



Rev. Keary Kincannon and Rev. Kameron Wilds in the Rising Hope sanctuary.



Rising Home United Methodist Mission Church.

PHOTOS BY GLENDA BOOTH

Ministering to the 'Least, Lost, Lonely and Left Out'

Rev. Keary Kincannon to retire after 26 years.

BY GLENDA C. BOOTH
MOUNT VERNON GAZETTE

Rising Hope United Methodist Mission Church is a three-story brick building, but Rising Hope is much more than a building, explains the pastor, Rev. Keary Kincannon. It is a community where everyone is loved and everyone contributes. For 26 years in Route 1 corridor neighborhoods and at 8220 Russell Road, Kincannon has ministered to the “least, lost, lonely and left out,” he says, to people unable to support a traditional church. Keary will preach his last sermon on June 27 in the parking lot and then move to his next chapter.

“Church is a body of people,” concurs the new minister, Kameron Wilds. The two pastors avoid the term “clients.” That implies an inappropriate power dynamic, they believe. “We’re here together, caring for each other,” says Wilds.

“I call them family,” adds Kincannon.

The mission embraces a philosophy of building fellowship together. And while the church offers many services to those in need, it’s



Rev. Kincannon in the food pantry.

not a place to get “freebies,” says Kincannon. People also contribute, help with tasks like sorting food and emptying the trash.

“Everyone can be great because everyone can serve,” Kincannon wrote to supporters.

“Everyone can be great because everyone can serve.”
— Rev. Keary Kincannon

Among those who go to Rising Hope, 75 to 80 percent were homeless at some point, Kincannon estimates. He sees his congregants as “a rich rainbow of diversity.”

“We strive to be a faith community that reflects the reality of the Kingdom Jesus proclaimed by welcoming rich and poor alike and be-

ing racially and culturally diverse,” he explained in a newsletter.

Ministering, the Start

After graduating from the former Fort Hunt High School, Kincannon had a tumultuous path through young adulthood, experimenting with drugs, and going in and out of college. He finally found his grounding in a conversion experience and ultimately earned

a doctorate degree from Wesley Theological Seminary. He became a community organizer in Washington, D.C., and knew he did not want to serve in a traditional church. “I liked the community activist part,” he said recently. “I wanted more than pastoring. God has called me to serve among the



Theresa Patterson and Maria Barahana package food in the food pantry.

poor, the homeless, the outcast. I wanted to go where my heart is.”

Since in the United Methodist Church (UMC), pastors must serve where the Bishop sends them, “like the Army,” explains Kincannon, and knowing that traditional congregations do not have the demographic he wanted to help, he agonized. Trying to reconcile his dilemma and for a year discussing his vision of a mission church with UMC’s Alexandria district superintendent, Dr. Douglas Dillard, Dillard said, with a twinkle in his eye, “Let’s start one, like a storefront church.”

With only his salary, Kincannon started ministering out of his car’s trunk. One day, when he was distributing flyers inviting people to worship together, someone

SEE REV. KEARY, ON PAGE 5



Melissa Lee manages the food pantry. In addition to preparing food for pickup, pantry volunteers deliver food to 23 shut ins.

Rebecca McCullough

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As you may have noticed, our local real estate market is booming - with many elated sellers and numerous buyers looking to enter the market. As evidence of the local real estate environment, many of my listings featured above went well over asking price. Additionally, I was successful in helping many buyers find their new home, winning seven multiple offer scenarios just here in our amazing South Alexandria. As restrictions lift, vaccines increase, and people head off to much missed vacations and trips to see loved ones, we are seeing the market settling back down. Although the escalations may have slowed, there is still a shortage of inventory in the area. **If you’ve put off selling, the market continues to be very strong. Please give me a call to discuss your home’s market value.**

Rebecca McCullough

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Journey to Freedom

Mount Vernon commemorates Ona Judge, enslaved woman who fled to freedom.



PHOTOS BY JANET BARNETT/THE GAZETTE

Students from Laurel Ridge Elementary School are joined by members of the Fairfax County Board of Supervisors at the June 19 unveiling of a historical marker at Mount Vernon Estate commemorating Ona Judge, an enslaved woman who fled to freedom.



Laurel Ridge Elementary School student Tessa Tritan unveils a plaque commemorating the life of Ona Judge, a woman enslaved by George and Martha Washington who ran away to freedom, as part of the Juneteenth celebration June 19 at Mount Vernon Estate. Participating in the event are members of the Fairfax County Board of Supervisors and Laurel Ridge students who nominated Judge for recognition.

BY JEANNE THEISMANN
THE GAZETTE

“Black history is Virginia history and should be taught all year.”

— Fairfax County teacher
Maura Keaney

For years, the nation’s first couple George and Martha Washington pursued Ona Judge, a young woman who in 1796 escaped a life of slavery in the Washington household to live in freedom in New England.

On June 19, as the nation celebrated its first federal Juneteenth holiday, the life of Ona Judge was remembered during the unveiling of a historic marker outside the Mount Vernon Estate where Judge was enslaved as property to Martha Washington.

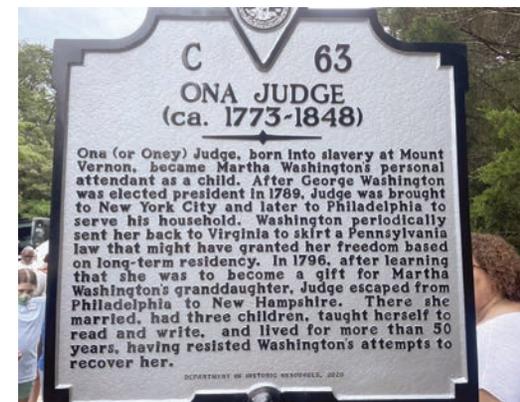
“Black history has been richly and vibrantly told in the City of Alexandria but basically erased here in Fairfax County and other neighboring counties,” said Maura Keaney a Fairfax County Public

Schools teacher who led FCPS students in nominating Judge for recognition with the historical marker. “Black history is Virginia history and should be taught all year.”

Judge’s story was nominated for recognition with a historical marker by the students in Keaney’s fifth grade class at Laurel Ridge Elementary School. The class wrote nomination letters as part of Gov. Ralph Northam’s Black History Month Historical Marker Contest.

According to the Fred W. Smith National Library for the Study of

A Virginia historical marker in honor of Ona Judge, an enslaved woman who fled to freedom, was unveiled June 19 on the grounds outside the Mount Vernon Estate.



SEE JOURNEY, PAGE 10



Alexandria City Hall is illuminated in celebration of the nation’s first federal Juneteenth holiday.



PHOTO BY CAROL JEAN STALIN

Laurel Ridge Elementary School teacher Maura Keaney left, is congratulated by Mount Vernon District Supervisor Dan Storck and members of the Fairfax County Board of Supervisors for her work on the Ona Judge project during the Juneteenth ceremony at Mount Vernon Estate.

Police Vehicle Pursuits: Public Safety First?

Proposed revisions could discourage pursuits of suspects in non-violent felony incidents.

BY MERCIA HOBSON
THE CONNECTION

Police vehicle pursuits create the potential for officers, residents and suspects to be killed or seriously injured. With the primary mission of Fairfax County Police Department (FCPD), to protect and serve the community with awareness of the sanctity of all lives, officers and supervisors must first determine the reason for a pursuit. Especially in an urban county like Fairfax, when does a pursuit present more possible danger than benefit?

If a pursuit is in progress, officers and supervisors must balance the risks and extenuating factors of when to terminate a pursuit dependent on /public safety, possible use of a tactic to stop the fleeing vehicle, and when to call off the pursuit.

FCPD is asking community, stakeholder, and officer feedback to assist with a policy revision now underway, but police have declined to form a committee of stakeholders.

According to FCPD's Analytical Summary of Report 2020 of pursuits, the department reported a total of 580 vehicle pursuits involving FCPD officers from 2017-2020, including the one that critically injured 12-year-old Amran Djama of Herndon on Dec. 27, 2017.

AMRAN rode with four other children in the family minivan that evening, driven by her mother, Filsan Duale. As their vehicle entered the signalized intersection of Centreville and Frying Pan Roads, carjacking suspect Brandon Stefon Vinson, 28, of Adelphi, Md. led FCPD officers in a vehicle pursuit with the department's helicopter assisting overhead. Vinson drove a pick-up truck with an attached trailer through the red light at the intersection. The truck collided with the minivan, and the impact ejected Amran from the vehicle. She went through a window and landed on the road.

"Fairfax 1, our helicopter, which assisted with the pursuit, immediately landed after the crash so the crew could assist with the injuries," stated a Dec. 28 FCPD post. The police report added that the suspect was taken to the



FCPD

Major Bob Blakley, Commander of Patrol Bureau Division II, FCPD leads efforts in revising the department's General Orders, 504.1 Vehicle Pursuits, which guides officer actions.

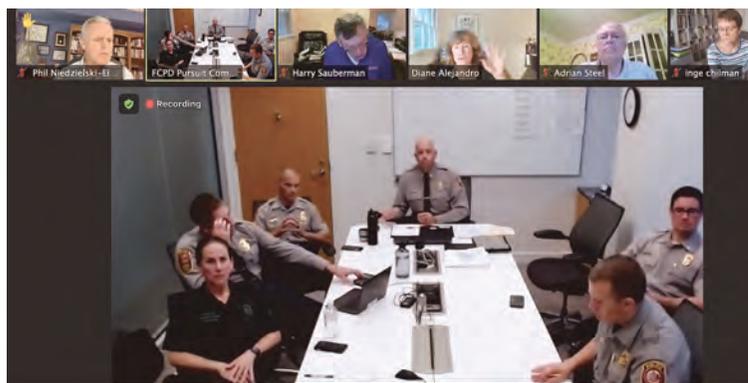
hospital with non-life-threatening injuries, "the driver and four of the five children hospitalized with non-life-threatening injuries," but the child ejected from the minivan had been flown to the hospital and remained in critical condition.

Amran, the child flown to the hospital, remained in a coma for two weeks, according to the Washington Post. By March, Amran was learning to walk again. She faced a long rehabilitation and was unlikely to fully recover. Arman lost an eye, and life is not easy for the teen.

The family later moved out of the area, too traumatized by seeing the area of the crash, said Moustapha Djama, Arman's father, in an interview on Sunday, June 13, 2021.

MOVING TRAFFIC VIOLATIONS (not including speeding) were the number one reason in the last four years for Fairfax County Police to initiate pursuits, according to the department's Analytical Report Template - 2020 pursuit analysis, <https://www.fairfaxcounty.gov/police/sites/police/files/assets/documents/2020%20pursuit%20analysis.pdf>. Various other reasons spurred pursuits such as speeding, stolen auto, DWI, suspicious event, and more. FCPD reported police pursuit yearly totals for 2017-2020 at 149, 159, 127, and 145, respectively.

As Fairfax County Police Department currently revisits its Police Pursuit Policy, General Orders 504.1 (Vehicle Pursuits) last revised 2019, the proposed revisions in progress differentiate between pursuit and the refusal to stop.



Members of the FCPD Pursuit Policy Review Committee, host a virtual town hall to promote public awareness and collect community feedback on the policy initiative.



Aftermath of the inside the Djama family minivan after a truck pursued by FCPD slammed into it in Herndon, leaving their 12-year-old-daughter with brain damage.

They also end pursuits for traffic violations, misdemeanor offenses with threat/use of violence, non-violent felonies, certain misdemeanors, and assistance to outside police departments that don't meet FCPD's internal standards.

On Jun. 10, members of the FCPD Pursuit Policy Review Committee hosted a virtual town-hall meeting to promote public awareness and collect community feedback on the policy initiative. As of April, FCPD had tasked Major Bob Blakley, Commander of Patrol Bureau Division II, to lead efforts in revising the department's General Orders on Pursuits.

The goal was to draft a new policy for consideration, which valued human life's sanctity and responded to police, community, Board of Supervisor, and stakeholder feedback.

The new policy should be embedded in national and regional best practices and clarify supervisory emphasis. The tentative release is later this month or next month, July 2021.

According to Blakley at the Jun. 10 community town hall on the policy, he impaneled a "dream team" made up entirely of members of the FCPD, 27 commanders, supervisors, and police officers of every rank in April 2021 to serve on the Pursuit Policy Review Committee, part one of the five-part process reviewing the policy. No community members were invited to serve on the committee.

Blakley recalled that officers said

the current policy was "ambiguous" and "too long for a policy that they're expected to understand," more than 40 pages. "We wanted to add an emphasis on supervision and leadership ... that held all people accountable," Blakley added. Underpinning all pursuits and as written in the 2019 revision, the new General Order must balance "the need for immediate apprehension with the danger created by the pursuit as the preservation of all human life is paramount."

On May 25 the FCPD Draft Police Pursuit Policy Revision came before the Fairfax County Public Safety Committee Meeting, including all members of the Board of Supervisors. At that discussion, Supervisor James R. Walkinshaw (D-Braddock) questioned the vague language that put officers in a "very difficult position of weighing the potential risk of a pursuit versus the threat that's posed."

Chief Kevin Davis answered, "The tenor of this draft-in-progress is to make sure the burden is not on the shoulders of the police officer."

Supervisor Rodney L. Lusk (D-Lee) requested clarification concerning motorcycle pursuits.

Davis said such would require an "awfully serious set of circumstances."

Supervisor Dalia A. Palchik, Providence District, said there was a need for a written narrative to help understand the policy.

At the June 10 Town Hall, Blakley presented a couple of the slides

shown to the Supervisors in May. In addition to deleting multiple reasons to initiate a pursuit, Blakley said that the new policy defined pursuit differently.

"We believe we need to chase for violent felonies ... and crimes of violence against persons," he said. The draft-in-progress limited vehicular pursuits to when there was a reasonable suspicion a violent felony had been committed and that there was a potential for imminent risk to public safety and/or injury to individuals if a pursuit was not initiated.

The new policy aligned with the regional best practices of the six nearby jurisdictions, including Arlington, Alexandria, and Montgomery. "We looked at model programs from IACP [International Association of Chiefs of Police] and other law enforcement programs," Blakley said. For example, the old policy did not differentiate between pursuit and an initial refusal to stop.

"Sixty-three percent of all police vehicle pursuits nationally end in crashes," Blakley said at the town meeting. He did not provide the number of police vehicle pursuits in Fairfax County that end in crashes. According to the March 17, 2021, FCPD Analytical Summary Report, "Pursuits Termination" in 2020, 10 percent of FCPD pursuit terminations ended in crashes, a total of 15 out of 145, down from 25 such crashes in 2017.

"The number of pursuits terminated due to officer's observations of unsafe conditions and public safety concerns increased by 50% from 2019 to 2020," according to the Summary Report. "If we dive into the statistics, our supervisors forcibly terminate a great number of pursuits today," Blakley said. He described supervisors taking weather, pedestrians, and other factors into consideration.

According to FCPD General Order 504.16.II [pg 42], the department established a Pursuit Review Committee as part of the 2019 revision.

"The Committee is to provide a report to the Chief of Police through the Director of the Criminal Justice Academy annually concerning FCPD pursuits for any "trends including driving behavior of the officer and the fleeing suspect, needed safety and tactical improvements [and], needed changes to policy."

Closing his presentation, Blakley listened to community concerns "to make sure we're not missing something." Provide comments, ideas, or suggestions by visiting <https://bit.ly/3whNU9g>.

Environmental Expo: Get Outdoors, June 26

The 3rd Annual Mount Vernon District Environment Expo: Get Outdoors! Learn and Do! is on Saturday, June 26, 2021, from 8 a.m. – noon at Fort Hunt Park, 8999 Fort Hunt Road. We are excited to announce that this year's event will be held in partnership with the National Park Service. This event will educate and inform local residents on environmental challenges that we face on a daily basis, including ones that are unique to the Mount Ver-

non area. Attendees will leave the Expo with simple actions you can take to make an impact on climate change and our environment.

This FREE Family Friendly Event will include: Exhibitors, Workshops, Live Music, Live Reptile and Owl Programs, Electric Vehicles, Nature Walks, Junior Ranger Program, Touch-a-Truck Recycling, History Tours, Purple Glass Monster (bring your glass recycling for drop off!), Food Trucks and more! Please share this information with

your family, friends and neighbors!

This event will adhere to COVID-19 restrictions and protocols in place on June 26. In order to meet any outdoor event size limits, pre-registration is recommended. If COVID-19 restrictions are lifted, walk-ups without registration will be permitted. Please visit the Expo registration site to reserve your FREE ticket today <https://www.eventbrite.com/e/environment-expo-get-outdoors-learn-and-do-tickets-151993062341>

Rev. Keary Kincannon To Retire After 26 Years

FROM PAGE 1

enthused, "Hope is rising." Kincannon then named the fledgling church, Rising Hope.

He went to the people, visited low-income housing complexes, McDonalds, laundromats and camps in the woods to find his congregation. He held services in borrowed rooms and the first 10 years, had seven locations. In 2005, Edwin and Helen Lynch gave Rising Hope \$500,000 to buy a building. Kincannon put a Christian cross on the front, converting the building into a mission church.

Building Community

Rising Hope offers an 11 a.m. Sunday worship service; short 12 noon services and lunches daily; a food pantry serving 300 to 350 families a week; spiritual counseling and other services. In the drop-in center, people can get out of the weather and have a drink, coffee and donut. The clothes closet provides free street garments, like coats, sweatpants and hats, to the homeless. In the winter, the hypothermia shelter can house 25 people in sleeping bags who bed down in the fellowship hall overnight. This past year, staffers drove people to Bethlehem Baptist Church in Gum Springs for COVID-19 vaccinations.

The mission's \$600,000 in revenue comes from grants, other churches, volunteers and donors. Only three percent of the income is contributed by the congregation. The church has ten employees and 30 to 35 volunteers a week.

Kincannon credits their programs to many partners, including Virginians Organized for Interfaith Community Engagement, New Hope Housing, many area churches, scouts, the Capital Area

Food Bank, Knights of Columbus and companies like Costco, Aldi's, Trader Joe's, Panera and Safeway. The Arcadia Farm at Woodlawn donates fresh vegetables.

After a trip to Maine in a camper trailer in July with his wife, Judy Borsler, "I will make 'good trouble,'" Kincannon quips, invoking the late Georgia Congressman John Lewis. "It's time to turn the mantle over to someone else," he says, but he will continue his community activism by advocating for low-income housing in the corridor as the Embark process brings potentially extensive redevelopment to Route 1. He and Judy live in the Mount Vernon area and have a daughter, Kaitlyn, 28.

New Pastor, Same Vision

Wilds brings the same passion to Rising Hope, to serve the poor. Growing up in Virginia's Goochland County, he saw various homeless relatives move in and out of his family's home from time to time, so "poverty was always on the periphery of my life," he recalls. As a religion major at Ferrum College, student ministries introduced him to a life of service. He learned that "church could be bigger than the church I went to growing up."

The pandemic forced Rising Hope's building's closure until June, but the duo kept the services flowing, feeding families under raggedy tents outdoors, serving carryout hot meals and holding worship services online. Before vaccine supplies were plentiful locally, Wilds drove 12 people to Shenandoah University in Winchester to get vaccinated.

Wilds received a Master of Divinity degree from Duke University Divinity School. He lives in the Lorton area with his wife, Saman-

tha, a Stratford Landing fifth grade teacher, and their son, Alexander, 7, and daughter Ellinor, 5.

A sign on his wall inspires visitors, volunteers, pastors, staff and their mission: "Fight Poverty, not the Poor." Information: www.risinghopeumc.org



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Alex/Mt. Vernon \$414,900
4125 Buckman Road-22309

Contractors/Investors, come take a look at this beautiful potential work of art. A traditional Cape Cod: 4BRs, 2BAs & a full sized, unfinished basement that is waiting for you to work your magic on. What will also get you excited is the gorgeous .49A lot! It adds so much charm & has just the right number of trees & open spaces. Many years ago, the owners had a nice firepit adjacent

to a volleyball court & hosted many parties there-- it is perfect for entertaining both friends & family. There is constant bird activity around the feeders & just the other day, while sitting on the deck w/the owners, we watched a beautiful Doe graze in the backyard. Great location: 5-minute drive to Ft. Belvoir (S), 15 minutes to Huntington Metro & Old Town (N), 27 minutes to National Airport (N), & 30-35 minutes to Pentagon/D.C. (N). Finally, adjacent to the house is an oversized 1 car garage w/room for both your car & a workshop. This house & lot has so much potential & is waiting for the right person to come along & to restore it to its beautiful former life. Selling "As Is" @ \$414,900 & looking for a cash buyer. Come by & take a look.



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Another Alexandria Gazette Packet Mount Vernon Gazette Community Partnership

July 1: New Law Day

By DEL. PAUL KRIZEK

Next Thursday is July 1st, and here in Virginia that means that most of the laws passed during the 2021 legislative session will go into effect! In any given year, all laws enacted during a regular session of the General Assembly take effect on the first day of July following the adjournment of the regular session at which they were enacted, unless a different date is specified. Sometimes a law has a delayed implementation and its effective date is later.

This July 1 date corresponds with the beginning of the next fiscal year. However, you may remember that earlier this year in order to complete our legislative business, Governor Northam called a special session. Laws passed during a special session usually go into effect on the first day of the fourth month following the month of adjournment of the special session. In order to prevent laws going into effect on June 1st, prior to the beginning of the 2022 fiscal year, we began our special session on March 1 to keep to the July 1 date.

Below, I highlight just a few of the new laws going into effect next week which will impact our daily lives here in the Commonwealth:

- ❖ The Virginia Human Rights Act will expand to prohibit dis-

crimination on the basis of disability.

- ❖ The death penalty will be eradicated.

- ❖ The witness signature requirement for absentee ballots will be eliminated during public health emergencies like COVID-19.

- ❖ Electoral boards or general registrars of a county or city will have the option to provide in person absentee voting on Sundays.

- ❖ Temporary voting expansion measures such as ballot drop boxes, my measure for postage-paid envelopes for returning ballots by mail, and curing of absentee ballots will be made permanent.

- ❖ When passing cyclists, if three feet of distance cannot be maintained, drivers must switch lanes when they can do so safely instead of just moving over (this may include crossing double yellow lines which is already legal, provided it can be done safely when passing others including pedestrians, cyclists, skateboarders, and foot-scooters).

- ❖ Bicyclists may ride two abreast in a travel lane instead of in single-file.

- ❖ Simple possession of not more than one ounce of marijuana by Virginians 21 years of age and older will be legal. I plan to publish an article going more in depth about this legislation, which



Krizek

I worked extensively on as Chairman of the ABC and Gaming Subcommittee.

- ❖ A locality, like Fairfax County, may by ordinance require the removal of clutter from property, except on land zoned for or in active farming operation. Clutter includes mechanical equipment, household furniture, containers, and similar items that may be detrimental to the well-being of a community when they are left in public view for an extended period or are allowed to accumulate.

- ❖ Workers' Compensation will expand to include the death or disability of firefighters, emergency medical services personnel, law-enforcement officers, correctional officers, and regional jail officers from COVID-19, and COVID-19 will be deemed an occupational disease.

- ❖ Essential workers will get paid one week of sick leave if they fall ill on the job, and retaliation from employers against workers who take sick leave will be prohibited.

- ❖ Up to 12-month prescriptions of birth control will be available to people on Medicaid, increasing access to contraception for those who need it.

- ❖ An end to the ban on abortion coverage plans offered

through the health exchange, the first state in the country to do so.

- ❖ "Games of Skill", also known as "gray machines" found in some restaurants, truck stops and small convenience stores, will be prohibited.

- ❖ Banquet licenses that are nonprofit corporations or associations conducting fundraisers through an online meeting may ship wine in closed containers to persons for off-premises consumption.

- ❖ Car manufacturers will be required to sell a certain percentage of electric or hybrid electric passenger cars. Transportation is the leading source of greenhouse gas pollution in the Commonwealth, and this measure is supported by both automobile dealers and the environmental community.

The General Assembly took many of the lessons learned from the COVID-19 pandemic and crafted and passed legislation that will make the Commonwealth a more just, cleaner, safer, and healthier place to live.

There are many more good measures becoming the law of the land, including legislation that I introduced on behalf of constituents, which you can look up on the Legislative Information System website.

It is my pleasure and honor to represent the good people of the 44th district.

BULLETIN BOARD

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

VOLUNTEER OPPORTUNITIES

The Washington Library at Mount Vernon is seeking additional volunteers to staff its front desk. No library experience required. Duties include greeting and directing Library guests and assisting with general Library and building operations. Available shifts are 9 a.m. - 1 p.m. and 1 - 5 p.m. Monday - Friday. Benefits include access to the estate and behind-the-scenes Library happenings, discounted estate admission for friends and family, as well as food and retail discounts. Qualifications include basic computer skills including MS Office, familiarity with office phone systems, and friendly and welcoming demeanor. Email FWSLibrary@mountvernon.org to learn more.

ONGOING

Local, farm-fresh produce - including strawberries and asparagus - and more will be featured at the now-

opened McCutcheon/Mt. Vernon Farmers Market. From 8 a.m. to noon every Wednesday (through December 22), 16 local farmers and food 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. The market is located at the Sherwood Hall Regional Library, 2501 Sherwood Hall Lane. All of the items sold at the market are grown or produced by the vendors and come from within a radius of 125 miles. Supplemental Nutrition Assistance Program (SNAP) EBT cards can be used. As a bonus, the market will match up to \$20 per market visit in SNAP dollars for fruits and vegetables.

This year's vendors are: Arnest Seafood - crab cakes, scallops, shrimp, rockfish, oysters and more Grace's Pastries - cakes, pastries and breads, with a Caribbean touch Great Harvest Bread - breads and pastries

Honey Brook Farms - meats and vegetables raised with no chemicals, gluten-free baked goods

House of Empanadas - variety of empanadas
King Mushrooms - variety of locally grown mushrooms
Locust Grove Farm - vegetables and herbs
Misty Meadow Farm Creamery - milk, ice cream, cheese and eggs
No. 1 Sons - pickles, kimchi, sauer-

kraut and kombucha teas
Ochoa Produce - vegetables, herbs and flowers
Traveling Shepherd Coffee Co. - variety of freshly roasted coffee
Twin Springs Orchard - fruits, vegetables, cheese and more
Valentine's Bakery & Meats - meats
SEE BULLETIN, PAGE 10

Let Us Know Your View

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A Connection Newspaper



Marijuana Legalization Topic Comes to the Chamber

Questions answered and others Arose at Lee-Mount Vernon Chamber of Commerce meeting.

BY MIKE SALMON
THE CONNECTION

Possession of one ounce or less of marijuana by a person age 21 or over becomes legal in Virginia next week, on July 1. But that doesn't mean there will be stores selling marijuana, or pot plants on the front porch, or roadside impairment tests. There are lots of parts to the new regulation that are not crystal clear, and this was the topic of discussion at the Lee-Mount Vernon Chamber of Commerce monthly virtual meeting in June.

"We think Virginia, with a lot of other states, went in with eyes wide open," said Megan Field, the policy advisor for Gov. Ralph Northam, who was in the meeting along with Jacquelyn Katuin from Homeland Security, Del. Paul Krizek (D-44), and chamber members.

The bill that comes into effect on July 1 does make it legal for people over 21 to use it and they can have up to four plants growing in the house, just not on the front porch or anywhere open to the public.

"Adults over 21 can have a bag under one ounce," Field said. This limited version of the bill will evolve over the next two and a half years before marijuana is legal for sale for recreational use in 2024.

"We're looking at two and a half years when sales can start," Field said.

"Simple possession is legal July 1," added Krizek.

The state legislation ball is rolling though, and this means there will be a five-person board of directors in Richmond, with a CEO to oversee things. In addition, Krizek will be on the oversight committee of the new Cannabis Control Authority. Virginia will be limited to 400 cannabis stores statewide, as it stands now. "It will be much more like an ABC store," Krizek said, referring to the state limited sales of hard liquor.

Krizek supports this approach so it doesn't become a business like "big tobacco," he said.,

If a motorist is pulled over and appears to be under the influence of marijuana, there is not breathalyzer for pot, a drug recognition expert could be called to the scene. In Virginia, there will be 80 of these drug recognition experts around the state. Will they be called out at 2 a.m., and drive 30 miles to the site of the traffic stop? Another question that will have to be figured out as time goes on. Field admitted more than once that she wasn't sure of the answer, and recommended that questions be submitted to local representatives. She did note that they expect 11-18,000 jobs to come out of the program.

There will be a 21 percent tax on cannabis, which may go up to 29 percent, and the windfall from the taxes are expected to go to pre-K programs, substance abuse treatment and public health.

In 2022 the General Assembly will readdress the bill while businesses scramble to apply, and in 2023, they'll roll out the pot shops, but they have to be at least 1,000 feet from each other, not close to schools



A discussion about the legalization of marijuana reaches Mount Vernon Lee Chamber of Commerce.



Marijuana will be legalized but there are rules and restrictions.

and local authorities will regulate. By March 2022, "the cannabis control authority will have a ton of work to do," Field said.

One thing they will do is seal nearly 60,000 criminal records of marijuana offenses from the past.

Social Consumption

With tobacco, there are already hookah bars, and Krizek asked if this will be a thing for the cannabis industry too. That falls under social consumption, Field said, and it's "one complication that will have to be decided this year," she said.

Chamber member Daniel Rinzel brought up a question about a breathalyzer, and Jacquelyn Katuin from Homeland Security admitted that it is an issue.

"This is something all of the 17 states that have marijuana legalized have grappled with," Katuin said.

Krizek also asked about marijuana in the blood system and testing by employers. Field reminded everyone that it is still illegal on the federal level. "It's wildly complicated," she said.

Like other state programs, there is a website too, cannabis.virginia.gov, where it states that cannabis

was legalized in Virginia to prioritize social equity, public health and public safety and to begin a three-year process to legalize cannabis and create a regulatory framework for the sale of the product. It includes some frequently asked questions and a place to sign up for updates and give feedback to the governor's office.

PHOTOS FROM NORML FACEBOOK PAGE

PUBLIC NOTICE

Please be advised that a fireworks display will take place as part of a public evening event, Independence Fireworks at George Washington's Mount Vernon on the following dates:

Friday, June 25 between 9:15 p.m. and 9:45 p.m. (15 minutes)
Saturday, June 26 between 9:15 p.m. and 9:45 p.m. (15 minutes)

There will also be a brief (5-minute) daytime fireworks display will take place as part of the annual American Celebration public event at George Washington's Mount Vernon on Sunday, July 4 between 1:00pm and 1:30pm.

The Mount Vernon Ladies' Association thanks you for your tolerance and apologizes for any disruption. To receive Mount Vernon fireworks notifications via e-mail, write to Events@MountVernon.org

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Volume shown in millions of dollars. Data obtained from Bright™ MLS for all residential sales from January 1 - June 15, 2021. Sales data is deemed to be accurate but not guaranteed. Reflective of sales settled in Alexandria South (22306, 22307, 22308). Featured Listing: 2101 Belle Haven Road, listed by Janet Caterson Price and sold by Mary Ellen Rotondo.



8806 DANEWOOD DRIVE
Listed: Bretta Bombac
Sold: Kim Fazio



913 DALEBROOK DRIVE
Listed: Alexis Bogdan



7806 EVENING LANE
Listed: Rebecca McCullough
Sold: Margot Lynn



9062 TOWER HOUSE PLACE
Listed: HayesWood Homes



1129 PRISCILLA LANE
Listed: Mahoney Group



1229 FALSTER ROAD
Listed: Sandy McMaster



6014 GROVE DRIVE
Listed: Janet Caterson Price



7227 LUDWOOD COURT
Listed: Jillian Keck Hogan Group



1217 WARRINGTON PLACE
Listed: Joan Shannon



7820 FRANCES DRIVE
Listed: Jodie Burns
Sold: Robin Arnold



6908 PARK TERRACE DRIVE
Listed: Mary Ellen Rotondo



8608 WATERFORD ROAD
Listed: Tracy Dunn
Sold: Rebecca McCullough



1788 RAMPART DRIVE
Listed: Robin Arnold
Sold: Rebecca McCullough



2500 TORON COURT
Listed: Peter Crouch



8419 WENDELL DRIVE
Listed: Kim Fazio



7911 BAINBRIDGE ROAD
Listed: Crombie & Olsen
Sold: Lauren Bishop



6837 LAMP POST LANE
Listed: Peele Group



2719 WOODLAWN TRAIL
Listed: Sean McEneaney & Heidi Burkhardt



2712 SHERWOOD HALL LANE
Listed: Phyllis Sintay



819 EDEN COURT
Listed: Sue Dickerson
Sold: Tracy Dunn



7200 POPKINS FARM ROAD
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Sold: Wendy Santantonio



1915 WINDSOR ROAD
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Sold: Janet Caterson Price



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Sold: MPH Home Team



1723 BELLE HAVEN ROAD
Listed: Ann Duff

Journey to Freedom

FROM PAGE 3

George Washington at Mount Vernon, Ona Judge, often called Oney by the Washingtons, was born at Mount Vernon in around 1774. She was the daughter of Betty, an enslaved seamstress living on Mansion House Farm, and Andrew Judge, a white English tailor whom Washington had hired. Ona Judge fled the Washington home in Philadelphia in 1796 as they prepared to return to Virginia, eventually making her way to New Hampshire. She went on to marry and start a family, evading attempts to recapture her over the years.

“Until three students wrote successful nominations for the new Virginia historical marker, there was not a single Virginia historical marker in all of Fairfax County about a Black man or a Black woman in Virginia history,” Keaney said.

“There were only two in the county about women at all. Through Governor Northam’s Black History Month Historical Marker contest, these students have made a lasting impact in addressing the injustice of the era-

sure of some Black history stories from the history of Virginia.”

Guest speakers included Virginia Secretary of Education Atif Qarni and Dr. Erica Armstrong Dunbar, author of “Never Caught: The Washingtons’ Relentless Pursuit of Their Runaway Slave, Ona Judge.” Members of the Fairfax County Board of Supervisors attended the event, including Mount Vernon District Supervisor Dan Storck and Chairman Jeffrey McKay.

Tessa Tritan, one of the Laurel Ridge Elementary School students who researched and nominated Judge, had the honor of unveiling the historic marker.

“This fuller history at Mount Vernon does not cancel George Washington,” Keaney said. “He is still our first president, still the Com-mander-in-Chief of the Continental Army of underdogs who beat the mighty British. His meritorious accomplishments are not erased by his moral failings.”

Despite escaping to freedom, Judge legally remained the property of Martha Washington although attempts to recapture her ceased following the death of George Washington in 1799.



JANET BARNETT/THE GAZETTE

Mount Vernon District Supervisor Dan Storck presents flowers to author Erica Amity Dunbar at the June 19 unveiling ceremony of a Virginia historical marker at Mount Vernon Estate in honor of Ona Judge, an enslaved woman who fled to freedom.

“Everyone who pauses now as they walk past this sign will be seeing a different perspective of Mount Vernon and George Wash-

ington,” Keaney said. “This Fairfax County woman stood up to the most revered man in the world and was never caught.”

BULLETIN BOARD

FROM PAGE 6

and baked goods.

VOLUNTEERS NEEDED

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.

Line Dance Instructor needed for the Gum Springs Senior Program once a week on either Tuesday, Wednesday or Thursday. Volunteer Solutions, call 703-324-5406, TTY 711.

Volunteer Fairfax makes it easy for individuals and families, youth and seniors, corporate groups and civic clubs to volunteer. Fulfill hours, give back, or pay it forward through a variety of service options. Visit www.volunteerfairfax.org or call 703-246-3460.

SEE CALENDAR, PAGE 13

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Ourisman Celebrates 100 Years

BY HOLLY DOUGHERTY,
PRESIDENT
MOUNT VERNON-LEE CHAMBER

100 years is a long time for any business to successfully

keep their doors open for the public. Our local Ourisman Automotive Group is celebrating their 100th anniversary in 2021 and we congratulate them for reaching this milestone.

A recent study found that the average lifespan of companies listed in Standard & Poor's 500 was 61 years in 1958. Today, it is less than 18 years. By some estimates, in 2027, 75% of the companies currently quoted on the S&P 500 will have disappeared. They will be bought out, merged, or will go bankrupt.

Ourisman has bucked that trend by providing quality, guaranteed automobiles coupled with outstanding customer service for 100 years.

Ourisman's story started in 1921 when Ben Ourisman, a DC local, opened his first car dealership, Ourisman Chevrolet in the heart of Washington, D.C. Ben was 18 years old, and this was an ambitious undertaking for one just starting his adult years. With lots of hard work, Ben made a successful business.

Ourisman Chevrolet had to close briefly during World War II when the war effort changed domestic production of automobiles, but as soon as possible after the war, Ben got the store opened again and went on to open a second store in Anacostia, Mandell Chevrolet, named after his son. By the late 1940s Ben Ourisman's automobile stores were two of the most successful dealerships in the country.

When Ben Ourisman passed away, the business leadership was safely in the hands of the next generation. His son, Mandell, expanded the business and then Mandell's sons and stepsons divided and conquered the Washington DC Metro area.

Danny Korengold, a step-son, brought the Ourisman name to Richmond Highway when he opened Ourisman Chrysler Jeep Dodge in 1978 and then Ourisman Ford in 1982, along with other dealerships in Fairfax County.

Ourisman now operates three dealerships on Richmond Highway, Ourisman Ford Lincoln, 6129 Richmond Highway; Ourisman Chrysler Jeep Dodge Ram, 5900 Richmond Highway; Ourisman



Michael Bennett in the 1980s as an Ourisman executive.



Michael Bennett in 2014 with then Lee District Supervisor Jeff McKay, where he was recognized as the Police & FireFighter Tribute "Founding Sponsor."



The original Ourisman dealership at 6th and History NE, Washington DC.



Chevrolet Buick GMC, 1800 Old Richmond Highway. A fourth dealership, Ourisman Kia, will open this fall.

Life-long resident of the Groveton area of Richmond Highway, Michael Bennett is the Chief Financial Officer and Partner with

the Ourisman Automotive Group. Michael has worked to increase local business opportunities and has championed revitalization of the Richmond Highway corridor.

His first job in the automotive industry was at age 13 at a gas station on Beacon Hill. In 1983 he went to work for the Ourisman automotive group at the Ford store on Richmond Highway and then took over the Dodge store three years later. Bennett also opened the Suzuki store on Richmond Highway in 1986 and the Ourisman Chevy store next to the Dodge store in 2010.

Bennett has been actively involved in local youth sports as a coach, official, and organization leader. He serves on the Board of Directors for Good Shepherd Housing and Family Services and the Mount Vernon Lee Education Partnership. Since 1990 Michael has been a National Automobile Dealers Charitable Foundation Ambassador.

Bennett has been involved with the Mount Vernon Lee Chamber of Commerce for at least 40 years. The Chamber recognized him in 2014 as the "Founding Sponsor" of the annual Police & Fire Fighters Tribute and the 2016 Chamber Citizen of the Year.

Michael Bennett is an outstanding businessman and a community builder. Under his leadership, the Ourisman dealerships on Richmond Highway employ more than 600 people, making a significant contribution to the county's tax base with their retail sales and service departments.

Here's wishing Ourisman a great 100th Anniversary year and best wishes for the future.



Ourisman Ford dealership, 6129 Richmond Highway.

Show Me the Money Twig donates \$150,000 to Inova Alexandria.

BY JEANNE THEISMANN
GAZETTE PACKET

The Twig, the Junior Auxiliary of Inova Alexandria Hospital, presented a check for \$150,000 to hospital president Dr. Rina Bansal and Inova Alexandria Hospital Foundation Board Chair Donald Simpson Jr. during the organization's annual luncheon June 15 at the Potomac Riverfront home of philanthropist Joe Viar.

"Every year The Twig steps up and gives a contribution where we need it most for renovations or important nursing programs at the hospital," said Simpson in accepting the check. The donation was part of a \$1 million pledge to renovate the hospital's Cardiovascular Intensive Care Unit.

Founded in 1933, The Twig is an all-volunteer organization dedicated to raising funds for Inova. The Twig operates a thrift shop in Old Town and hosts the popular Historic Alexandria Homes Tour.

Traditional fundraising was curtailed and in-person gatherings eliminated for the last 15 months due to the pandemic. But members of The Twig persevered and raised \$100,000 for the Inova Covid-19 Emergency Preparedness Plan during a virtual fundraiser in 2020.

In addition to the hospital donation, two \$5,000 scholarships were awarded to registered nurses Kenneth Daniels and Haymanot Amogne. Amogne is pursuing a nursing degree at James Madison University with plans to obtain a master's degree in Public Health. Daniels, a nursing administrator at Inova, will study to become a clinical director.

Longtime volunteer Anita Carson was presented with a silver platter in recognition of her 25 years of service to The Twig.

The Twig installed its 2021-2022 officers at the event, including: Mary Schoen, president; Michele



Twig president Mary Schoen, left, is joined by fellow officers Michele Cumberland, vice president/membership, recording secretary Stevi Allen, treasurer Carol Skiba, and assistant treasurer Carol Lyons at the June 15 installation of officers and membership meeting at the home of philanthropist Joe Viar.



Twig members gather June 15 at the home of philanthropist Joe Viar for the installation of new officers and the final meeting of the year.

Cumberland, vice president/membership; Stevi Allen, recording secretary; Carolyn Menchel, corresponding secretary; Carol Skiba, treasurer; and Carol Lyons, assistant treasurer.



Inova Alexandria Foundation Board chair Donald Simpson Jr., second from right, receives a check for \$150,000 from Twig past president Candace Beane, president Mary Schoen, and treasurer Carol Skiba at the annual Twig membership meeting June 15 at the Potomac Riverfront home of philanthropist Joe Viar.



Inova Alexandria president Dr. Rina Bansal speaks at the June 15 meeting of Twig, the junior Auxiliary of Inova Alexandria.



Haymanot Amogne received a \$5,000 Twig Nursing Scholarship at the June 15 annual meeting.



PHOTOS BY JANET BARNETT
GAZETTE PACKET

Philanthropist Joe Viar, a past chair of the Inova Alexandria Foundation board, hosted the annual Twig meeting at his Mount Vernon area home.

Head of the Class Vocational seniors awarded Rotary scholarships.

The Rotary Club of Alexandria awarded its annual vocational scholarships to three local high school students who have excelled in pursuing vocational curriculum.

This year's recipients are: Lindsey Schulwolf of T.C. Williams High School, who will study Landscape Architecture

at Virginia Tech; Andrew J. Muir of Edison Academy, who will study Computer Science at Drew University; and Costanza Mangieri of West Potomac Academy, who will study Health Science at Longwood University with plans to become a nurse.

The Rotary Club of Alexandria began awarding vocational scholarships in 1993. The organization

works with the vocational programs of local high schools to identify students who have excelled in their classroom work, have financial need, and have shown a clear indication of their respective career path which aligns with the local school's vocational curriculum. www.alexandriarotary.org

- JEANNE THEISMANN



Costanza Mangieri, West Potomac Academy.



Andrew J. Muir, Edison Academy.



Lindsey Schulwolf, T.C. Williams

PHOTOS CONTRIBUTED

FROM PAGE 10

United Community (formerly UCM), 7511 Fordson Road, Alexandria, seeks volunteers for Food Pantry assistance, Early Learning Center teacher aides, basic needs counselors, youth tutors and mentors, office administration/data entry, and community outreach. Flexible hours and schedules. Opportunities for all ages to serve, including community service hours. More info at ucmagency.org/volunteer-opportunities or email volunteer@ucmagency.org.

Operation Paws for Homes, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See www.ophrescue.org for information and all volunteer opportunities.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

STEM VOLUNTEERS. The American Association for the Advancement of Science (AAAS) needs scientists, engineers, mathematicians, and physicians to assist K-12 STEM (Science, Technology, Engineering, Mathematics) teachers in the Northern Virginia Area, during the 2016-17 school year. In the 2015-16 school year, the numbers of STEM volunteers in Northern Virginia were: Fairfax County - 40, Arlington - 20, and Alexandria - one. Details of the collaboration are worked out between the teacher and the volunteer, and may involve giving demonstrations, assisting in lab experiments, lecturing on special topics, assisting with homework, etc. The hours are flexible, and volunteers attend a one-day training in September before being assigned to schools. To see how volunteers are assisting their teachers, view the video clips at www.seniorscientist.org. To volunteer, contact donaldrea@aol.com.

Fairfax County's Community Services Board is seeking volunteer office assistants. Volunteers are needed to assist CSB staff with greeting guests, making reminder phone calls, data entry, filing, shredding, stocking shelves, and other duties as needed. Hours are flexible, but would be during normal business hours. Visit www.fairfaxcounty.gov/csb/viva/volunteers.htm for more.

Yoga Teachers are needed. Help improve a person's well-being by teaching yoga classes to adults who are staying in a residential facility. The day/time is flexible, but would be during the week. Prior yoga instruction is required. Visit www.fairfaxcounty.gov/csb/viva/volunteers.htm for more.

The Northern Virginia Long Term Care Ombudsman Program needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

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Wait. What?



By KENNETH B. LOURIE

After each individual appointment with my oncologist, either virtual or in person; all my prescription needs and my next round of appointments are scheduled while I wait. Typically, my oncologist will ask me which days and times are convenient. Our cycle for such responses is every three months, after my quarterly scans. Since it's a regular routine, we've come to know our schedules three months in advance so we can make suitable and available arrangements - both medically and socially so as to not upset any previously scheduled apple carts. It's not that often that any non-cancer activities might conflict with a Wednesday morning in Gaithersburg. Nevertheless, scheduling is preferable to rescheduling. And since time is a wastin', there's no time like the present to smooth out any potential blips on the calendar.

When we were scheduling this week's on-site day at the facility back in March, we knew we were going to Montana this month. The original Wednesday, June 16, when I should have been scheduled for my scans, was not totally inconvenient but it was the day before we were leaving town. No problem. My health comes first so I was ready to okay the 16th. Then my doctor suggested that I wait a week, until the 23rd, the day after I will have arrived home, because he said "Nobody wants to get bad news before a vacation." It seemed the lesser of two evils so I decided on the 23rd. Then it hit me: "What bad news?" Not that I have been particularly symptomatic of late or have emailed my oncologist every step of the way. Hardly. But I can't believe my oncologist's suggestion was totally innocent. Though he most definitely meant well (he's always talking about quality of life), it unfortunately ruffled my feathers and got me thinking about results and consequences - and of course, life expectancy. And since bad news travels fast, I didn't see a point in speeding it up. Whatever will be will be and there's nothing I can do about any of it before my vacation which somehow affects my results after. If I've learned anything during these 12-plus years in the cancer world, it is that there's no need to hurry things along. Cancer works at its own pace and being flexible in the face of such imminent danger is the only way to roll.

But that's the dilemma us seriously ill/diagnosed patients experience. Do we delay the inevitable or do we naively hope for the best. I mean, how much respect do we give cancer? Somehow, we have to live our lives and occasionally "damn the torpedoes." And if we're not able to find a break in this very serious action, I imagine our wherewithal living forward might be adversely affected. Cancer has a way of getting under your skin (no pun intended) and then seeping into your subconscious. Before you know it, "the cancer" as "Forrest, Forrest, Gump" said will likely make you a very dull boy or a "dismal Jimmy" as the Brits say.

I chose to throw caution to the wind and live my life with the usual weight and not compound an already heavy burden by having my scan results emailed to me while I'm on vacation. I'm pretty good at compartmentalizing but I saw/see no reason to test my credentials. As a cancer patient, if I'm being honest/realistic, something bad could happen to me. I don't see any advantage to making matters worse, potentially, by forcing the issue.

I think why I'm focusing - and possibly over-reacting, to this presumptive unpleasantness, is that it hadn't ever been suggested to me before by my oncologist in quite this context. Oh sure, he's talked about my health and various percentages of survival but this last meeting, its directness caught me off guard. Sure we all laughed, but for a moment it raised the stakes and reminded me how fragile our existence is. I'm a very positive person so I can usually fend off most emotional trauma. In fact, the title of one of my earlier columns was "Positive About the Negative." And though I've been quite able to keep my "terminal" diagnosis in perspective, hearing 'nobody wants to get bad news before a vacation' may be considerate to suggest, but some things are better left unsaid, especially to a cancer patient.

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

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SENIOR LIVING

95 and Counting

Seniors who are 95 and older reflect on life and offer advice to younger people.

By MARILYN CAMPBELL
THE CONNECTION



PHOTO COURTESY OF MIRIAM HALPRIN

103-year-old Miriam Halprin enjoys a deli sandwich during her first outing since the coronavirus pandemic began says that she credits her long life to positive mental outlook, good genes, a good laugh and an extremely high degree of vanity.

"Always keep a positive attitude and a sense of humor."

— Miriam Halprin

95-year-old Howard Eisenberg says he was carded recently and asked to provide proof of his age as he boarded a train on his way to visit his 80-year-old girlfriend.

"Three different conductors carded me. I said, 'Look, isn't my gray hair enough?' The conductor said, 'Nope, that could have started at 40.'" They insisted on seeing my driver's license and 'boy, was I proud."

What's the secret to a long life? Three local seniors reflect on their lives and share their accomplishments and their advice to younger generations.

Born in Manhattan, Eisenberg, who now lives in Alexandria, began his lifelong career as a writer while doing a stint in the military.

"I started writing at 18. WWII had just ended and my captain learned that I'd had a couple of years of college. He said, 'PFC Eisenberg, the Nazis who were in this barracks left a mimeograph machine and a typewriter here. Write me a newspaper to improve morale.' You don't say no to your company commander, so I wrote 'The Rifleman.'"

Eisenberg, who recently completed the script for a musical, says he's been a writer ever since. "I've written for radio and television. I've written magazine articles, he said. "I shared magazine and book bylines with my amazing late wife, Arlene.

To him, age is just a number and he says he has no intention of retiring. "There is so much to write about that I don't plan to quit until my fingers break off in the computer keys," he said. "And then I'll try dictating."

He has three children, six grandchildren and three great grandchildren. "I have to do a bit of math to keep track of progeny," he jokes.

Eisenberg doesn't attribute his longevity to genetics. "My mom only reached 62 and my dad his mid-70s," he said. "But those were meat-and-potato days. You ate what tasted best, not what was good for you."

Instead, he attributes his good health to prioritizing nutrition and taking vitamins. A healthy diet and regular exercise are two habits that Eisenberg attributes to hitting the 95+ mark. "Down with sugar and white flour," he said. "The more colorful the food



SMITH DAVIS PHOTOGRAPHY
Howard Eisenberg

the better."

Broccoli, spinach, asparagus, yams and low-fat, sugar-free ice cream are among the foods that he enjoys. "Of course, this is common sense, not prescription," he said.

Inquisitiveness is a trait that Eisenberg advises younger generations to acquire. One of his regrets is not being bold enough

to ask questions when he didn't understand something in his youth.

"I joined my outfit as an infantry replacement and they gave me a bazooka, which I'd only fired twice and that was in basic training, he said. "I didn't remember how to shoot it but was sadly too embarrassed to ask guidance from one of the Battle of the Bulge seasoned veterans. Big mistake."

"So when a machine gun nest stopped us and the captain shouted, 'Bazooka up front,' I was momentarily frozen in place," continued Eisenberg. "The GI carrying bazooka rockets saved me. He turned and ran to the rear with the ammo and I had to chase and tackle him. By the time I got back with the ammo the machine gun was kaput."

This experience taught him the value of seeking as much information as needed to gain the understanding necessary to complete a task.

"You may not carry a bazooka, but there will be many times at different stages in your life when you won't know how to do something. Don't be a shy guy or gal. Ask questions, ask questions, ask questions. Ask until you're sure you understand. Then do it."

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