantic life.

"I loved my wife but I was not sexually attracted to her," said Murphy, now 62 and in a seven-year relationship with a man 20 years his junior. "I've known since I was 16 that I was attracted to men, but I kept it hidden. I grew up in southern Virginia and there's no way it would have been acceptable."

According to the American Psychological Association, more than 2.4 million adults over 65 in the United States identify as lesbian, gay, bisexual or transgender, with many coming out later in life. During October, Lesbian, Gay, Bisexual and Transgender (LGBT) History Month, advocates are working to raise awareness of the particular issues facing older adults.

"Many of the issues are emotional," said Bethesda marriage and family therapist Carol Barnaby. "If you think about it, feeling like you're being forced to lead a double life can cause a laundry list of issues."

Anne Whitty grew up in a devoutly Irish Catholic home, one that disavowed any romantic relationship that wasn't heterosexual. "We were taught that rela-

tionships with someone of the same sex were one of the worst types of sins," she said. "But I've known that I was lesbian since I was 30."

Now the 62 year old grandmother of four, who is married to a 73-year-old woman, says she feels liberated and finally able to live as she feels she was intended. "I'd felt a low-grade depression for most of my adult because there was a part of me that I tried to pretend didn't exist," she said. "When I was growing up, that was something that we didn't even discuss, so I was never able to get help."

"Being forced to live most of your life as someone you're not can be overwhelmingly stressful and lead to depression," adds Barnaby. "So many older adults – and younger people too – use alcohol and even drugs, to squash those feelings, which in reality only compounds them."

Seniors like Whitty, whose sexuality is at odds with their religious upbringing, can find themselves suddenly disconnected from an important part of their lives, says Barnaby. "To be accepted is something that most of us want, but when you're suddenly rejected by

a source of comfort that you've had for 40 or 50 years, it can lead to incredible loneliness, especially if you've also been rejected by some family and friends."

Suddenly experiencing discrimination for the first time in one's life can be perplexing, advises Barnaby. "For those who've never had to deal with being treated differently because of the way they looked, suddenly being singled out as a minority can be tough."

In spite of the emotional obstacles that those who decide to come out after a marriage and family, the outcome makes the effort worthwhile. "I feel like I'm finally free," said Murphy.

"I feel like I'm finally free."

—George Murphy, McLean





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SENIOR LIVING BRIEF

Medicare 101

Learn the facts about Medicare and how to save money, including information on what to do during Open Season if you want to consider changes to your insurance plans. Registration required. Please register by calling 703-324-5851, TTY 711. Go to www.fairfaxcounty.gov/familyservices/Older-Adults for information on county services for older adults and caregivers.

Monday, Oct. 28, 7-8:30 p.m.

Thomas Jefferson Library, 7415 Arlington Boulevard, Falls Church, VA

Tuesday, Oct. 29, 1-2:30 p.m.

Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, VA

Wednesday, Oct. 30, 2-3:30 p.m.

George Mason Regional Library, 7001 Little River Turnpike, Annandale, VA

Tuesday, Nov. 5, 9:30-11 a.m.

Vienna Presbyterian Church - Great Hall, 124 Park Street, NE, Vienna, VA

Tuesday, Nov. 5, 7-8:30 p.m.

Vienna Presbyterian Church - Great Hall, 124 Park Street, NE, Vienna, VA

Wednesday, Nov. 6, 6-8 p.m.

Reston Community Center, 2310 Colts Neck Road, Reston, VA
Contact Cassie Lebron, 703-390-6157, TTY 711

Thursday, Nov. 7, 2-3:30 p.m.

Lorton Library, 9520 Richmond Highway, Lorton, VA

Thursday, Nov. 14, 6-7:30 p.m.

Chantilly Regional Library, 4000 Stringfellow Road, Chantilly, VA



PHOTOS BY SHIRLEY RUHE/ALEXANDRIA GAZETTE

Hughes points to the bulletin board with pictures of celebrities who have performed in the Lodge during the 50s and 60s.

Elks Goal to Save a Piece Of Alexandria History

BY SHIRLEY RUHE
THE GAZETTE

Harold Hughes walks up the steps of Alexandria Elks Lodge # 48 on 227 N. Henry Street and unlocks the door. “You can see the oldest part of the building is definitely in need of repair.” Hughes, an Elks brother for 30 years says, “at one time there were 400 members in the lodge. Today we are down to 42.” He says there is no retention with people up in age and no influx of youth. “It doesn’t deter from our mission to the community but it is harder to complete.”

The historic building was built in 1898. Arthur Miller Sr., a more recent Elks member, says, “It wasn’t until recently that the City even knew the building was there or about its history.” Hughes adds, “Then to tell the whole truth it was lack of our knowledge that led to 50 years of neglect. We misunderstood the grandfather clause and thought it meant you had to go downtown to get anything repaired, even a window, so it held up progress.”

“We also thought an application had been filed for historical landmark designation, but it hadn’t.”

Currently, Miller points out, they are in the process of collecting all of the data necessary to make the application. Now there is interest in renovating

and preserving the building and its history. But Miller points out, “We would need to know what historic designation means in terms of the requirements for changing the building.”

Melanie Gray, Director of Outreach and Mission at Historic Christ’s Church, says the lodge is still functioning. “The city architect recently saw great potential in rehab and maybe converting part of the building into 8 units of affordable housing. There is a quote of \$16,000 for design.”

But then what next?

Gray has been interested in pulling people together to work toward a plan for saving and renovating the lodge. Gray says she has



**Harold Hughes, left, and Arthur Miller stand on the steps of his-
toric Elks Lodge #48 built in 1898.**

a love of local history and believes in the need for preservation of heritage in Alexandria. “We go back generations here. My family owned a block of King Street. There was a pig farm there.”

Hughes says, “Melanie is like our North Star. She is trying to help us help

Ourselves.” Up the front steps inside the front door on the right is the ladies’ room and on the left is the gentlemen’s room. The daughters of Israel Temple No. 138, who meet separately, also have 42 members. Straight ahead is the current official lodge meeting room with the American flag prominently displayed and a stuffed elk head mounted on the wall. But the ceiling is crumbling. Miller says, “It is desperately in need of repair.”

Hughes says, “this is where the black soldiers used to come and party. They couldn’t go anywhere else.” He adds, “there used to be a bar here and tables. We had so many celebrities including Ray Charles and James

SEE ELKS GOAL, PAGE 18



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ENTERTAINMENT

Smallcakes Sweetens Up Mount Vernon Avenue

By HOPE NELSON
GAZETTE

Any sweet tooth in Alexandria would agree: There's always room for more cupcakes. And Del Ray is in luck. A new outpost of Smallcakes has set up shop in a cute little house-turned-business along Mount Vernon Avenue, baking up fresh batches of multiple flavors daily for neighbors and friends to latch onto.

"It was just a blessing" to get the space, said owner Breanna Perez. Since July 2018, Perez had owned a Smallcakes shop in Pentagon Row, but always had an eye on Alexandria as a more permanent destination. An Alexandria resident herself, the move was a natural fit.

And so was Del Ray: "I was looking in the Old Town area first but of course there's a lot of ice cream shops there, there's two cupcakes shops," she said. Once the space on Mount Vernon Avenue became available, Perez jumped at the chance.

Smallcakes may be a national brand, but franchisees have the freedom to make each shop how they want it, Perez says.

"Although we're a franchise, they allow us the flexibility to get creative and try different things even if they're not in the recipe book," she said. Therefore, guests can taste



Smallcakes has opened on Mount Vernon Avenue and is ready to dish out all manner of cupcakes, ice cream and "pupcakes."

an homage to Perez's Puerto Rican heritage in some of the cupcake flavors that include Puerto Rican eggnog and more.

And Perez says her customers are always up to try something new.

"People are pretty open. Our most popular that we did throughout the year was pumpkin; sweet potato went really well," she said.

But though some Smallcakes flavors bor-

IF YOU GO

Smallcakes, 1506 Mount Vernon Ave.
Hours: 11 a.m.-8 p.m. Tuesday-Wednesday; 11 a.m.-9 p.m. Thursday-Saturday; 11 a.m.-5 p.m. Sunday.

Try this: "We do a red velvet ice cream, which has our cream cheese frosting in the actual ice cream and then we put red velvet crumbles in it," said owner Breanna Perez.

der on the exotic, the tried-and-trues also keep customers coming back for more.

"I like the strawberry and the peanut butter cup. Which is weird because I'm not really a peanut butter person," Perez laughed. What pushes the peanut butter concoction over the edge, she says, is the Reese's sauce she uses in the recipe.

Along with cupcakes, Del Ray's Smallcakes offers homemade ice cream in a variety of flavors. And canine companions aren't left out, either – the shop's "pupcakes" have already proven to be a hit with Del Ray's dog-friendly neighbors.

"(Before the Del Ray shop opened), we had never made that many in a day, we'd never sold that many in a day," Perez said.

Smallcakes' grand opening will take place in mid-November, Perez said, and will feature a visit by corporate owner Jeff Martin, a contestant on the Food Network's "Cupcake Wars."

CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Art Exhibit: "Emotional Support: Animals."

Through Oct. 27, daily, 10 a.m.-6 p.m. and Thursdays until 9 p.m. at Scope Gallery, ground floor Studio 19 of the Torpedo Factory Art Center, 105 North Union St. Kiln Club artists wax poetic on "Emotional Support: Animals" in the wholehearted exhibition of the exotic and domestic. Visit www.scopegallery.org or call 703-548-6288.

Art Exhibit: Twilight Zone.

Through Oct. 27, gallery hours at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. "Art Inspired by The Twilight Zone" work inspired by the classic television series. An opening reception is planned for Friday, Oct. 4, 7-9 p.m. Fee admission. Visit www.DelRayArtisans.org/exhibits.

Ghost & Graveyard Tour.

Fridays and Saturdays, through Oct. 31, nightly at 7:30 and 9 p.m. Departs from Alexandria Visitor Center, 221 King St., Alexandria. Follow an 18th-century costumed guide by lantern light through the charming streets of Alexandria's historic district known as Old Town. On this tour, you'll hear ghost stories, legends and folklore. You will also hear about unsolved mysteries, tales of romance and angry ghosts looking for revenge. Appropriate for ages 9 and up. No pets please. Admission: \$15 for adults; \$14 for seniors, military and law enforcement; \$10 for children. Visit alexcolonialtours.com.

Art Exhibit: Day of the Dead.

Through Nov. 3, at Potomac Fiber Arts Gallery, Torpedo Factory Art Center, Studio 29, 105 North Union St. The Potomac Fiber Arts Gallery presents its juried show, Day of the Dead. Neighbors in Mexico and Central America celebrate Day of the Dead. It is a joyful time that helps people remember the deceased and celebrate their memory. The colors and vibrancy of this holiday inspire artists of the Potomac Fiber Arts Gallery. Themed work will be eligible for recognition by the jurors. Non-themed work will also be

exhibited. Visit www.Potomacfiberartsgallery.com for more.

"The Haunting of Hill House."

Through Nov. 9 at The Little Theatre of Alexandria, 600 Wolfe Street, Alexandria. Get spooked by "The Haunting of Hill House," based on Shirley Jackson's 1959 gothic horror novel. Considered one of the best ghost stories of our time, this tale is a chilling and mystifying study in mounting terror. Show times: Wednesdays through Saturdays at 8 p.m.; Sundays at 3 p.m. Admission: \$21-24. Visit thelittletheatre.com.

"Board | out of our minds!"

Through Nov. 10, gallery hours at The Athenaeum, 201 Prince St. "Board | out of our minds!" relates to the games we play. The included works exhibit the creative means in which people developed board games to reflect their thoughts and reflections on the role of chance in life. While some are actual games, some refer to the role of games in life. Visit www.nfaa.org or call 703-548-0035.

Mount Vernon Farmers Market.

Wednesdays (through Dec. 18), 8 a.m.-noon at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane. The McCutcheon/Mount Vernon Farmers Market opened May 1 with an array of farm-fresh produce and local foods, plus some new features (fresh brewed coffee!). Visit www.fairfaxcounty.gov/parks/farmersmarkets.

Band Members Needed.

Join the Mount Vernon Community Band, a group of players who enjoy playing many styles of band music in a relaxed atmosphere. Rehearsals are Tuesdays 7:30-9:30 p.m. in the Mount Vernon High School Band Room, 8515 Old Mount Vernon Road. No auditions. All instruments needed. Contact Eric Leighty directly 703-768-4172 or visit www.mvbands.com/join-us/.

FRIDAY/OCT. 25

Ten Thousand Villages Anniversary.

6-8 p.m. At 915 King Street, Old Town Alexandria. Ten Thousand Villages, Alexandria's first fair trade retailer, will have its 25th anniversary party. The store has been operating on King Street in Old Town since 1994. The store opened in October 1994 at the corner of King and Alfred Streets, where it remained for 11 years. It moved across the street in 2005. At the celebration, there will be international cuisine,



The Flintstones join in the 2018 Del Ray Halloween Parade.

wine tasting and a silent auction featuring one-of-a-kind handcrafted products from their artisan partners.

Canine Halloween Cruise. 6:30 p.m. and 8 p.m. At Alexandria City Marina, 1 Cameron Street, Alexandria. Come out with your costumed canine and cruise along the Potomac River to some Halloween tunes. Halloween treats will be provided on board. Be sure to have your four-legged friend in their best costume. Admission: \$24.99 for adults; \$15.75 ages 2-11; infants and dogs ride free. Visit www.potomacriverboatco.com or call 703-684-0580.

The Thirteen Performs. 7:30 p.m. At Virginia Theological Seminary, Immanuel Chapel, 3737 Seminary Road, Alexandria. The all-star professional choir, The Thirteen, will present "Tallis Through The Looking Glass." The concert

will be approximately 65 minutes in duration followed by a complimentary meet and greet reception with performers. Tickets may be purchased at www.TheThirteenChoir.org.

OCT. 25 TO NOV 2

Grief & Ghost Tours. 7:30-10 p.m. At Lee-Fendall House Museum & Garden, 614 Oronoco Street, Alexandria. A look at Victorian mourning traditions coupled with stories of tragic deaths and mysterious occurrences at the Lee-Fendall House. Cost is \$10. Tours will be offered October 25-26 and November 1-2 starting at 7:30 p.m., 8:30 p.m., and 9:30 p.m.. Visit the website: www.leefendallhouse.org.

SEE CALENDAR, PAGE 13

WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT

A Not-So-Spooky Community Celebration

Thousands of costumed lookalikes descended on the 22nd annual Del Ray Halloween Parade on Sunday, Oct. 28. The not-so-spooky community celebration included costume contests for grown-ups, children and animals alike, and prizes were also given to the owners of the area's best-decorated home and business.

Guardians of the Galaxy participate in the 2018 Del Ray Halloween Parade.



CALENDAR

FROM PAGE 12

OCT. 25-27

Waterfront Beer Garden. Friday from 4 to 7 p.m., Saturday from 12 to 7 p.m. and Sunday from 12 to 6 p.m. At Waterfront Park, 1 King Street, Alexandria. Sponsored by Port City Brewing Company, Alexandria. Enjoy craft beer, entertainment including ghost stories and trivia, plus bites from Alexandria's own Haute Dogs. PortsideinOldTown.com for Waterfront Beer Garden details.

SATURDAY/OCT. 26

Fall Harvest Fest. 9 a.m. to 2 p.m. At River Farm, 7931 East Blvd. Drive, Alexandria. Nature-based crafts for children and adults, face painting, apple cider sales, food trucks, beekeeping and horticultural demonstrations, and live music. Cost: \$10 per car for AHS members; \$20 per car for non-members; \$5 for bikers/walkers; under 12 free. Visit the website: <https://www.ahsgardening.org/about-river-farm/events-programs/fall-festival>

6th Annual Halloween Pumpkin Hunt.

10:30 a.m., 12:30 p.m. and 2:30 p.m. At Lee-Fendall House, 614 Oronoco St., Alexandria. Alexandria's ghosts and goblins will fill the garden with hundreds of colorful toy-filled Halloween objects for local children to discover. Every participating child receives a pumpkin, and one pumpkin in each of our pumpkin hunt sessions will have a certificate for a special prize hidden inside. Costumes are encouraged. Admission: \$5 for adults; \$15 ages 1-18; free for infants. Prices differ at the door. Visit the website: leefendallhouse.org

Lecture-History of Candy.

11 a.m. to 1 p.m. At Alexandria Black History Museum, 902 Wythe Street, Alexandria. Cost is \$15. Susan Benjamin, author and historian, returns to the Alexandria Black History Museum to talk about the historic origins of candy based on her book "Sweet as Sin: The Unwrapped Story of How Candy Became America's Favorite Pleasure." This lecture focuses on African American contributions to sugar production and candy making. Within that story are the lives of compelling people, from unknown African Americans who invented machines to process pecans to Norbert Rillieux, the renowned mid-19th century engineer who invented a sugar evaporate still in use today. They also include African American abolitionists, who developed alternatives to cane sugar and propelled the free product movement; and Delta Blues musicians of the '20s, whose stories



PHOTOGRAPH COURTESY OF DAWN WYSE HURTO

Participants in Partners in Art meet to share their goals and get feedback on their artwork.

Partners in Art

Join a collegial group of artists to share goals and get feedback on artwork. Monthly meetings include discussions on exhibit opportunities, the creative process and the local art scene. Artist can bring 1-3 works – complete or in progress – for feedback. All skill levels and media welcome. Donations (\$1-3) appreciated. Monthly on the second Monday, 2-4 p.m. and fourth Tuesday, 7-9 p.m. at Del Ray Artisans gallery, 2704 Mt Vernon Ave. Visit DelRayArtisans.org/partners-in-art for more.

launched classic candies such as the Charleston Chew. Cost includes lecture, tasting, treat bag, and book signing. Reservations recommended here. Visit alexandriava.gov/Historic.

Old Town Trick-or-Treat. Begins at 11 a.m. Throughout Old Town Alexandria. Old Town is rolling out the orange carpet for all the ghouls and goblins this year. Visit Old Town in your spookiest get-ups to collect treats from participating restaurants, shops and attractions. Visit oldtownbusiness.org.

Carlyle House's Wonderland. 12-4 p.m. At Carlyle House Historic Park. Cost is \$5 (kids 0-12) and \$1 (13 and over). Carlyle House will be hosting a Tim Burton-themed party on the front lawn of the house. Visitors will be able to interact with several characters from Tim Burton's films (such as "Alice in Wonderland") and play a variety of Burton-themed games. 2 p.m. costume contest. Burton films will be playing on the back terrace during the event.

National English Sword Dancing Competition. 1-4:30 p.m. At pubs in Alexandria. The 10th annual Dancing America Rapper Tournament brings dazzling English rapper dance

teams from around the country to local pubs to compete in the national championship. Rapper dancing is a fast-paced folk tradition from northern England in which groups of five dancers holding steel swords weave intricate patterns while doing percussive footwork to live music. The following pubs are hosting: Light Horse, 715 King St., Alexandria; Columbia Firehouse, 109 S St Asaph St., Alexandria; and Bilbo Baggins Restaurant, 208 Queen St., Alexandria.

Trick-or-Treating at Mount Vernon. 3:30 to 6:30 p.m. At George Washington's Mount Vernon, 3200 Mount Vernon Memorial Hwy., Mount Vernon. Admission: \$16 for adults; \$8 ages 11 and under. Participate in a scavenger hunt, take a wagon ride and create a boo-tiful Halloween craft during this unforgettable evening. Watch wool-carding and spinning, historic chocolate-making and fishnet-making demonstrations in the historic area. Try 18th-century dancing before greeting Martha Washington. Walk in a children's costume parade—prizes will be awarded for the best George

SEE CALENDAR, PAGE 14

13th Annual



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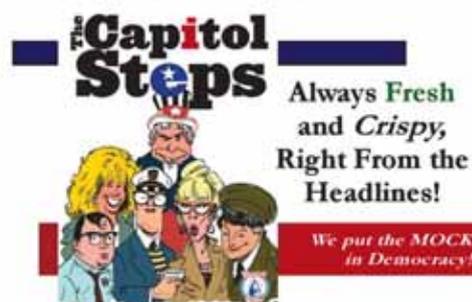
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Mount Vernon Farmers Market

The McCutcheon/Mount Vernon Farmers Market opened May 1 with an array of farm-fresh produce and local foods, plus some new features (fresh brewed coffee!). 17 local farmers and producers will sell fresh, locally grown vegetables and fruits; meats; Chesapeake Bay seafood; breads and pastries; honey, jams and jellies; milk, cheese and eggs; herbs and plants; and more. Wednesdays (through Dec. 18), 8 a.m.-noon at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane. Visit www.fairfaxcounty.gov/parks/farmersmarkets.

CALENDAR

FROM PAGE 13
and Martha costumes. Call 703-780-2000 or visit mountvernon.org/halloween

Bahá'ís Celebration. 5-7:45 p.m. At Gum Springs Community Center, 8100 Fordson Road, Alexandria. Bahá'ís of Mount Vernon are preparing to mark the 200th anniversary of the birth of the Báb, Herald of the Bahá'í Faith. Includes a light meal, inspiring readings, storytelling, and music. The commemoration is free and open to the public, welcoming people of all faiths and communities, with socializing 5:00-5:30, light dinner 5:30-6:30, and program 6:30-7:45.

Additional Bahá'í community Holy Day commemorations for the births of the Báb and Bahá'u'lláh will also take place on the evenings of October 28 and 29, 2019, celebrating the actual dates of their births. Visit <https://sites.google.com/view/bahais-mountvernon-va/home> or <https://www.bahai.us/>

Historic Cemetery Tour. Beginning at 5 p.m. Tour departs from the corner of Wilkes St. and S. Payne St., Alexandria. Enjoy a guided tour through several of Alexandria's historic cemeteries. Learn about Alexandria's famous residents, including those who fought in the Revolutionary War, Mexican War and

Civil War. Private tours are available by request (prices will differ). Tickets can be purchased online or at the Alexandria Visitor Center. Admission: \$15 for adults; \$12 for senior citizens, students, active duty military and veterans; \$8 for children; free for ages 6 and under. Visit the website: discoveralexva.com

https://apm.activecommunities.com/novaparks/Activity_Search/3186

Blacklist Regulars. 6 p.m. doors open. At Hard Times Cafe, 1404 King Street, Alexandria. With Powerman 5000. Blacklist Regulars' debut album, Through the Blast, which was released this past spring via SEE CALENDAR, PAGE 15

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Biscuits, Bowls of Soup, Move In at Pendleton Carryout

BY HOPE NELSON

Amid the dumplings, pizza and burgers at Pendleton Carryout Company, two new players have entered the game. Mouths, meet biscuits and bowls of soup.

Freed Biscuit Company and 100 Bowls, both longtime farmers market gems around the region, have planted their flags in Alexandria with space at Pendleton Carryout. This marks the first foray into the city for both companies, and indeed both eatery owners are just happy to be here.

“I’ve been working out in Warrenton and been wanting to get my biscuits other places and closer to the city,” said Freed Biscuit Company’s Josh Freed. Freed had known Pendleton’s Ed McIntosh for some time, and when the opportunity arose for Freed Biscuit to join the Pendleton ranks, he jumped at the chance.

Freed’s entry into the biscuit business came about rather surprisingly – for him most of all. Though always a bread-baker, biscuits were never something he’d fallen into before, he said.

“Really I was just messing around and watching TV and I just saw people making biscuits, biscuits and gravy,” he said. He duplicated the on-screen recipe the next morning and his biscuit ca-



The curry lentil soup is one of 100 Bowls’ most popular recipes.

reer was born.

Soon thereafter, Freed began selling his wares at the Warrenton Farmers Market. Freed Biscuit Company has been in service for about a year and a half now; the shop at Pendleton will be his first brick-and-mortar space.

His menu is small but mighty. From jalapeno cheddar to “everything” biscuits (think all the best parts of a bagel, but in biscuit form), to his loaded-up biscuit “bombs” – “The size of a softball, it’s pick up and go” – Freed is aiming to bring the joy of biscuitry to the Alexandria masses.

“I hope this is the best thing you eat today,” he tells people at the farmer’s market. The sentiment

extends to Pendleton.

What pairs better with biscuits than a hearty bowl of soup? 100 Bowls is the second new vendor entering the Pendleton Carryout space, and owner Katharine Mardirosian is ready to roll, supplying the eatery with hearty ready-to-eat bowls of soup that customers can pick up and head out with.

“I had visited [the Pendleton] space ... a little less than a year ago, and I really like what [McIntosh] is doing, bringing on various food entrepreneurs, acting as an incubator,” Mardirosian said. Now, she is joining the ranks.

But 100 Bowls is no stranger to the Northern Virginia food scene.



An “everything”-style biscuit is but one of Freed Biscuit Company’s offerings at the Pendleton Carryout Company.

Rather, the company celebrates its 10th anniversary in November after years at the Reston Farmer’s Market, garnering shelf space at MOM’s Organic Market, and now in their own commercial kitchen in Herndon.

Other than their presence at the Arlandria MOM’s, this will be the first extension into Alexandria for 100 Bowls, as well.

100 Bowls’ soups come from a desire to eat well – and healthily, Mardirosian says.

“The concept was pretty simple: I was making homemade soup from scratch, which I really loved, and I thought why isn’t there better soup out there?” she asked.

Originally strictly plant-based,

IF YOU GO

Freed Biscuit Company and 100 Bowls at Pendleton Carryout Company, 807 Pendleton St, Alexandria, VA 22314
100 Bowls soups will be available when Pendleton is open, 11 a.m.-8 p.m. Monday-Wednesday, 11 a.m.-9 p.m. Thursday, and 8 a.m.-9 p.m. Friday-Sunday.

Freed Biscuit Hours: 8 a.m.-noon Fridays-Sundays

Try this biscuit: The everything biscuit. “I really like the house-cured gravlax,” said Freed Biscuit Company owner Josh Freed. “The everything spices, when they start toasting, it’s such a great smell.”

Try today’s soup: “I love the hearty soups,” 100 Bowls owner Katharine Mardirosian says. “We do an Italian vegetable that’s a little bit brothy but that’s got every single vegetable you can imagine.”

100 Bowls has expanded its menu to include a few soups that do include meat.

“We pride ourselves on catering to any diet,” she said.

Expect a plethora of soup options from 100 Bowls at Pendleton, Mardirosian said. Curry lentil, carrot ginger, fall butternut and Moroccan stew are some of the most popular.

“They’re hearty soups, they’re thick soups. Even though they’re vegan they’re incredibly hearty,” she said.

Hope Nelson owns and operates the Kitchen Recessionista blog, located at www.kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.

CALENDAR

FROM PAGE 14
Pavement Entertainment, puts a modern spin on the hard rock genre. It is at once melodic, dynamic and hard hitting, with screaming guitar lines and grunge rock inspired bass backed by the powerful and precise drums. Cost is \$23.

OCTOBER 26-28

Poems and Stories of Edgar Allen Poe. 7 to 8:15 p.m. Tour begins at the Ivy Hill Cemetery Office, 2823 King St., Alexandria. Admission: \$20. “Even in the grave, all is not lost!” The Guillotine Theatre presents “Poe in the Vault” at Ivy Hill Cemetery. This is a sell-out event in a most suitable environment. This ghost tour, accessible to those with limited mobility, begins at the Ivy Hill Cemetery Office and ends at the Receiving Vault, where actors from Guillotine Theatre will read from the works of Edgar Allan Poe. Seating is limited. RSVP to info@IHCHPS.org. Visit ivyhillcemetery.net

SUNDAY/OCT. 27

Trick-or-Treating with Dogs. 11 a.m. to 2 p.m. At George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Hwy., Mount Vernon. Bring your dog to Mount Vernon for howl-o-ween fun. Enjoy a great photo opportunity in front of the Mansion, meet people from Washington’s world and enjoy



Art Exhibit: Emotional Support: Animals.

Kiln Club artists wax poetic on “Emotional Support: Animals” in the wholehearted exhibition of the exotic and domestic. The exhibit runs Sept. 30-Oct. 27, 10 a.m.-6 p.m. daily and Thursdays until 9 p.m. at Scope Gallery, ground floor Studio 19 of the Torpedo Factory Art Center, 105 North Union St. Visit www.scopegallery.org or call 703-548-6288.

treats for your pup (while supplies last). This event is for pups and their humans only. Admission: \$20 for adults and children ages 12 and up; \$12 for youth ages 6-11; free for ages 5 and under. Visit mountvernon.org/doghaloween

Witchy Women. 1-3 p.m. At Historic Green Spring Gardens, 4603 Green Spring Road, Alexandria. Why were women the main targets of witch hunts? Hear about the ancient superstitions and misogynistic beliefs that aroused fear of women as natural evil-doers and led to their historic persecution as witches. Afterwards, enjoy a traditional English afternoon tea. The cost is \$36 per person for the program and tea;

\$15 for program only. Reservations are required. Visit www.fairfaxcounty.gov/parks/green-spring.

Doggie Trick-or-Treat. 1-3 p.m. At The Dog Park, 705 King St., Alexandria. It’s that time of year again. You and your family—especially your doggies—are invited to come to Old Town and trick-or-treat together. There will be treats, sales and a costume contest. Come to The Dog Park in Old Town Alexandria to get your map and have pictures taken, then tour the rest of the participating stores to get more treats and find a sale or two in town. Visit thedogparkva.biz

Navy Chamber Concert. 2-3 p.m. At

Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. Ages 8 & up. Free. Email: jeffrey.snavelly@fairfaxcounty.gov.
Walking with Washington Tour. 2-4 p.m. Starts at Ramsay Alley at 109-113 N. Fairfax St. Led by an old-line Virginian with family stories about Washington, our 18c. action hero, this tour in his chosen hometown focuses on his character and values, and significant people and events in his life. Stops at Ramsay House, Market Square, Carlyle House, The Bank of Alexandria, Wise’s, Duvall’s and Gadsby’s Taverns, Washington’s townhouse, and Christ Church. Reservations not required. Free. Recommended for ages 10+

WalkingwithWashington@outlook.com.
23rd Annual Del Ray Halloween

Parade. 2 p.m. Begins at Mount Vernon Ave., south of E. Bellefonte Ave., Alexandria. Witness a community’s creative spirit at Del Ray’s beloved annual Halloween Parade. Children, pets and strollers are invited to show of their finest and scariest Halloween garb as they strut up Mount Vernon Avenue past local businesses decked out for the spooky season. Following the parade, awards are given for Best Pet Costume, Best Decorated Business, Best Decorated Home and Best Decorated Stroller during a brief ceremony. Go to the website: visitdelray.com/halloween

Book & Author. 2-5 p.m. At Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria. Fundraising Book & Author event featuring Marvin Kalb, (Enemy of the People), Dale Russakoff, (The Prize) and Robert Watson (The Nazi Titanic) moderated by Robert Siegel, former host of NPR’s All Things Considered. Cost is \$25/advance; \$30/door.

Trunk-or-Treat. 5-7 p.m. At Fairlington United Methodist Church, 3900 King Street, Alexandria. Wear Halloween costumes and trick-or-treat from car to car to receive candy and allergy-free treats. There will also be firepits with hotdogs for roasting and a gourmet s’mores bar. Free. www.fairlingtonumc.org

Genetic Genealogy Leads to Conviction

FROM PAGE 1
 her, "Stop screaming, or I'll shoot you in the mouth." The man then instructed the victim to get on her knees, and he zip-tied her hands behind her back. He put tissues in her mouth to prevent her from screaming, and he put on blue latex gloves.

The man told the victim, "I am going to rape you, kill you, or I will do both." He again threatened to

shoot her if she screamed, and he ordered her to not look at him. The victim closed her eyes.

The man removed the victim's clothing ... He applied pressure to her throat and struck her in the head several times. ... After he raped her, he got up and fled the scene on foot.

The victim was able to get out of the room 5 minutes later, and she called her boyfriend, who called the police. The first officer on scene found the victim, half-naked and still zip-tied so tightly that her hands were turning blue. The victim was transported to Fairfax INOVA Hospital for medical care and the performance of a Sexual Assault Nurse Examination (SANE). During the evaluation, the nurse noted multiple bruises and abrasions consistent with the victim's report, to include internal injuries caused by the attack.

A DNA profile was developed from the sperm located within the victim, but a search revealed no match in law enforcement databases. After traditional attempts to identify a suspect were unsuccessful and all leads had been exhausted, the Alexandria Police Department contracted with Parabon Nanolabs to have the suspect's DNA analyzed using genetic genealogy. Parabon investigators used a public access site called GEDmatch to search for relatives of the suspect. Using the list of relatives and the strength of the relationship, Parabon was able to suggest one suspect for further investigation: Jesse Bjerke, the defendant.

Detective Ryan Clinch of the Alexandria Police Department performed covert surveillance and collected abandoned trash outside the defendant's home, as well as straws that the defendant left at a restaurant. A comparison of the DNA located on those items to the DNA found within the suspect's sperm yielded a match. Upon arrest, the defendant's known DNA sample was collected, and the Department of Forensic Science calculated the odds of randomly selecting a match at 1 in 7.2 billion, which is approximately the world population.

After the defendant was arrested, the investigation continued. The defendant's employment records were subpoenaed from Alexandria INOVA Hospital, where the defendant had been employed as a nurse in the emergency room. The INOVA records revealed that on the day of the offense, the defendant unexpectedly left work at 8:30 a.m., just an hour and a half

into his shift, claiming to be sick. A search warrant for the defendant's phone location data revealed that after he left work, he drove around Alexandria and Fairfax County for the remainder of the morning. At 12:30 p.m., he turned his phone off, and at 12:41 p.m., he turned it back on; at that time, his phone connected with the cell tower closest to the crime scene. His phone again used that tower at 1:06 p.m., and then he turned it off again during the time period of the offense, from 1:23 p.m. until 2:15 p.m. During the precise two times that the victim reported that the suspect was at the pool, the defendant had turned off his phone—and his last known location prior to turning it off was the closest cell phone tower to the pool, located just 600 feet away.

The case was investigated by Detective Ryan Clinch of the Alexandria Police Department, with significant support from Parabon Nanolabs and the Virginia Department of Forensic Science. Senior Assistant Commonwealth's Attorney Jessica Best Smith prosecuted the matter on the behalf of the Commonwealth.

Commonwealth's Attorney Bryan Porter said: "This crime was preplanned and brutal. While I am pleased that the matter was successfully resolved, no guilty plea or sentence can right the wrongs the defendant committed or ameliorate the pain and trauma inflicted upon a defenseless victim."

"The defendant is free to appeal the adverse ruling of his motion to suppress with regards to the collection of DNA evidence in this case. The Commonwealth welcomes such appellate review because, as the trial court decided, the current state of the law explicitly supports the collection of abandoned evidence for DNA analysis."

"The Commonwealth notes that the genetic genealogy techniques used to break this case are an outstanding use of technology by which violent rapists are identified. ... To put it plainly, without genetic genealogy, a violent rapist would not have been identified and this defendant would currently be at liberty, capable to rape again with impunity whenever the urge arose within him."

"There is media interest about a possible additional charge against the defendant being brought in Fairfax County. It would be improper for my office to comment on an open investigation and I therefore defer to the Fairfax County Police Department."

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★ SHOW HIGHLIGHTS ★

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 Barn Night | "Halloween on Horseback"

FRIDAY OCT 25, 7PM
 Military Night | Puissance High Jump

SATURDAY OCT 26, 6:30PM
 World Cup Night | President's Cup

Holiday Program

FROM PAGE 9

or disabled/adults by providing gifts during the holidays.

According to DCHS, approximately 500 low-income families have been registered so far with more than 700 expected to be signed up by the end of the month. For the majority of the registered children, gifts received through the Holiday Sharing Program will be the only ones they open on Christmas morning.

Participation is need-based and families are screened during registration. A list of toys and clothing that each participating child wants for the holidays is provided to DCHS and passed on to donors. Individuals, companies and groups can complete an online sponsorship registration form to participate. DCHS will match families to the sponsors and gifts are dropped off at DCHS during distribution week in December or directly to the families' homes. The focus of the program is primarily on family requests for necessities for children and a few toys.

Monetary donations can be made online by credit card. Checks made payable to The Fund for Alexandria's Child or the DCHS Senior Fund can be mailed to: Holiday Sharing Program, 2525 Mount Vernon Avenue, Alexandria, Va. 22301

For more information, contact holidaysharing@alexandriava.gov, call 703-746-5663 or visit www.alexandriava.gov/holidaysharing.

BULLETIN BOARD

SAFETY

Free Medication and Firearm Locking Devices. The City of Alexandria is offering free locking medication boxes and firearm trigger or cable locks as part of Lock and Talk Northern Virginia. Alexandria residents and employees may call 703-746-3436 to obtain these free life-saving devices. Suicide can be prevented. Anyone at risk of suicide, or who knows someone at risk, should get help right away. Call PRS CrisisLink at 703-527-4077, text "CONNECT" to 85511 or call City of Alexandria Emergency Services at 703-746-3401. For life-threatening situations, call 911 immediately.

NOW THRU OCT. 30

Help Grow Alexandria's Tree Canopy. The City of Alexandria's Fall Native Plant Sale is open through Oct. 30. Beautify your yard, help the environment, and create habitat by planting high quality and ecologically valuable native tree species in your yard. Plants are available for purchase at alexandriava.gov/Recreation or in person at Jerome "Buddie" Ford Nature Center (5750 Sanger Ave.) and will be available for pick up on Nov. 2 between 9 a.m. and 2 p.m. at the Nature Center. Visit alexandriava.gov/Recreation or call the Nature Center at 703-746-5559. Or visit alexandriava.gov/Trees or call the Urban Forestry section at 703-746-5496.

Obituary



Richard Adams ("Ad") Eichner died on October 17, 2019 at his home in Alexandria, Virginia. He was 66 years old. Mr. Eichner was a native of Richmond, Virginia; he was a 1971 graduate of St. Christopher's School; a 1975 graduate of Cornell University; and a 1980 graduate of both the University of Virginia Law School and the Colgate Darden School of Business.

Mr. Eichner co-founded Ritter & Eichner, a public finance law firm, in 1991 in Washington, D.C. Throughout his career he specialized in tax-exempt financing involving multifamily housing. He played a leading role in developing new structures for housing bonds, and was a lecturer and panelist at many housing finance workshops and events. He was proud of the impact of the work that he did in facilitating more low-income housing for families in poverty.

He is survived by his mother, Dorothy Wade Eichner of Richmond, his two sisters Katy Stewart (Bill) of Fredericksburg, and Patty Mouer (Joe) of Asheville, North Carolina, his ex-wife Jill Martin of Alexandria, and their three children: Kyle Eichner (Ian Evans) of Cambridge, Massachusetts, James Eichner of Alexandria, and Alexan 'Sasha' Martin-Eichner of Chicago, Illinois.

In lieu of flowers the family requests that donations be made to the Juvenile Diabetes Research Foundation or the National Arboretum.

A memorial service will be held at Christ Church, Alexandria, on Thursday, October 24, 2019 at 1 pm.

Burial will be later in Temple Hill, Geneseo, New York.

Obituary



Alexandria, Virginia — **Richard Leo Kreutz**, loving father, husband, grandfather and great-grandfather, passed away peacefully on October 11, 2019. He was 92 years old.

Dick Kreutz was born to Anna Schulz Kreutz and Leopold Kreutz on September 27, 1927 in Oak Park, Illinois. He graduated from Proviso Township High School on June 6, 1945 where he played football. After serving briefly in the Marine Corps at the end of World War 2, he was honorably discharged on August 29, 1946. Dick achieved his Bachelor of Science degree from the University of Illinois in Architecture on August 21, 1950.

His career in commercial architecture was diverse and highly-acclaimed, encompassing civilian and governmental projects around the world. In his hometown of Chicago, while working for Skidmore, Owings, and Merrill, he was involved with two of the tallest buildings in the world: first the John Hancock Building, and as the project manager for the then-tallest building in the world, The Sears, Roebuck, & Company headquarters. Later, while a Vice President at 3D International of Houston, he divided his time between the firm's Saudi Arabian planning and construction effort for ARAMCO; the establishment, as Director of International Operations of several subsidiary corporations and offices; the management of operations in Malaysia, Singapore, Hong Kong, and the Philippines; and the development of several architectural projects.

He built banks in Cairo, Kuwait, Spokane and Malaysia; hotels in Cairo and Kuwait City; the Philharmonic Hall in Teheran Iran; Universities in Chicago and Iran; and offices in Nashville, New Orleans, Teheran, and Neenah Wisconsin, besides others in Chicago. He oversaw the renovation of 588 branches of Bank of America in California, was the principal in charge of furniture and furnishings for the Asian Development Bank.

One of Dick's most interesting accomplishments was the successful completion of the highly publicized program for the monumental public sculpture, the Chicago Picasso. He directed the effort which involved the translation of Picasso's original sculpture into constructible form and included its installation on the plaza of the Chicago Civic Center. Another unusual project was the restoration of the San Francisco State Supreme Court building and adding to it an office annex of more than one million square feet.

Dick's hobbies included sailing, traveling around the world, metal machining and tool making, building accurate models of whaling vessels and ships in bottles, and maritime knotting. He also loved a good mystery novel and World War 2 history.

Survivors include his loving wife of 31 years, Dianna Reiff Kreutz; daughter Lisa Kreutz Mahoney of Littleton CO; son Eric H. Kreutz of Glendora CA; granddaughter Arin M. Jalbert and her two children of Copperas Cove TX; grandson Duane R. Tisdale of Houston TX, and grandson Nicholas F. Mahoney of Golden CO; as well as stepchildren Jacquelyn M. Lee of Waterford WI and her three children, and David P. Mahoney of Charleston SC, and his two children. Earlier, Dick's first daughter, April S. Tisdale, lost a battle with cancer.

A big personality, he set an inspirational example of hard work and loving dedication for his children and grandchildren; and was an entertaining, insightful, and helpful friend to hundreds in a dozen cities. He will be missed by many for a long time. Demaine Funeral Home, Alexandria is handling the arrangements. www.demainefuneralhomes.com

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Legals

Notice of Initiation of the Section 106 Process: Public Participation
Sprint proposes the upgrade of a rooftop telecommunications facility at 1320 Braddock Pl, Alexandria, VA. Members of the public interested in submitting comments on the possible effects on historic properties included in or eligible for inclusion in the National Register of Historic Places may send their comments to Andrew Smith, RESCOM Environmental Corp., PO Box 361 Petoskey, MI 49770 or call 260-385-6999.

Legals

Legals



Public Hearing will be held by the City Council of the City of Alexandria, Virginia, in the Council Chambers, City Hall, City of Alexandria, Virginia, on Saturday, November 16, 2019, at 9:30 a.m., or as soon as may be heard on the hereinafter described items.

AN ORDINANCE to amend and reordain Section 12-6-2 (COMPOSITION; APPOINTMENT, TERMS AND COMPENSATION OF MEMBERS; FILLING VACANCIES; CHAIRPERSON AND VICE CHAIRPERSON), and Section 12-6-3 (MEETINGS--QUORUM; RULES OF PROCEDURE; ANNUAL REPORT TO COUNCIL) of Chapter 6 (COMMISSION FOR WOMEN), Title 12 (EDUCATION, SOCIAL SERVICES AND WELFARE) of The Code of the City of Alexandria, Virginia, 1981, as amended. The Commission for Women desires to change the composition of the Commission to include a youth representative between the ages of 16 and 24.

THE PUBLIC IS ADVISED THAT AMENDMENTS OR ADDITIONS MAY BE MADE TO PROPOSED ORDINANCES WITHOUT FURTHER PUBLICATION. IT IS RECOMMENDED THAT PERSONS INTERESTED IN ANY OF THESE ORDINANCES OBTAIN FREE FULL-TEXT COPIES FROM THE CITY CLERK AT CITY HALL. If the mayor finds and declares that weather or other conditions are such that it is hazardous for members to attend the meeting, this meeting will be continued to the following Saturday, NOVEMBER 23, 2019. GLORIA SITTON, CMC, CITY CLERK

Obituary

Obituary

Announcements

Announcements

SGK GUN SHOWS
SOUTHEASTERN GUNS AND KNIVES SHOW SINCE 1988
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October 26-27
Sat. 9a-5p • Sun. 10a-4p • Admission \$10
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Announcements

Announcements

PREMIER AUCTION
Friday, Nov.8 at 12:30 PM | Bedford County, VA
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plus guest house, Kentucky style barn, & extensive outdoor living area! Selling for former MLB star Brandon Inge. Prev. listed at \$4,625,000. Bid live or online.
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"Maturation"



By KENNETH B. LOURIE

When I heard this word used recently, twice, I thought it was one of my father's made-up words like "surgerize" and "confliction" risen from his memory to finally enter the world of Merriam-Webster. And so they have, sort of. Apparently, "maturation" is a word some doctors use to answer any and all questions asked by patients inquiring as to why something or other health wise is happening to them. In short, "maturation" means wear and tear. If Mick Mulvaney were the doctor, he might have said: "It happens all the time. Get over it!" Fortunately, he wasn't. Rather, he is the acting White House Chief of Staff, a man who likewise may be asking his doctor a few questions. The answers to which will likely not be "maturation." "What were you thinking?" might be first and foremost.

For a cancer patient (yours truly) who has survived above and beyond the call of his oncologist's original prognosis, "maturation," to quote Boston Red Sox television announcer - and Hall of Famer, Dennis Eckersley, "Is a beautiful thing." Diagnosed at age 54 and a half when all bodily functions were "performing within normal parameters," to quote Commander Data from "Star Trek: Next Generation," thinking I'd outlive my original prognosis from late February, 2009, and have senior-type moments 10-plus years later, was unrealistic, if I were to interpret my oncologist's rather grim demeanor.

Yet here I am, Medicare card in wallet and still writing cancer columns as if cancer was only an astrological sign rather than the dreaded - and feared disease, that it is. However, having cancer doesn't mean that I don't experience similar aches and pains as the rest of you. It simply means "Other than that, Mrs. Lincoln, how was the play?" A sarcastic reference to the fact that other things are still occurring, despite the obvious. Cancer doesn't preclude other older age medical realities from rearing their predictable ugly head: gray hair, bone loss, muscle weakness, memory loss, to name a few; it just complicates them and in so doing, confuses you.

It complicates them by ignoring them for fear that they are cancer-related and thus life-threatening and visiting a doctor would merely confirm your worst fear: dying/death, an upside down version of what you don't know not hurting you. And by neglecting to see a doctor, the symptoms (for me, it was a pain in my upper left arm/shoulder which turned out to be a rotator cuff problem) becomes worse and more severe than it otherwise would have become if you simply went to the doctor in the first place, and you end up suffering needlessly because it's actually not cancer, it's "maturation." So you're confused like "Bob's Big Boy" used to be: You don't know whether to stay or go.

When you're diagnosed with a "terminal" disease," you want to live, but it's extremely difficult not to think about dying. It dominates your brain and preoccupies your mind. Old age and living a full retirement become signposts in the distance that you can never quite read. And since you can never quite read them, you're not really prepared for what they say. Some of what they say - or infer, is that you're going to be visiting doctors more regularly than you ever have, and it's not necessarily all bad. It's merely a sign of your times which are now changing and you're living beyond a certain age, unexpected as it may have initially been suggested. As such, maintenance will be required to keep the older body and brain functioning. Ignoring symptoms, as my doctors have made clear to me, is NOT GOOD. Neither is assuming that such and such or so and so is good, bad or indifferent. It is what it is and it may be something or it may be nothing. Presuming facts and feelings which are not yet in evidence is a bit like putting the cart in front of the horse.

I know I'm afraid of dying. What these more recent pains and subsequent visits to the doctors have also shown me is that I can't be afraid of living.

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

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NEWS

Elks Goal

FROM PAGE 11

Brown." A bulletin board downstairs displays yellowed and fading pictures of special events for decades that took place in the lodge.

"We try to preserve what we can."

In the upper corner of the bulletin board is a picture of the Thanksgiving baskets which used to be delivered to the needy. "But we discovered some people were left out so we started to make a luncheon and invite people," Hughes explains.

This year will be the 37th year for the annual Elks Thanksgiving luncheon for seniors in the community which usually draws 200 people.

"But this will be our first year we will have the lunch without the people who started it. They recently passed," Hughes adds.

Down a set of buckling wooden stairs is the member's room only with a pool table, a wall sign advertising choices of beer and a few snack items while a dusty non-working jukebox sits in the corner. It is filled with tunes like "Let's Start the Dance," and "Our Love," by Natalie Cole.

"Over here," Hughes says, "is a working telephone booth. Put in a quarter. It still rings."

Up on the second floor they walk into a spacious community room where most large events are held. "The gentlemen's coat room is over there." White paint is peeling off the ceiling revealing the original tin ceiling squares underneath. The walls are dusty and gray with memories. But it doesn't stop the Elk's enthusiasm behind their commitment to the vulnerable in the community. Hughes points to the original kitchen adjoining the community room. "But someone decided to replace the old stove, which had a hood, with a more modern kitchen stove, but without a hood. The city had a different idea so now the kitchen is inoperable."

Now until they get a renovation they can't feed anyone but the brothers and the sisters. When they hold their special Christmas dinner where they present gifts to an adopted family, the women cook the food at home and bring it to serve there. As Gray says, "So much history here to preserve and a renovation could reinvigorate the mission."

The Great Pumpkin Patch

FROM PAGE 9

pital, Senior Services of Alexandria, Christ House and Community Lodgings.

All sizes of pumpkins are available, from small hand-held "spookies" to large pumpkins for jack-o-lanterns. Also for sale are homemade soups, baked goods and knitwear.

The Immanuel-Church-on-the-Hill Pumpkin Patch is located at 3606 Seminary Road and open seven days a week through Oct. 31. www.immanuel-on-the-hill.org

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