

Alexandria Gazette Packet



25 CENTS

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SEPTEMBER 2, 2021



The historical marker at the corner of Prince and South St. Asaph streets tells the story of the 1917 landmark ruling in the Alexandria Federal Court House that freed women suffragists that were being tortured at the Lorton Workhouse Prison.



Gretchen Bulova, right, Director of the Office of Historic Alexandria, with Anh Pham of Sen. Mark Warner's office, and Laura McKie of the Lucy Burns Museum at the Aug. 26 dedication of the historical marker at the corner of South St. Asaph and Prince streets.



Sheriff Dana Lawhorne, third from left, joins in the Aug. 26 dedication of the historical marker commemorating a 1917 ruling at the Alexandria Federal Court House that freed women suffragists being tortured at the Lorton Workhouse Prison. From left: Lynne Garvey-Hodge as suffragist Mrs. Robert Walker, Council member Amy Jackson, Sheriff Lawhorne, Councilman John Chapman, Laura McKie of the Lucy Burns Museum and Anh Pham representing Sen. Mark Warner's office.

Signage Dedicated to Suffragists

Historical marker commemorates landmark courthouse ruling.

BY JEANNE THEISMANN
GAZETTE PACKET

National Women's Equality Day served as the backdrop for city officials and representatives of the nonprofit Alexandria Celebrates Women to formally dedicate a historical marker commemorating the role Alexandria played in the fight to pass the 19th Amendment granting women the right to vote.

"This tabletop marker designates where the court case was held more than 100 years ago for suffragists housed in Lorton and Occoquan to be released," said ACW co-founder Pat Miller. "When we learned of Alexandria's connection to the suffragist movement, we did some research and worked to get the historical marker in place. Women suffragists were being tortured in the Occoquan Workhouse Prison, resulting in the Nov. 14, 1917 'Night of Terror.' The court case freeing these women was held at the Federal Courthouse in Alexandria."

In the early 20th century, the courtroom for Alexandria's Federal Courthouse was located on the third floor of the Old Customs House at the corner of South Saint Asaph and Prince streets. It was there that the imprisoned women were freed and their convictions eventually overturned.

"This is an amazing part of our history," said Mayor Justin Wilson. "We are recognizing that history today. So much of what we do is trying to draw out these stories that occurred in our city."



Lynne Garvey-Hodge, portraying suffragist Mrs. Robert Walker, tells the story of the Lorton Workhouse Prison at the Aug. 26 dedication of the historical marker at the corner of Prince and South St. Asaph streets.

Joining Wilson were Sheriff Dana Lawhorne, Council members Amy Jackson and John Taylor Chapman, Office of Historic Alexandria Director Gretchen Bulova, and Laura McKie of the Lorton Workhouse Arts Center and Lucy Burns Museum. Lynne Garvey-Hodge portrayed suffragist Mrs. Robert Walker and recited the story of the events to the crowd of 70 gathered for the dedication.

The ordeal began on Nov. 14, 1917, when 32 suffragists were arrested in Washington, D.C. for blocking traffic on a Pennsylvania Avenue sidewalk. They were sent to the workhouse in Occoquan, where the wom-

en were subjected to undue hardships and torture, resulting in the infamous Night of Terror that same evening.

"On Nov. 17, Judge Edmund Waddill Jr., in the United States District Court at Richmond, Va., ordered a writ of habeas corpus seeking the release of the suffragists undergoing the rigid disciplinary treatment at Occoquan," said ACW co-founder Gayle Converse. "Judge Waddill set the hearing for Nov. 27 in Alexandria."

The suffragists were transported from Occoquan for the hearing, where their appearance shocked spectators. They were

PHOTOS BY JANET BARNETT/GAZETTE PACKET



Alexandria Celebrates Women co-founders Gayle Converse, left, and Pat Miller unveil the historical marker commemorating the 1917 ruling that freed women suffragists being tortured at the Lorton Workhouse Prison. The dedication took place Aug. 26, Women's Equality Day, at the corner of Prince and South St. Asaph streets.

malnourished and had been tortured. Many were so weak they had to lie on the courtroom benches.

News of the Night of Terror sparked protests across the country and the hearing in Alexandria made national news.

It would take another three years for the 19th Amendment to be ratified but the Alexandria courthouse ruling played a significant role in gaining the right to vote for women.

Said Wilson, "What happened here in Alexandria is an important part of the history of the 19th amendment."

www.alexandriacelebrateswomen.com

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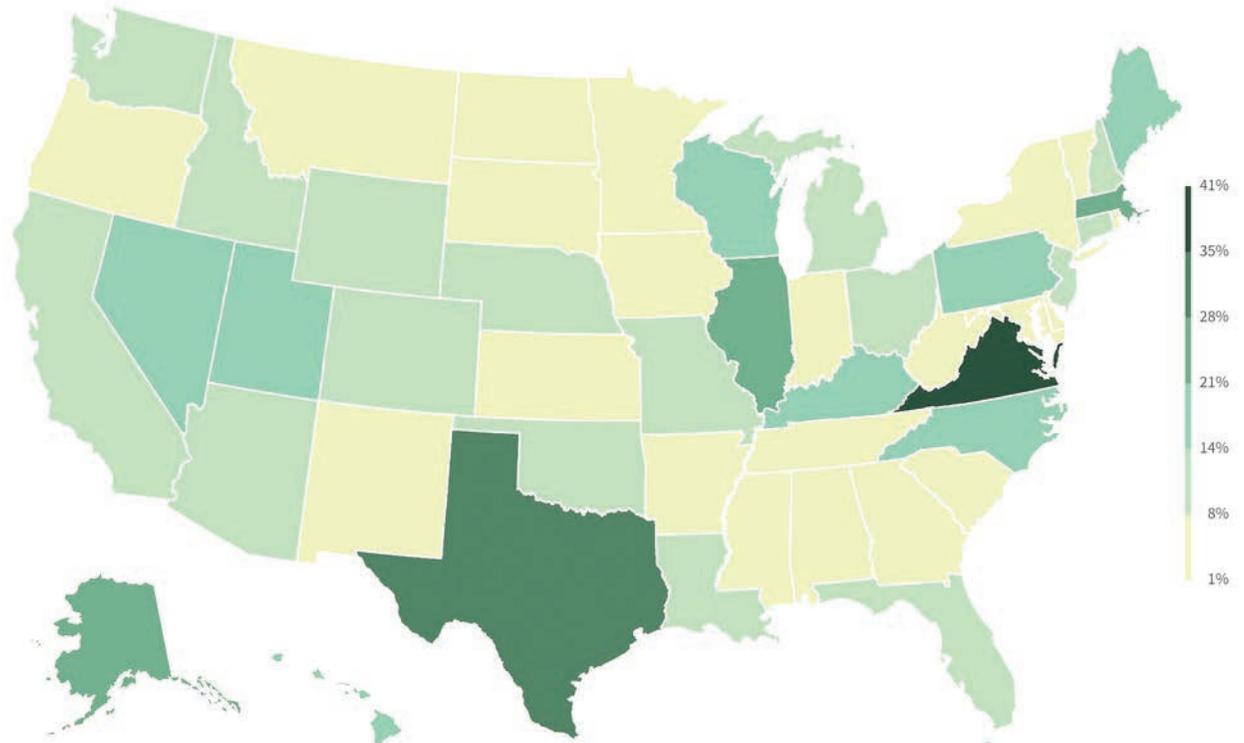
Facing Eviction

Virginia has new protections for renters, but temporary measures expire next year.

BY MICHAEL LEE POPE
GAZETTE PACKET

Texas and Virginia have distributed the largest percent of funds

2021
Percent of first round emergency rental assistance money spent by local and state governments, as of June 30th



USAFacts

Virginia has spent more than a third of its federal rental assistance funds, a much higher percentage than most states in the race to get the funds to renters who are facing eviction.

The clock is ticking for renters across Virginia who are in danger of being evicted. Now that the federal moratorium on evictions is over, landlords are finally able to start filing paperwork at the courthouse. That means a wave of evictions could be on the horizon for people of color and low-income Virginians who have been disproportionately hit by job and income loss during the pandemic, according to data compiled by the U.S. Census Bureau.

“People are worried,” said Jon Liss, executive director at Virginia New Majority. “There’s a huge concern about a massive wave of evictions, both nationwide and in Virginia.”

Last month, members of the General Assembly approved a new protection for renters who are struggling to make ends meet. Landlords who want to evict tenants for non-payment of rent are now required to apply for federal relief before evicting anyone. That’s just one of the many new requirements on landlords, who must wait 45 days to move forward with an eviction if a rent relief application is under consideration. Ultimately, though, those temporary protections will run out June 30, 2022.

“We’re concerned that the lifting of the CDC moratorium will embolden landlords to increase their mass eviction filings,” said Larisa Zehr, a legal fellow at the Legal Aid Justice Center. “Mass eviction filings are always a problem in Virginia, but that will be an increased problem right now because so many people are still struggling to pay rent because of the pandemic.”

THE FEDERAL MORATORIUM on evictions was issued by the Centers for Disease Control and Prevention in September 2020. The United States Supreme Court struck down that moratorium last month, opening the door to landlords across the country evicting people who have not been able to pay the rent. Here in Northern Virginia, low-income people are likely to spend 50 percent of their income on rent. The Department of Housing and Urban Development suggests households spend no more than 30 percent of their income on housing costs, which means many people in Northern Virginia were caught in a trap.

“You took a very vulnerable population that was walking a financial tightrope every month to get the rent paid, and you just pulled out tightrope,” said Christie Marra, director of housing advocacy for the Virginia Poverty Law Center. “If these tenants get evicted for not paying their rent, that becomes what I call the Scarlet E.”

Marra says don’t expect a sudden rush to evict tenants based on violations of leases that have nothing to do with non-payment of rent. Landlords who wanted to get rid of a tenant for damage or drugs have been able to evict those problem tenants all along, which is why Marra bristles at the word

Those behind on rent are overwhelmingly low-income households who have experienced job and income losses during the pandemic.

Characteristics of Renters Behind on Rent

People of Color



Low Income (<\$50k)



Unemployed



Households with Children



NATIONAL EQUITY ATLAS

People of color and low-income people in Virginia are disproportionately more likely to have experienced job and income losses during the pandemic.

“moratorium.” The CDCs order applied to people who were unable to pay their rent, not for other reasons. That means the people who are now at-risk of being kicked out of their homes are low-income people struggling to make ends meet during a pandemic.

“There has never been 100 percent protection for tenants,” said Marra, noting that Virginia ranks poorly in terms of protections for renters.

LANDLORDS AND TENANTS have been in a state of suspended animation since the

pandemic struck. Normal rules of economics no longer applied, and evictions were put on the back burner to help prevent the spread of COVID-19. Many landlords are eager to get rid of renters they view as deadbeats, holding down a property without paying the bill. During the Virginia Senate debate on the new requirement for landlords to seek federal assistance before evicting anyone, state Sen. Chap Petersen (D-34) argued that he didn’t want to require too much of property owners.

“We’re changing the terms of the con-

“If these tenants get evicted for not paying their rent, that becomes what I call the Scarlet E.”

— Christie Marra,
director of housing advocacy for
the Virginia Poverty Law Center

tracts. These people already have written leases,” said Petersen, who is often an outlier in the Senate Democratic Caucus. “They have residential leases, and to try to add these additional obstacles, it’s not correct.”

Here in Alexandria, city officials are planning to invest in a workforce of people known as “navigators” who can work with landlords and tenants to help apply for federal rental relief. Eventually, though, all that federal assistance will dry up. Tenants who have not been able to pay the rent since the pandemic struck will be facing eviction, and then the challenge of finding a new place to live with a paper trail that includes nonpayment of rent.

“I think there’s a big backlog of cases, and the first period will probably be a bit rugged,” said Stephen Haner, senior fellow at the Thomas Jefferson Institute. “In the long run, I think the changes Virginia has made will make eviction harder two years from now, five years from now, six years from now. And you will see fewer evictions.”



PHOTOS CONTRIBUTED

A picnic for Afghan families held at Chinquapin Park in Alexandria by Christ Church in Alexandria with Rock Spring UCC in Arlington.



Outpouring of Local Help for Afghan Refugees

The need is great for volunteers, monetary donations and more.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Thousands of Afghan refugees have landed at Dulles Airport in recent days. What next?

The normally systematic process of resettling refugees has been turned on its head by the sudden influx of Afghan Special Immigrant Visa holders who have been evacuated in recent days.

In addition, the deadline for getting refugees out of Kabul has led to desperate efforts by individuals and organizations to assist with the identification of refugees, filling out the paperwork and other mechanics and to assist those in hiding left behind without adequate resources.

"Traditionally we are able to welcome the refugees at the airport, provide a culturally appropriate meal, toys for the kids and housing with furnishing which we have prearranged," says Jessica Estrada, Director of Newcomer Services for Catholic Charities. Catholic Charities is one of three resettlement agencies in Northern Virginia along with Lutheran Services and Ethiopian Community Development Council (ECDC), which have been designated by the State Department to receive and place the newly arrived families.

"In the current emergency circumstances, instead of getting at least two weeks' notice so we can prepare for their arrival, things have been changing very rapidly with sometimes a day or two turnaround time," Estrada says.

Emily Gilkenson, Ethiopian Community Development Council Community Engagement and Communications Officer, adds, "The situation is rapidly changing and



FILE PHOTOS BY SHIRLEY RUHE

Daniel Mekibib, Director of the Alexandria Workforce Center

evolving. The current situation has some legal and procedural differences from what the staff are accustomed to and information often comes last minute so it can feel overwhelming."

In the current situation, a step has been added for the refugees, who are flown to one of several U.S. bases for vetting and filling out documents and then assigned to their location.

The State Department assigns refugees to their U.S. location based on having a relative or friend nearby (a U.S. tie) as well as the area's ability to provide services. Catholic Charities says they have welcomed 2,600 special immigrant visa holders to northern Virginia in the last six years and resettled 326, most from Afghanistan, this year. They add that as the Afghanistan situation has evolved the number of SIV holders has dramatically increased with about 35 SIV-holders resettled in Alexandria City sent from Fort Lee in August. An SIV holder is a refugee who worked for the American government abroad and whose life could be in danger if he/she remains in his or her own country.

EDCD says that Arlington has been receiving five-to-seven families a week with four-to-10 family members for the last few weeks, "an unusually high volume due to these unprecedented circumstances." Gilkenson says



Melanie Gray, Director of Outreach and Mission at Christ Church in Alexandria

since October 2020 they have welcomed 330 SIV refugees across their network with the majority of current Afghan refugees placed in the cities of Denver, Arlington, San Diego, Houston and Silver Spring. Each week since the evacuation flights began, they have been assigned a portion of all new SIV refugee cases by the State Department.

Kurt Larrick, Assistant Director Arlington County Department of Human Services says, "Not many refugees are ever resettled in Arlington due to the cost of living. Most refugees in northern Virginia are settled in Manassas and Fredericksburg." He says if they do resettle any in Arlington "our role would be to work with the resettlement agencies to get them a health screening, get their kids enrolled in school, etc."

Takis Karantonis, Arlington County Board member says, "We were surprised like everyone else. We have to step up significantly. We did it before with Iraqi refugees." He adds, "some are really uprooted; we need to make it as easy as possible. We shouldn't draw the line with who can get in. We have a moral

How to Help

The local resettlement agencies for the Northern Virginia area are:

CATHOLIC CHARITIES

<https://www.cdda.net/need-help/immi-grants-and-refugees/migration-and-refugee-services/>

LUTHERAN SOCIAL SERVICES

https://lssnca.org/take_action/afghan-allies.html

ETHIOPIAN COMMUNITY DEVELOPMENT COUNCIL

<https://www.ecdcus.org/>

CHRIST CHURCH, ALEXANDRIA,

email mgray@historicchristchurch.org

NOVA FRIENDS OF REFUGEES,

welcomingrefugees@saintgeorgeschurch.org

obligation. We were running the country. We broke it; we own it."

Matt de Ferranti, Arlington County Board chair, shared a statement issued on Aug. 25 by twelve mayors and chairs of northern Virginia including information about how citizens of northern Virginia can help with links to the three resettlement agencies operating here.

Justin Wilson, Mayor of Alexandria says, "Since the beginning of the refugee crisis, our DCHS team has been working in partnership with DSS to support the families settling in the City. We have a refugee response protocol that was activated for this effort." He adds, "I have been blown away by the generosity of so many in the community coming together to support these new residents."

Daniel Mekibib, Director of the Alexandria Workforce Center says they have received 100 refugees in the last two months, "much more than usual. What we see on TV we haven't fully felt yet."

Mekibib says refugees are processed individually, so he expects the number in Alexandria to increase gradually.

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WWW.CONNECTIONNEWSPAPERS.COM

Crisis in Afghanistan Reverberates Locally

FROM PAGE 4

He adds a challenge is with finding available housing. He says in 2017 they ran out of childcare. "Right now we're ok."

Mekibib coordinates with the other Alexandria agencies to get the refugees what they need such as cash, childcare, housing and to assist in finding employment. He says the immediate goal is to find a survival job to pay the bills, but then more important is to find a job where the person can reach their potential a couple of years from now.

He points to a pilot program "that has been working beyond your imagination." The program is a three-month work-based program where an employer coaches and helps the refugee and pays a full wage during that time. During that period the refugee shows what he can produce and often gets hired into a full-time job.

Mekibib says he was at Dulles airport last Saturday with other local officials processing refugees in the repatriation program. He says they, as well as other northern Virginia social service staff, continue to cover 24-hour schedules at the Emergency Repatriation Center at the airport.

He notes this is not the Dulles Expo Center where the non-US citizen at risk Afghans are temporarily placed.

There are nine resettlement agencies across the country with three serving northern Virginia. The resettlement agencies receive funding from the State Department to provide essential services to the refugees for 30-90 days. This includes housing, food, medical services. They also provide assistance with job opportunities, connecting with state and Federal social services, enrolling children in school and cultural acclimation.

"The goal is to assist refugees to become economically independent and self-sufficient as soon as possible through employment and linkages to service providers." Job development and training are provided for 180 days.

Once the resettlement benefits end, many families are not self-sufficient yet. They have taken whatever low level job they can find while they get training and experience to put them on a path toward self-sufficiency. They might be learning English, taking driving classes, need emergency rent, face health issues and cultural challenges.

Community and faith-based groups often step in to

supplement rent and help provide necessities. Melanie Gray, Director of Outreach and Mission at Christ Church in Alexandria, leads a faith-based group to assist the families with whatever they need from babysitting, to a ride to the dentist, to getting a stroller or winter jacket.

This Christ Church Refugee Ministry began about 5 years ago when Gray realized a lot of people coming to the Christ Church Lazarus Ministry, which assists low-income people, were refugees. A year later the community group, which she had established, had grown to 20 participants and today has more than doubled. They meet weekly by phone to share information, check on the status of families and plan what they can do next to help.

Care teams have been set up assigned to specific refugee families to assist them with daily needs as well as moral and cultural support for families who have lost close family members and are grieving as they face the many challenges in a new country.

At the Aug. 27 meeting Gray announced the good news that the final Christ Church Ministry family in Kabul had made it to Qatar where they are safe. The group resolved to check in and offer a listening ear to new families, offer love and support through providing family/child friendly care packages, and to pool the group's resources to offer financial assistance for families struggling with rent.

Gray points out they have learned it takes the average refugee family an extra five months of rent supplements to become self-sufficient beyond the 90 days provided by the resettlement agencies. Fairlington United Methodist Church volunteered \$3,000 in rent supplement on the spot.

The group also finalized efforts on a letter for government officials to be sent out immediately. "We only have four more days to get the refugees out."

Dale Dwyer from Rock Spring UCC in Arlington created a database of 256 refugees with information on their documentation that are stranded in and around Kabul who need assistance to get out. It accompanied the letter signed by the local faith leaders with the urgent message to assist these refugees with their requests for help.

Betsy Joslyn, a member of Christ Church, shared that she is organizing medical care for refugees on a hoped-for flight from Kabul to Kampala, Uganda, a safe haven. The Church of Jesus Christ of Latter Day

SEE CRISIS, PAGE 9

Back to School

If your child is entering 7th grade they must have the Meningitis, HPV, and Tdap vaccines in order to enroll. Talk to your doctor and vaccinate them now!

SCAN ME

VDH VIRGINIA DEPARTMENT OF HEALTH | vdh.virginia.gov/backtoschool/

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LUIS GONZALEZ

Open the Gates

It is now well known that Enid Annenberg Haupt saved River Farm from a possible sale to the Soviet Union by making a donation of \$ 1 million to the American Horticultural Society (AHS) in 1973 that allowed them to purchase River Farm with the understanding, and on the condition, that the property would be open to the public.

Why then are the gates still



This plaque is located next to the front of the main house at River Farm and acknowledges Enid Annenberg's gift to AHS in 1973.

closed to the public?

Anne Wilson Fafara
Save River Farm Committee
Alexandria, Va.



Signs located outside the front gates of River Farm on Aug. 10, 2021.

Detailing Relief in Dollars

BY SEN. ADAM EBBIN

On Monday Aug. 2, the Virginian General Assembly convened in Richmond for a Special Session to allocate federal American Rescue Plan Act (ARPA) funds and appoint judges to fill eight vacancies on the Virginia Court of Appeals. The judicial slots were created by legislation passed earlier in the year to create an automatic right to appeal and proportionately increase the number of jurists to meet the heightened case load. For the first time since COVID hit Virginia, the House and Senate have returned to their respective chambers in the Capitol. Due to close quarters, our desks are surrounded by plexiglass to prevent possible transmission of the increasingly common COVID-19 Delta variant.

Unlike previous special sessions, the Senate and House agreed to limit legislative action to a single bill which allocates \$3.2 billion of the \$4.3 billion in ARPA funds, and makes several emergency policy changes through budget language. Federal guidance limits the General Assembly to spending these funds to respond to COVID-19 and its economic impacts, providing increased pay to workers essential to responding to the pandemic, and investments in water, sewer, and broadband infrastructure. While we are focused on these critical issues, some of my Republican colleagues had different ideas, filing amendments to the budget which would have banned "critical race theory" (a legal theory examined in some law schools) in public schools, and blocking common sense protections for transgender students. I am glad my motion to rule these amendments not "germane" to the budget bill was sustained and we were able to move forward with a budget focused on the needs of Virginians.

Under that guidance, the Senate Finance and Appropriations Committee leadership gathered input from members over the last month to share with Governor Northam before the Governor finalized his proposed spending plan. I was happy to see \$50 million in funding for the Alexandria's Combined Sewer Overflow remediation project included, which will reduce the cost burden on ratepayers.

As parents, students, and educators prepare to return for a fully in-person school year, their safety and ability to learn best is top-of-mind to all of us. A key way to improve the long-term



safety of our students and staff is to ensure that schools have high quality ventilation and HVAC systems. That is why the General Assembly allocated \$250 million to repair and improve these systems in elementary and secondary schools. This funding will require a local dollar-for-dollar match, yielding a \$500 million investment. The upgrades are estimated to cover 80% of all needed

HVAC repair and replacement capital projects in Virginia schools, modernizing our education infrastructure across the Commonwealth.

During the pandemic, mental health issues and addiction have become drastically more prevalent, leading to devastating impacts on families and overburdening our psychiatric hospitals to the point that, in mid-July, state facilities were forced to stop admitting new patients. The final budget bill provides the necessary funding to staff up and open more admission slots in these critical facilities, and makes a massive, \$485 million downpayment on improvements to our mental health and substance abuse treatment programs in Virginia. Righting the trajectory for these services will create a brighter future. In concert with improvements to mental health services, the General Assembly invested an additional \$354 million in public health including facility infrastructure improvements and modernization of our public health technology to ensure that Virginians can receive high-quality services.

To continue to improve public safety, we also allocated close to \$93 million for anti-violence initiatives, including \$75 million to increase state police and state supported sworn officers of sheriffs' departments salaries to competitive levels, \$13.2 million for support services for victims of crime including sexual and domestic violence, \$4 million to improve mental-health training for law enforcement to implement the new "Marcus Alert" system which requires mental health professionals respond with police officers that are called to deal with a person in crisis, and \$5 million in gun violence prevention programs.

The social distancing we have practiced over the past year has, in many cases, only been possible because of affordable access to reliable internet — from online school, to work, to accessing e-books from the library, to telehealth services, the internet has been a lifeline for many. However, for many Virginians, access

to broadband is still out of reach. But that will change with the passage of this budget bill. The General Assembly allocated \$700 million to bring high-speed broadband to every home and business in the state by 2024. (Currently some 234,000 still remain unconnected!)

Small businesses can also expect \$250 million in relief via RebuildVA grants and \$50 million in tourism and marketing grants to draw customers back in and start to make up for the incredible impact the pandemic had on hospitality and destination based small businesses in Virginia. To prevent future tax increases on small businesses and ensure Virginians get the help they need if they are or become unemployed, the General Assembly deposited \$862 million into the depleted coffers of our Unemployment Trust Fund. We also allocated \$91 million to improve the efficiency at which the Virginia Employment Commission processes, adjudicates, and disperses unemployment benefits. The current system was overwhelmed during the peak of COVID-19, and continues to fail many Virginians in getting the help they deserve. I am hopeful that these investments will finally bring a resolution to this issue.

Finally, the General Assembly continued to work on a core priority of mine: preventing evictions and increasing affordable housing. We appropriated a combined \$750 million in housing assistance, \$250 million of which will be used to cover overdue mortgage bills, taxes, insurance, and HOA fees. To learn how to access these funds, visit <https://www.dhcd.virginia.gov/rmrp>. Because of this major influx in rental relief, and the end of the federal eviction moratorium, we also prohibited landlords from taking any action to obtain possession of a rental unit for non-payment of rent unless they have first applied for rental assistance and their tenant refused the assistance or did not qualify for the funding. This is one of the most important actions we have taken this special session, and will protect tenants and landlords alike from the painful, economically devastating process of evictions.

With the Governor's signature, these historic investments will begin flowing, shovels will go into the ground, businesses will continue opening, and Virginians will begin to feel some weight lifting from their shoulders as a more robust safety net is constructed. A firm base has been laid for the future of our Commonwealth, and I look forward to building on it in the years to come.

It is my continued honor to serve the 30th District.

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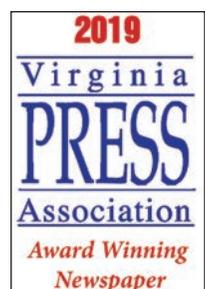
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PHOTOS CONTRIBUTED



Anthony Talbert took first place honors for poetry with his entry “I Cry” in the Heard Creative Writing Contest at the William G. Truesdale Detention Center.

Michael Pixley took first place honors for fiction with his entry “The Claw” in the Heard Creative Writing Contest at the William G. Truesdale Detention Center.

Voices to be Heard

Detention Center recognizes creative writing winners.

BY JEANNE THEISMANN
GAZETTE PACKET

Inmates at the William G. Truesdale Detention Center in Alexandria shared their gift of writing at the third Heard Creative Writing Contest, with Sheriff Dana Lawhorne announcing the winning entrants during a virtual award ceremony Aug. 25.

The contest was sponsored by Heard, a local nonprofit that describes itself as “an arts program for silent stories.” The organization offers people in need and at-risk individuals the opportunity to be heard through creative expression. Participants in this year’s contest had a month to craft their works for consideration in fiction, non-fiction and poetry categories.

“We are extremely grateful for Heard’s continued outreach and engagement with those in our custody,” said Sheriff Dana Lawhorne. “Not only does the contest provide them with a creative outlet to express themselves, but it gives them the chance to have their voices carry out into the community and beyond.”

In the fiction category, there was a tie for top honors: Michael Pixley’s “The Claw” shared first place with D. Miller’s “Mental Love.” Miller also took second place with his entry “The Moment I Fell.”

Anthony Talbert took first place in the poetry category with “I Cry.” Second place

went to William Walsh for “Why Did You Leave” and S. Amir won third place honors with “The Most Beautiful Battle.”

The first-place author of “Guatemala” in the non-fiction category prefers to remain anonymous. Second place went to S. Amir for “Despised and Rejected” with Peter Le taking third place honors with “Love Letter.”

Thirteen inmates submitted a total 24 entries for consideration. The panel of judges – former City of Alexandria Poet Laureate Wendy Kaplan, The Zebra Publisher/Editor-in-Chief Mary Wadland, and genealogist, historian and author Char McCargo Bah – considered each submission’s technical and artistic strength when selecting the winners. Winners received monetary prizes that were added to their accounts to cover personal expenses.

Prizes were awarded for the top three entries in each category and during the virtual ceremony, Bah and Jane Hess Collins, founder and executive director of Heard, read the winning entries. Members of the Sheriff’s Office Inmate Services team later shared a video of the ceremony with the contestants and presented prizes to the finalists.

Collins, a communications consultant and retired Air Force colonel, founded Heard in 2017. In addition to the Alexandria Sheriff’s Office, Heard has organized writing contests at the Arlington County Detention Facility and offers creative arts opportunities through 15 program partners in Alexandria and Arlington.

Caudron Megary Blackburn Wealth Management Group sponsored this year’s writing contest.

www.heardnova.org

“We are extremely grateful for Heard’s continued outreach and engagement with those in our custody.”

— Sheriff Dana Lawhorne

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Healy Returns to Gadsby's

Pop-up features work of celebrated artist.

BY JEANNE THEISMANN
GAZETTE PACKET

Adorned in his signature bow tie and a trademark bowl of Hershey's Kisses set out for customers, celebrated artist Todd Healy made a return to Old Town with a pop-up show Aug. 21 at Gadsby's Tavern Restaurant.

"I'm humbled by the great turnout today," said Healy as longtime customers came to browse new works or to pick up or place custom orders. "It is good to be back and have a chance to see some old friends."

For more than 40 years, Healy was a fixture in Old Town. His original renderings of historic structures became so popular that Healy began a yearly calendar highlighting some of his images. His custom framing is considered among the finest in the Washington region and his hand-colored historical maps have become collector items.

"Todd is an incredible talent," said longtime customer Kimberly Catalano. "His love of Old Town just shows in his work."

A combination of events led to Healy and his wife Laraine relocating to the Richmond area last year to be closer to their daughter and grandchildren.



JEANNE THEISMANN/GAZETTE PACKET

Artist Todd Healy, right, is joined by his wife Laraine during a pop-up sale Aug. 21 at Gadsby's Tavern Restaurant.

"Both Laraine and I miss Alexandria desperately," said Healy. "However, after losing my lease we just didn't see a way to be able

to afford our lifestyle in Alexandria. And Laraine was excited about moving to Richmond to be near our grandchildren."

Healy's Gallery Lafayette Studio was most recently located at the corner of North Royal and Prince Streets. He has since built a studio in the Richmond area to continue both his custom framing and original artwork.

Another pop-up featuring holiday gifts is planned for Nov. 6, also at Gadsby's Tavern Restaurant.

"His love of Old Town just shows in his work."

— Kimberly Catalano on artist Todd Healy

"The location turned out to work well for us," Healy said. "Our grandchildren have brought great joy to Laraine and me but we are so filled with gratitude to return and see the many friends we made in Alexandria over the years."

To contact Todd Healy for availability of artwork or to inquire about custom orders, email Todd4art@aol.com.



Leah Donahue, an owner of Boxwood, greets customers Aug. 14 during the Summer Sidewalk Sale, which took place in Old Town and Del Ray.



Sara Campbell store manager Jane Hughes organizes merchandise during the Aug. 14 Summer Sidewalk Sale in Old Town



Landon and Lucy Lamb browse designer shoes during the Summer Sidewalk Sale Aug. 14 in Old Town.

PHOTOS BY JANET BARNETT/
GAZETTE PACKET

Some Like it Haute

Shoppers hit summer sidewalk sale.

The 12th annual Summer Sidewalk Sale returned to Old Town and Del Ray Aug. 14 and 15 with more than 70 boutiques showcasing their merchandise along the King Street corridor and Mount Vernon Avenue.

Shoppers strolled the streets filled with designer dresses, home goods, shoes and jewelry despite the heat and occasional thunderstorm.

"We are all about bringing vibrant and colorful

home gifts to Alexandria," said Leah Donahue, an owner of Boxwood in Old Town as she greeted customers. "We have had a steady stream of people shopping, even with the heat."

Street entertainment was plentiful as local boutiques creatively used the outdoor sidewalks to display merchandise and allow for comfortable social distancing.

The Alexandria Sidewalk Sale is led by Visit Alexandria in partnership with the City of Alexandria, Old Town Boutique District, Old Town Business Association, Old Town North and Del Ray Business Association.

— JEANNE THEISMANN



A street performer entertains shoppers during the Summer Sidewalk Sale Aug. 14 in Old Town.



Shoppers peruse designer dresses during the Summer Sidewalk Sale Aug. 14 in Old Town.

Crisis in Afghanistan

FROM PAGE 4

Saints is looking for church members to be on Care teams. Other churches are assisting with welcome packages.

In Arlington, faith-based groups are also active. St. George's Episcopal Church and Mt. Olivet United Methodist Church established NOVA Friends of Refugees in 2016 in response to anti-refugee, anti-immigrant and anti-Muslim rhetoric during the Presidential election. It grew from three members to nearly 1,200 people from more than 170 faith communities, nonprofits, business, government and universities.

They focus on life skills support, advocacy and community events. Currently they are coordinating with resettlement agencies and have posted listings of the best ways to help, donate, or advocate that has gone out to their 5,000 member email list. They are also working to identify available free and low-cost housing. Their recently circulated form lists a number of volunteer opportunities with temporary or permanent housing at the top of the list of critical needs.

Estrada says Catholic Charities has found the moratorium on evictions during the pandemic has made fewer housing units available in the area so there are not as many turnovers of units. Sometimes they may have to put a refugee family in a hotel for a few days before they can find permanent housing so the need is great for short-term as well as longer-term housing.

In addition, the NOVA Friends of Refugees form lists transportation of furniture and household items to a nonprofit warehouse using your own vehicle, setting up of a team to set up apartments or providing refugees transportation or serving as a buddy to help with the family's assimilation. Used cars, dining room tables, sofas and computers are also welcome.

The group is also organizing events for the newcomers and refugees in the coming months and are urgently asking for long-term volunteers.

At the top of every list are monetary donations to supplement rent and other critical refugee needs.

Episcopal Migration Ministries, a resettlement agency active in other geographical areas says, "We are in an emergency critical moment. But we need to remember when the press cycle has moved on, the need remains."

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3 Dates to Circle in September

BY HOPE NELSON
GAZETTE PACKET

Cookies, dining out for charity and a three-pronged pub crawl: It's shaping up to be a September of varied events in Alexandria's food and beverage arena. Here are some can't-miss activities to keep on your radar.

Fraternal Order of Eagles "Dining for Charity" event, Sept. 11

The Fraternal Order of Eagles #871 is taking over several restaurants around town in the name of fundraising for an injured Virginia veteran. Bella Napoli, the Fish Market,

Café 44, Michael's Little Italy, Murphy's, Old House Cosmopolitan and Mamma's Kitchen are all donating a portion of their proceeds from Sept. 11's sales to the FOE, which will in turn use the fundraising mission to help build an accessible home for a veteran in need.

Port City Old Town Pub Crawl, Sept 11, 18, and 25

The eighth annual Port City Brewing pub crawl is back in action after a virtual year – and in the spirit of the changing landscape, the brewery has another little trick up its sleeve. Instead of one uber-day of pub

crawling, this year's event is divided up into three crawls across three weekends – Sept. 11, Sept. 18 and Sept. 25, respectively, to keep crowds down. Each weekend features a distinct set of four restaurants, plus participant gear such as shirts and pint glasses. The four-hour tour will budget for 50 minutes at each location, plus 10 minutes' travel time. Reservations are required; tickets are \$25.

APPETITE

Fall Cookie Decorating Class at Lost Boy Cider, Sept. 28

What better way to get into the autumnal spirit than with some fall-inspired cookies?

The folks at Sugarcoated Bakery will teach you how to decorate your own at a class hosted at Lost Boy Cider, 317 Hooffs Run Drive. The class, aimed at beginners of all ages, will go over a number of decorating how-tos. And don't fret – if your decorating skills don't present themselves in a timely fashion, you can always drown your sorrows with a pint of cider after class is finished. \$45.

Hope Nelson is the author of "Classic Restaurants of Alexandria" and owns the Kitchen Recessionista blog, located at www.kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.

CALENDAR

SEPT. 3-25

"Stigma" Art Exhibit. At Del Ray Artisans Gallery in the Colasanto Center, 2704 Mount Vernon Ave., Alexandria. The STIGMA exhibit at Del Ray Artisans Gallery features art that shines a light on stigma — how it feels, how it affects lives, and how it can be overcome. Stigma affects many different people in many different ways. These art works include viewpoints on mental health disorders, HIV, homelessness, disabilities, sexual orientation, bullying, race and ethnicity, and more. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays and Sundays 12-6 p.m. Visit <https://DelRayArtisans.org/exhibits>

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THURSDAY/SEPT. 9

Gadsby's Tavern Museum Society Virtual Trivia Night. 7-8:30 p.m. Grab your favorite beverage and settle down for some trivia fun (with prizes) that will test your knowledge of



The Old Town Festival of Speed & Style will take place on Sunday, Sept. 5, 2021 in Old Town Alexandria.

American history, the Presidents, Alexandria, and the American work force throughout the years in honor of Labor Day. You'll learn some fun and interesting facts as we reveal the answers! Tickets are \$20 per household, with all proceeds benefiting Gadsby's Tavern Museum. To register, visit gadsbystavernmuseum.us.

FRIDAY/SEPT. 10

Art on the Rocks. 5 to 8 p.m. At Waterfront Park, 1A Prince Street, Alexandria. Experience the exciting kickoff to Old Town Cocktail Week. Join the Art League in tasting cocktail creations and small bites crafted by competing bartenders from favorite local establishments. Find out who will win Judges' Choice and cast your own vote for the People's Choice award. Admission: \$55 per person. Visit Oldtownbusiness.org

SEPT. 10-12

Stonebridge Artists Tour. 11 a.m. to 6 p.m. At three locations: 1234 Shenandoah Road, 2100 Mason Hill Drive and 2219 Martha's Road, Alexandria. The show will feature the work of nine prominent local artists with displays of painting, prints, bronze, ceramics, and photography, all in three relaxed residential settings. Friday time is 5-8 p.m. Saturday and Sunday are 11 a.m. to 6 p.m.

SEPT. 10-18

By the Seashore. At Leonadus K. Plenty Amphitheater at Lee District Park, 6601 Telegraph Road, Alexandria. This sensory-filled production specifically designed for children ages 0-3 uses an imaginative mix of puppetry, movement, and sound to take children on a magical journey to the beach. Dates: Friday, September 10 at 10:30 a.m. Saturday, September 11 at 10am and 11:30 a.m. Sunday, September 12 at 11 a.m. Thursday, September 16 at 10:30 a.m. Friday, September 17 at 10:30 a.m. Saturday, September 18 at 10 a.m. and 11:30 a.m. Visit the website: <https://www.artsonthehorizon.org/by-the-seashore-2021.html>

SEPT. 10-19

Old Town Cocktail Week. Guests can celebrate the world of cocktail innovation enjoying unique libations at Old Town Alexandria restaurants, bars, and as well as themed events at boutiques, historic sights, and other places. The week will kick off with Art on the Rocks on Friday, September 10, 5-8 p.m. at Waterfront Park, held by The Art League at the Torpedo Factory Art Center. The week will conclude with a Meet the Makers Tasting

Event at Market Square.

SATURDAY/SEPT. 11

Plants & Design: Perk Up Your Fall Garden. 10:30 a.m.-12 p.m. (Adult) September is a great time to inject some autumn beauty into your home garden. Green Spring horticulturist Brenda Skarphol discusses dividing perennials, planting cool season plants, and beautifying your garden with fall season show-stoppers so it looks its autumn best. Special emphasis placed on plants for pollinators and other wildlife. \$18 per person. Register online at www.fairfaxcounty.gov/parks/parktaks or call Green Spring Gardens at 703-642-5173.

SUNDAY/SEPT. 12

Tall Ship Providence with Captain Gregory's. 1 Cameron St., Alexandria. Sail Times: 12:30 - 2:30 p.m. and 3 - 5 p.m. Be immersed in the seaside culture and history of rum as we learn the history of a maritime favorite. Guests can come aboard the Tall Ship Providence for tastings and sailing with entertainment by Captain Gregory's. Tall Ship Providence Happy Hour Cruises. Friday evenings throughout the fall, from 5:30 to 7:30 p.m. Admission: \$45 per person. Call 703-772-8483. Visit Tallshipprovidence.org

THE BIRCHMERE

All shows are at 7:30 p.m., unless otherwise noted. Tickets available at Ticketmaster.com. Contact The Birchmere at 703-549-7500 or www.Birchmere.com.
Wed/Thu. Sept. 1 & 2: Jeffrey Osborne \$85.00
Fri. Sept. 3: DANNY GATTON BIRTHDAY CELEBRATION with Johnny Hiland, David Chappell, Tommy Lepson, Big Joe Maher, John Previti, Dave Elliot, Barry Hart, Bruce Swaim, Steve Wolf, Pete Ragusa, Rick Whitehead, Steven Windsor, & more! \$35.00
Sun. Sept. 5: The Marshall Tucker Band \$55.00
Wed. Sept. 8: Blue Oyster Cult \$65.00
Thu. Sept. 9: Julia Fordham \$29.50
Fri. Sept. 10: Al Stewart w/ The Empty Pockets \$35.00
Sat. Sept. 11: Madeleine Peyroux 'Careless Love Tour' \$55.00
Sun. Sept. 12: NAJEE \$45.00
Mon. Sept. 13: Frank Marino & Mahogany Rush w/ Patty Reese & Dave Chappell \$45.00
Tue. Sept. 14: Suzanne Vega – An Evening of New York Songs & Stories \$49.50
Fri. Sept. 17: Reckless Kelly w/ Tyler & The Train Robbers \$29.50
Sat. Sept. 18: James McMurtry \$35.00
*All shows are at 7:30pm, unless otherwise noted.

BULLETIN BOARD

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

FILL THE BOOT CAMPAIGN

The Alexandria Fire Department will participate in the Muscular Dystrophy Association "Fill the Boot" Campaign, managed by Alexandria Fire Fighters Local 2141. The campaign begins Tuesday, August 31. Every boot drive helps families with muscular dystrophy in your community by funding research for new treatments, supporting MDA Care Centers, and sending kids to MDA Summer Camp. AFD crews and volunteers will be collecting donations at the following locations:

Fill the Boot Locations – Sept. 1, 3, and 7-9

King Street/Washington Street
King Street/Braddock Road/Quaker Lane
George Washington Parkway/Slaters Lane
Duke Street/Patrick Street
Seminary Road/Beauregard Street
Duke Street/Quaker Lane
Van Dorn Street/Edsall Road
Richmond Highway/East Glebe Road
Other Locations

Old Town Farmers' Market (Sept. 4 and 11)
West End Farmers' Market (Sept. 5 and 12)
King Street/Union Street (Sept. 3, 4, 10, 11)

You can also donate to this year's Fill the Boot fundraising campaign online.

VOLUNTEER WITH AFSS.

Alexandria Families for Safe Streets. Help spread the pedestrian street safety message by volunteering for 2-hour shifts to staff an Alexandria Families for Safe Streets (AFSS) table at one of the following Farmers' Markets: Dates available: 9/18,

10/9, 10/30, 11/6, Nov TBD.
Del Ray Farmers' Market: 9/18, 10/30
Old Town Farmers' Market: 10/9, 11/6
Visit the website: <https://www.alxflss.org/>

VOLUNTEERS WANTED

ACPS- Help Provide Meals to Children Alexandria City Public School (ACPS) will provide two days worth of breakfast and lunch meals with a snack pack free for any enrolled ACPS student on Mondays, Wednesdays, and Fridays. Friday distribution will include a meal(s) for Saturday. Volunteers will meet at various schools to assist with packing boxes and loading buses with boxed meals. Then, volunteers will ride the bus along to distribute the meals while on site at a few ACPS mobile pop-up locations. Click on each location to sign up: Francis C. Hammond Middle School, TC Williams High School, or Jefferson Houston School. www.volunteeralexandria.org

Alexandria Dept. of Community and Human Services- Volunteer Guardian
Looking for individuals who can assure the well-being of an incapacitated Alexandrian living in an Assisted Living Facility or Nursing Facility. Volunteer Guardians are appointed by the Court to make decisions for older Alexandria residents who have lost the capacity to understand the consequences of their decisions. The volunteer will visit the resident monthly and follow the person's wishes as much as possible. www.volunteeralexandria.org

Alexandria Families for Safer Streets - Executive Assistant to AFSS Board

of Directors
The agency is seeking an executive assistant to help coordinate a diverse group of tasks necessary to keep us on track and moving forward. Someone with office manager skills would be the ideal candidate. www.volunteeralexandria.org

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

Alzheimer's Association – Walk to End Alzheimer's
Saturday, Sept. 25 (National Harbor) & Saturday, Oct. 9, 2021 The National Mall, Washington, DC. Volunteers are needed on the day of the events to help with set up, sign placement, information services, promise flower distribution, cheerleaders, and route monitors. <https://www.volunteeralexandria.org/>

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.

SEE BULLETIN, PAGE 13

CALENDAR

FROM PAGE 10

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Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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VDH VIRGINIA DEPARTMENT OF HEALTH
vdh.virginia.gov/backtoschool/

Legals



CITY OF ALEXANDRIA BOARD OF EQUALIZATION HEARINGS

Pursuant to Section 58.1-3378 of the Code of Virginia, the Board of Equalization and Assessment Review for the City of Alexandria will convene on the following days to hear complaints of inequalities wherein the property owners allege a lack of equity or uniformity in assessment, errors in fact in such real estate assessments, or that the real property assessment is not assessed at fair market value. c hearing such complaints, the Board is legally authorized to INCREASE, DECREASE OR AFFIRM such real estate assessments.

Due to the COVID-19 Pandemic emergency, meetings of the Board of Equalization are being held online, pursuant to Virginia Code Section 2.2-3708.2(A)(3), the Continuity of Government ordinance adopted by the City Council on June 20, 2020 or Sections 4-0.00(g) in HB29 and HB30 to undertake essential business. All members of the Board and staff will participate virtually from remote locations. These meetings will be held online exclusively, unless a determination is made that they are safe enough to be held in person in room 3008, City Hall, 301 King Street, Alexandria, VA. Meeting links and notification of any meeting cancellations will be posted at alexandriava.gov/Calendar. The 2021 hearing dates currently scheduled are:

September 15, 4-7 p.m.	October 18, 4-7 p.m.
September 20, 4-7 p.m.	October 19, 9 a.m.-12 p.m.
September 21, 9 a.m.-12 p.m.	October 20, 4-7 p.m.
September 22, 4-7 p.m.	October 25, 4-7 p.m.
September 27, 4-7 p.m.	October 26, 9 a.m.-12 p.m.
September 28, 9 a.m.-12 p.m.	October 27, 4-7 p.m.
September 29, 4-7 p.m.	November 1, 4-7 p.m.
October 4, 4-7 p.m.	November 2, 9 a.m.-12 p.m.
October 5, 9 a.m.-12 p.m.	November 3, 4-7 p.m.
October 6, 4-7 p.m.	November 8, 4-7 p.m.
October 12, 9 a.m.-12 p.m.	November 9, 9 a.m.-12 p.m.
October 13- 4-7 p.m.	November 10, 4-7 p.m.

The deadline for filing an appeal was June 1, 2021, however, this appeal deadline is not applicable to appeals of assessments for real estate that was newly constructed pursuant to Virginia Code 59.1-3292.

Dockets for each hearing may be obtained by contacting the Office of Real Estate Assessments, 301 King Street, City Hall Room 2600, Alexandria VA 22313, between the hours of 8 a.m. and 5 p.m., Monday through Friday, via email at realestate@alexandriava.gov or by calling 703.746.4646.

Legals

Legals

Legals

Notice is hereby given that Hassan Abu, 8023 Janna Lee Avenue, Alexandria, VA 22309, has filed an application for a certificate of public convenience and necessity that would authorize passenger transportation as a Common Carrier over Irregular Routes, providing service in the Cities of Alexandria, Fairfax, Falls Church, Manassas, and Manassas Park, Virginia and the Counties of Arlington, Fairfax, Loudoun, Prince William, and Stafford, Virginia.

Any person who desires to protest the application and be a party to the matter must submit a signed and dated written request setting forth (1) a precise statement of the party's interest and how the party could be aggrieved if the application was granted; (2) a full and clear statement of the facts that the person is prepared to provide by competent evidence; (3) a statement of the specific relief sought; (4) the name of the applicant and case number assigned to the application; and (5) a certification that a copy of the protest was sent to the applicant. The case number assigned to this application is MC2100282PS.

Written protests must be mailed to DMV Motor Carrier Services, Attn: Operating Authority, P. O. Box 27412, Richmond, VA 23269-0001 and must be postmarked on or before September 16, 2021.

Any protest filed with competent evidence will be carefully considered by DMV. However, DMV will have full discretion as to whether a hearing is warranted based on the merits of the protest filed.

Legals

Legals

PUBLIC NOTICE NOTICE OF VOLUNTARY REMEDIATION

Pursuant to the Virginia Voluntary Remediation Regulations, Virginia Administrative Code section 9VAC20-160-120, Alexandria North Terminal, LLC (Participant) with an address of 3330 Washington Blvd, Suite 220, Arlington, VA 22201, hereby provides notice of voluntary remediation at the following site (Site):

Robinson Terminal North
500 & 501 N. Union Street, Alexandria, VA 22314
VRP Number VRP00673

The Site is comprised of two parcels separated by North Union Street. The warehouse located on the western parcel is currently used for storage of equipment and supplies and is not occupied on a regular basis. A warehouse formerly located on the eastern parcel was demolished. Sampling on the Site detected the presence of volatile organic compounds, semi-volatile organic compounds, metals and petroleum hydrocarbons in soil and groundwater. The Participant applied to and was deemed eligible to participate in the Voluntary Remediation Program (VRP) in order to assess and address any environmental risks association with the detected constituents. A site characterization and risk assessment has been reviewed and accepted as complete by the Virginia Department of Environmental Quality (DEQ). The risk evaluation found that the following restrictions placed on the future use of the Site pursuant to the VRP will be protective of human health and the environment: (1) groundwater beneath the Site will not be used for any purpose other than environmental monitoring and testing or dewatering in compliance with law; (2) no portion of the Site shall be used for residential purposes or for children's (under the age of 16) daycare facilities, schools or playground purposes (although hotels and motels are not prohibited); (3) the Site will be maintained with existing cover and any subsurface work on the Site will be completed in accordance with condition 4 set forth below and any disturbed area restored with cover; and (4) any subsurface work or excavation on the Site shall be completed in accordance with a site-specific health and safety plan, which shall be developed by a qualified health and safety professional and in accordance with applicable federal, state, and local regulations.

Persons wishing to comment on the voluntary remedial action or request additional information should contact the following person who is familiar with the Site:

James A. Thornhill
Wire Gill LLP
9200 Forest Hill Avenue, Suite C-1
Richmond, Virginia 23235
jthornhill@wiregill.com
804-288-8400

All comments must be in writing and will be accepted until 30 days from the date of publication of this notice.

Obituary

Obituary

James Richard Eblen

March 5, 1934 ~ August 12, 2021

Born in Washington, D.C, Jim moved 5 years later with his parents and year old sister to a house in the Beverly Hills area of Alexandria, Virginia. After attending George Mason Grade School and a combination of George Washington High School and Woodward High School, Jim opted for joining the navy. He went to boot camp in Banbridge, Maryland and then was stationed in Charleston, South Carolina. He decided to become a medical corpsman and was then transferred to Camp Pendleton in San Diego, Ca., and was attached to the marines.

Four years later with his service years behind him Jim came back to Virginia. He entered George Washington University and graduated four years later with a degree in pharmacy. Jim worked for years in the pharmacy field and at one time was in charge of the George Washington University pharmacy. He still loved the east coast and Virginia in particular and took many trips to Virginia Beach. In later years he helped take care of his parents when they lived in Washington House, a local retirement home.

Jim is survived by his sister Carol who lives in Boise, Idaho, in a retirement home, his nephew Josh and his wife Kristin and their two children, Porter age 11 and Cora age 8, who live in an old Victorian home in Boise.

A burial service for Jim was held on Wednesday, September 1, 2021, 11:00 AM, at National Memorial Park in Falls Church, VA.

Please visit www.everlywheatley.com for more details and to sign the virtual guest-book.

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

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

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil (Ibrahim.khalil@fairfaxcounty.gov) at 703-324-4547.

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

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

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

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

Weight For It ..., Weight



By KENNETH B. LOURIE

Speaking of side effects (at least I was in last week's column, "Enough Already") being a regular part of chemotherapy, targeted therapy and immunotherapy; that big three non-surgical options for cancer patients, I am currently experiencing a new side effect which as it happens is a dream come true: weight loss. Which has enabled me to eat to my heart's content without your typical consequences. Meaning for now, I can be comfortable in whatever food I eat. As Curly Howard of The Three Stooges might say: "What an experience!"

For my entire life, I have not been thin. Growing up all my clothes were purchased in the "Husky Department. In spite of that accommodation, my clothes always had to be let in or let out and nothing ever fit. I've stood over so many piles of clothes in store dressing rooms which didn't fit, and made so many "walks of shame" out of the dressing room and onto the floor (where my mother would look me up and down to determine if the shirt, sweater, pants or short I was wearing had any redeeming qualities) that it has left a permanent mark. Most of the time, it was hopeless and I was forced to retreat back to the dressing room with even more clothes to suffer yet another indignity. To this day, some 60-odd years later, I am still traumatized by the years of suffering and humiliation I endured as an overweight child/adolescent forced to buy clothes for the fall/winter and the spring/summer. Oh, how I dreaded those shopping trips into Boston to visit Jordan Marsh, Filene's and Kennedy's. If it wasn't for the two Joe & Nemo's hot dogs I was promised, the day would have been a total loss - for me.

However, after years of being fat, tubby, obese (per the health and fitness charts), slow-footed and unable to do even one chin-up during those annual phys-ed exams in secondary school; and moreover, never being able to lose any weight or change my diet to facilitate losing a few pounds, I have stumbled onto a surprising and quite unexpected remedy (of sorts): lenvima, my thyroid cancer medicine. A 10 mg pill I take once a day, rain or shine seems to induce weight loss. Now that's a side effect with which I can live. In fact, for an eater like me (challenging), living a scan-to-scan existence when the quarterly results determine my immediate future and/or whether my life hangs in the balance, it doesn't get any better than that.

After nearly nine months on this treatment, in speaking to my endocrinologist last week, she happened to mention in response to a question I asked concerning my shortness-of-breath side effect, about another side effect: weight loss. Ding, ding, ding. We have a winner (without the chicken dinner). The patient (yours truly) who was apparently originally misdiagnosed with a terminal form of lung cancer (stage IV) instead of what would have been a very treatable and curable form of papillary thyroid cancer, known as "the friendly cancer," finally got some good news. Unfortunately, the re-diagnosis came too late and I'm still on a limited schedule, if you know what I mean? (F.Y.I: the nickname given to papillary thyroid cancer as being friendly is because it's very curable.)

Not that I don't already eat my share of "comfort" food, but by consuming it so regularly, I usually pack on a few pounds and rarely if ever lose weight. My entire life, until this recent lenvima revelation, food had never been just for thought. As a result, lenvima has become my second favorite word after "stable," (scan results). Now it seems, so long as scan results continue to be stabilizing, I'll be able to eat what I want and let the chips fall where they may, literally and figuratively.

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

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WELLBEING



PHOTO COURTESY OF GIANT

Local mobile health clinics can help to make receiving flu and COVID vaccines as well as COVID booster vaccines convenient.

Get Your Flu Shot

Local health officials say it's important to get both flu and COVID vaccines, and CDC says they can be given at the same time.

BY MARILYN CAMPBELL
THE CONNECTION

As students return to in-person learning while social distancing and mask mandates are less in evidence, local health officials are urging residents to get a flu shot to prevent an uptick in the number flu and COVID-19 cases.

"We could be in for a more serious flu season compared to last year, which saw record-low flu-related deaths, thanks in large part to people wearing masks and maintaining social distance," said Kurt Larrick, Assistant Director, Arlington County Department of Human Services

"This year, people are out and about more, so getting a flu shot is important."

According to the Centers for Disease Control and Prevention (CDC), September and October are generally good times to be vaccinated against flu. Ideally, everyone should be vaccinated by the end of October.

"While we all are focused on COVID-19, flu can also cause severe illness and death, particularly in people who are older and have underlying medical conditions," said Dr. Benjamin Schwartz, Fairfax County Health Department's Director of Epidemiology and Population Health. "The CDC recommends that the COVID vaccine can be given at the same time as the flu shot. This can make it more convenient for people to get protected against both infections. As many people will be getting COVID boosters

in the fall, if they haven't received their annual flu shot yet, that would be a great time to do so."

"Since the flu shot and the COVID-19 vaccine do not contain any live virus, there is no chance of getting infected from either one," Schwartz said.

In an effort to maximize the number of patients who can receive both vaccines, local pharmacies have set up mobile clinics where flu, COVID-19 and COVID-19 booster vaccines can be administered.

"Giant's pharmacies throughout the area are ready to help residents get their seasonal flu vaccine with no appointment needed, and often covered in-full by most insurance plans," said Sujin Roberge, Manager of Clinical Programs at Giant Pharmacy. "Giant pharmacists will continue administering COVID-19 vaccines, including a third dose of either Moderna or Pfizer vaccine for immunocompromised individuals. Booster doses of COVID-19 vaccines will be available at Giant pharmacies once approved by the CDC."

"As many people will be getting COVID boosters in the fall, if they haven't received their annual flu shot yet it, that would be a great time to do so."

— Dr. Benjamin Schwartz,
Fairfax County Health Department's Director of Epidemiology and Population Health

Health officials say that some have questioned the necessity of receiving both vaccines. "Even if you have received the COVID vaccine, you should still get a flu vaccine," said Larrick. "Neither protects from the other. The flu vaccine will not protect you against COVID, and the COVID vaccines will not protect you against the flu. Both flu and COVID are potentially deadly diseases that are preventable with vaccinations."

<https://www.cdc.gov/vaccines/pandemic-guidance/index.html>



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Wilton Woods | \$1,100,000

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Kristen Jones 703.851.2556
www.KristenJones.com



Riverside Gardens | \$759,000

This home has it all - location, condition, and price! The charming front yard and entry welcomes you into the bright living room with large picture windows, wood burning fireplace, and open to the dining space. 3 bedrooms and 2.5 baths. 1907 Old Stage Road
Alexis Bogdan 703.965.6556
www.AlexisBogdan.com



Stratford on the Potomac | \$729,900

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Chris Hayes 703.944.7737
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Excellent opportunity close to Old Town and an easy commute to DC. 3-bedroom home with loft/bedroom/extra family room along with a fully-updated eat-in kitchen. Living room with wood-burning fireplace. Large yard and 1-car garage. 139 Moncure Drive
Lynn Cooper 202.489.7894
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Hawthorne Manor | \$640,000

Terrific split foyer on a non-thru street with five bedrooms and three full baths. Master bedroom with ensuite bath and generous closet space. Large corner lot with composite deck in the backyard. 6202 Thornwood Drive
Sandy McMaster 571.612.9018
www.McEneaney.com



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