

Legislative Privilege

Lawmakers consider efforts to prohibit 'inherently divisive concepts' in the classroom.

BY MICHAEL LEE POPE
GAZETTE PACKET

The phrase "critical race theory" is perhaps as divisive as it is elusive. It has an actual formal academic definition. But that was largely beside the point on the campaign trail. Now that a new administration is taking over, the governor's pick for education secretary — Aimee Guidera — is giving members of the General Assembly a better picture of what the new governor wants to ban from the classroom.

"We're talking about privilege walks, privilege Bingo, putting children into situations where they're playing as the victim and a supremacist," said Guidera to senators during a confirmation hearing. "Those are completely inappropriate ideas."

Members of the General Assembly are getting a crash course in privilege, learning how unconscious bias often shapes human behavior. In a privilege walk, students stand in a row and go through rounds of moving forward or backward based on things like being right handed or speaking English as a first language. At the end of several rounds, students have a sense of their relative privilege based on their physical proximity.

"We should not be teaching our children to see everything through the lens of race," said Gov. Glenn Youngkin in a speech to a joint session of the General Assembly. "We should not use inherently divisive concepts like critical race theory in Virginia."

But this agenda item on Youngkin's "Day One Game Plan" is facing an uncertain future in a Senate controlled by Democrats. When the governor's bill prohibiting "inherently divisive concepts" was considered in a subcommittee, Democrats laid the groundwork for rejecting the bill when it is considered in the Senate Education Committee. Sen. Jen Kiggans (R-7) struggled to define what -- exactly -- is an inherently divisive concept.



Gov. Glenn Youngkin is working with Republican lawmakers to define "inherently divisive concept" as anything in violation of the Civil Rights Act of 1964.

PHOTO BY MICHAEL LEE POPE

"We should not be teaching our children to see everything through the lens of race. We should not use inherently divisive concepts like critical race theory in Virginia."

— Gov. Glenn Youngkin

"I would say it's just like it sounds," said Kiggans, "anything that's dividing and making one group think they're superior to the other."

The text of the bill defines an inherently divisive concept as any idea in violation of the Civil Rights Act of 1964. Critics say that's not really workable.

"The criteria are so open to interpretation that they could be interpreted to forbid teachers from accurately teaching history," said Breanna Diaz, legislative counsel with the ACLU of Virginia. "This bill could prevent talking about racism or having open dialogue about American history."

Groups that represent teachers are in opposition to the bill, warning that it would create an environment of fear that would be counterproductive to learning. Slavery, for example, would violate the Civil Rights Act of 1964. So how would teachers explain the reason for the Civil War? These are the kinds of issues the Senate Education Committee will discuss when they

consider the governor's bill, which was introduced on his behalf by Kiggans.

"I find it offensive that the Civil Rights Act is being used to support this," said Sen. Ghazala Hashmi (D-10). "The purpose of an education is to make us uncomfortable, to challenge our ideas. If students are challenged on their own set of identities and values, that is a good thing."

The governor's bill is opposed by the Virginia Education Association, the American Federation of Teachers, the Virginia School Boards Association and the Virginia Superintendents Association.



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African American workers at the Old Dominion Glass Corporation's factory in 1911. The factory was located near the waterfront on the north side of Montgomery Street between Lee and Fairfax Streets.

From the Civil War To Civil Rights

Exploring the African American Heritage Trail.

BY JEANNE THEISMANN
GAZETTE PACKET

contributions to the local economy and culture.

When the city of Alexandria was founded in 1749, Africans and their descendants, enslaved and free, were living and working along the waterfront and making significant

But by the 1820s, Alexandria had become home to the largest domestic slave trading firm, which profited from the sale and trafficking of enslaved African Americans from the Chesapeake to the Deep South, dividing

AFRICAN AMERICAN HERITAGE TRAIL

SEE EXPLORING, PAGE 10



PHOTO COURTESY NATIONAL ARCHIVES

Noted Civil War photographer Matthew Brady captures an image of African American laborers at the Coal Wharf in Alexandria, ca. 1860-1865. The site is near Tide Lock Park in North Old Town.

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OBITUARY



Photographer Greg Knott died Jan. 27 at the age of 49.



Hazel, Garland, Violet and Greg Knott during a family trip to Glacier Bay National Park and Preserve in 2018.

FACEBOOK PHOTOS

Greg Knott Famed photographer dies at 49.

BY JEANNE THEISMANN
GAZETTE PACKET

Greg Knott, a renowned photographer and former president of the Torpedo Factory Artists Association, died unexpectedly Jan. 27 following a brief illness. He was 49.

Knott was best known for his deconstructed themed photo series “Rock, Paper, Scissors,” which he said was the piece that turned his career.

“I was a commercial photographer,” Knott told Taylor Cranwell in a 2019 podcast. “I actually used to get a little offended when people called me an artist when I was shooting three and four weddings a weekend. I thought artists were lazy people who sat on the couch.”

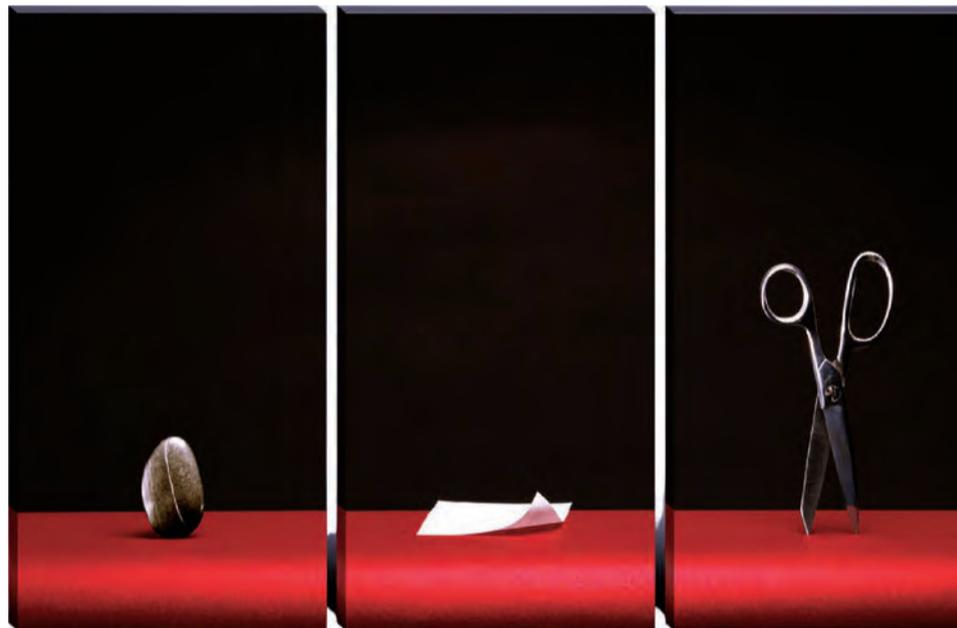
A longtime Del Ray resident, Knott began pursuing artistry through his photography when he decided to participate in the Art on the Avenue art festival in 2001.

“I had been shooting family and wedding photography and wanted to showcase my work at the Del Ray arts festival,” Knott recalled in the interview. “But in order to get a booth, I needed to show original artwork so I created some pieces but planned to use the festival to hand out my commercial photography business cards. I didn’t think I would sell anything but I did and from there it took off.”

Pat Miller, founder of Art on the Avenue, applauded Knott’s transition from commercial photography to artistic work.

“Weddings are very hard work,” Miller said. “It is not easy to transition into the art world but Greg did it and was successful.”

Knott became a juried artist at the Torpedo Factory Arts Center in 2012. Keeping to his Del Ray roots, he became the vice presi-



The triptych “Rock, Paper, Scissors” was Greg Knott’s best-selling work.

dent of the Del Ray Artisans Gallery in 2013. In 2015, Knott was elected vice president of the Torpedo Factory Artists Association. He was elected president of the organization in 2018.

Knott showcased his work at art festivals throughout the country winning numerous awards along the way.

“At first it was all very glamorous,” Knott recalled in the Cranwell podcast. “But it was also a lot of hard work. But I’m in it to sell it and the photography itself is only about 10 percent of the actual work. The rest is what a plumber would do – the bookkeeping, following up on emails, entering and traveling

to shows. It’s all about getting out there. Show, show, show.”

Gregory McFarland Knott was born Dec. 18, 1972, in Washington, D.C. His early childhood was spent in Springfield, Va., but

he graduated high school in Pleasanton, Calif. With an interest in photography, he began courses at Santa Barbara City College taught by professors from the Brooks Institute of Photography.

“I guess that’s how I got started in the arts,” Knott recalled in an interview with Northern Virginia Magazine in 2013. “In college I took some drafting courses and photography courses and won some awards in both. I kind of flipped a coin and photography took less schooling so I went in that direction thinking that I’d have to get a real desk job one day but so far so, so good.”

Knott returned to the East coast and continued his studies at the Washington School of Photography. He became a member of Professional Photographers of America and the American Society of Media Photographers and formed what is now Greg Knott Art & Photography.

Professional photo tours took Knott around the world and led to numerous exhibitions at galleries and art festivals across the country.

“What Greg used as his subjects was so unique and so eye-catching,” Miller said of his popular triptychs. “He was amazing.”

Knott is survived by his wife Garland, their daughters Violet and Hazel, brother Stephen, sister Cynthia and father Joe.

In lieu of flowers, donations may be made to the Torpedo Factory Artists Association, 105 N. Union Street Studio 315, Alexandria, VA 22314. No information on funeral arrangements are available at this time.

“My brother was an amazing person and my life will be forever incomplete without him,” said Knott’s sister Cynthia Knott in an online tribute. “I’m so happy to see that his work is respected and well thought of. He is and will always be a person of creativity, love, kindness and inspiration.”

“It is not easy to transition into the art world but Greg did it and was successful.”

— Art on the Avenue founder Pat Miller

Alexandrians Have Heart

Food and clothing drive set for Feb. 12

BY JEANNE THEISMANN
GAZETTE PACKET

The 14th annual Alexandrians Have Heart food and clothing drive will be held Feb. 12 in the Coal Yard parking lot at 225 S. Henry Street.

Sponsored by former City Councilman Frank Fannon, donations to the clothing and food drive will

“I hope people will come out to support those in need throughout Alexandria.”

— Alexandrians Have Heart founder Frank Fannon

support the ALIVE! food bank, Carpenter’s Shelter and Christ House.

“Despite the ice storm and 29-degree temperatures, people came out to support our local charities,” said Fannon following last year’s event, which also collected more than \$2,600 in donations.

The event will take place from 9



JANET BARNETT/GAZETTE PACKET

Former City Councilman Frank Fannon, right, poses for a photo with donors during last year’s Alexandrians Have Heart food and clothing drive. This year’s event will be held Feb. 12 in the Coal Yard parking lot at 225 S. Henry Street.

a.m. to 4 p.m. in the parking lot at the corner of Duke and S. Henry streets. For more information, contact Frank Fannon at 703-861-1864 or Frank.Fannon@gmail.

com. “I hope people will come out and join us for coffee and donuts and to support those in need throughout Alexandria,” Fannon said.



PHOTOS CONTRIBUTED

The Animal Welfare League of Alexandria was one of three nonprofits selected as a donation partner of Amazon’s Springfield Same Day Distribution Center.



So Others Might Eat is one of three nonprofits selected as a distribution partner by Amazon’s Springfield Distribution Center.

Woodbine Honors Life Enrichment Professionals

Woodbine Rehabilitation & Healthcare Center honored their Life Enrichment Professionals during National Activity Professionals Week Jan. 23 -29. Administrator Donna Shaw led the community in honoring Director Layla Olia and her team, thanking them for “their dedication to providing meaningful engagement to residents through games, activities and events that enrich their lives daily.”

— JEANNE THEISMANN

Woodbine Rehabilitation & Healthcare Center Enrichment Professionals were honored during National Activity Professionals Week Jan. 23-29. Pictured clockwise from top left: Tara Islas, Kyra Hollis, Layla Olia, Evelin Salazar, Michelle Geron and Michelle Miott.



PHOTO CONTRIBUTED

Prime Partnerships

Amazon kicks off donation program to local charities.

BY JEANNE THEISMANN
GAZETTE PACKET

Amazon’s Springfield Same Day Fulfillment Center kicked off a donation program to support local charities, including two headquartered in Alexandria in its initial January donation.

The new program builds on Amazon’s existing product donation initiatives, which sends millions of products to charities each year. The donation program will distribute unsellable inventory to charitable organizations on a monthly basis, giving a second life to as many products as possible and helping the online retailer reduce waste.

In January, the site donated nearly \$16,000 of inventory to three organizations selected by the Springfield Amazon Associates: The Animal Welfare League of Alexandria, Carpenter’s Shelter and D.C.-based So Others Might Eat.

“Amazon looks to leverage our scale for good and use our ability to innovate quickly to strengthen communities around the world where our employees live and work,” said Emily Hawkins, Amazon’s Regional Communications Lead for Virginia, Maryland and D.C. “Amazon’s culture is built around solving impossible problems. We work side-by-

SEE PRIME, PAGE 14

NEWS

Two Men Charged in Separate Incidents of Misconduct on Airlines

A federal grand jury returned two indictments today and yesterday charging an Alexandria man and a New York City man in separate incidents of criminal conduct aboard aircraft arriving at Washington Dulles International Airport.

According to the indictment filed today, on Dec. 2, 2021, a 40 year old man knowingly interfered with a flight attendant's duties by disregarding the flight attendant's instructions and assaulting the flight attendant while on board an Ethiopian Airlines flight traveling from Dublin, Ireland to Dulles International Airport.

He is charged with one count of interference with flight crew members and attendants, and one count of simple assault in the special aircraft jurisdiction of the United States. If convicted, he faces a maximum penalty of 20 years in prison.

A separate indictment filed yesterday charges a man, age 26, with sexually assaulting another passenger onboard a commercial flight.

According to court documents, it is alleged that the 26 year old man was a passenger on a commercial flight from Las Vegas McCarran International Airport to Washington Dulles International Airport on Dec. 24, 2021. During the flight, the passenger seated next to him fell asleep. The indictment alleges that she awoke to the man repeatedly rubbing her right breast. When the passenger opened her eyes, she allegedly observed him leaning over her and his right hand was placed on her right breast. The passenger allegedly yelled at him and he moved to the back of the aircraft, where he allegedly admitted to a flight attendant that he sexually assaulted the woman.

He is charged with abusive sexual contact aboard an aircraft in flight. If convicted, he faces a maximum penalty of two years in prison.

Actual sentences for federal crimes are typically less than the maximum penalties. A federal district court judge will determine any sentence after taking into account the U.S. Sentencing Guidelines and other statutory factors.

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Meet the Secretaries

BY SEN. ADAM EBBIN

The media often focuses on the legislation on the Senate floor, when bills face debate and votes by the full body. However, the majority of the General Assembly's work occurs in committee and subcommittee meetings. In these hearings, legislators present their bills for the first time, fine-tune language, and assess the fiscal and agency impact of their proposals. During the new administration of Gov. Glen Youngkin, our committees are also meeting with his newly appointed cabinet members before we vote on whether to confirm their appointments.

In the Senate, we have asked each new cabinet Secretary-designate to attend a meeting of the subject matter committee most closely related to their expected role in the administration. I have enjoyed their testimony and the opportunity to question them on their plans for the next four years. The Finance and Appropriations Committee heard from the incoming Secretary of Finance, Stephen Cummings — who will oversee the financial transactions of the Commonwealth including taxes collection and distribution of state aid to localities. Mr. Cummings has an extensive background in the banking and finance industries and has chosen a talented team of deputy secretaries including a well trusted former staff member of the Senate Finance Committee. I asked several questions of him, including how the administration plans to pay for



Sen. Adam Ebbin chairing the Privileges and Elections committee.

the \$3.5 billion in new spending on tax rebates, charter schools, and economic development they have requested. His answer did not outline a clear plan for this significant change to our two year budget, which our constitution requires be balanced.

In the General Laws and Technology Committee, we have heard from Secretary of the Commonwealth Kay James and Secretary of Administration Lyn McDermid. Ms. James — who will oversee appointments to boards and commissions, manage clemency petitions, and oversee restoration of voting rights — previously served under Gov. George Allen as the Secretary of Health and Human Resources, and most recently was the president of the conservative Heritage Foundation think-tank. I was heartened by her public commitment to

“easily and seamlessly” restoring voting rights of felons who have completed their sentences. However, I had a number of questions on her public support of “natural law” — a conservative theory opposing same sex marriage, her opposition to the federal Equality Act, and whether she supported the newly formed LGBT advisory board, which makes policy recommendations on LGBTQ issues to the governor. Her responses indicated that she would uphold the laws we have established to support LGBT rights, and I look forward to working with her office to ensure that is the case in reality.

Secretary McDermid will manage procurement and state buildings, administer employee policies and benefits, and oversee elections. I complimented her focus on cybersecurity and interagency

data sharing to improve government services. However, I was concerned she may share Gov. Youngkin's support for attempts to roll back access to the ballot and use of “election integrity” on the campaign trail. I asked her if she believed Virginia's elections are free and fair and she agreed this was true despite Gov. Youngkin making “election integrity” one of his top campaign issues.

As the various Secretaries make their way through their respective committees, my colleagues and my focus is on ensuring that Virginia is in the best possible hands, and continues on a trajectory of shared success. However, some appointments are more controversial than others. My office has received over 500 emails opposing Mr. Andrew Wheeler's nomination as Secretary of Natural Resources, for example, but every appointment requires attention. We will make those final determinations when their appointments come to the floor for a final vote.

Last week I was honored to be appointed as the Chair of the Privileges and Elections Committee, which reviews and takes initial votes on these appointments. The Privileges and Elections Committee traces its historic roots back to the first Committee of the Virginia House of Burgesses, which was founded in 1619. George Washington, whose Mount Vernon Estate is in the 30th District, served as the Chair of the House Committees committee during the 1760s.

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

Named Chairman of Two Subcommittees & Bills Are Moving

BY SEN. SCOTT SUROVELL



Surovell

In the state legislature's third week in session, the Senate passed and sent to the House of Delegates five of my bill and many of my other bills advanced.

First, I was named the Chairman of two different subcommittees. The Senate Commerce & Labor Committee Chairman created a Labor & Employment Subcommittee which I will chair and consider 11 bills focused on workforce issues. I was also named the Chairman of the Criminal Law Subcommittee of the Judiciary Committee which will consider 19 bills addressing criminal justice issues.

We have spent much of the last

two weeks rejecting legislation that attempts to undo much of the progress we made over the last two years, policies like making it easier to vote, modernizing workers' rights, requiring a transition to cleaner energy, making Virginia a more welcoming state and reforming our criminal justice system. We have disturbing bills coming up this week to reinstate capital punishment and to require the kinds of election audits conducted in states like Arizona and Michigan. These measures will not pass.

We passed my legislation requiring law enforcement to advise drivers why the officer has stopped a driver before asking for the driver's license and registration. Un-

fortunately, the debate became politicized and it passed on a party line, but I am hopeful that we can have further discussion about the

SEE NAMED CHAIRMAN, PAGE 14

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Combatting the Toll of Racism on Mental Health

Black Health and Wellness is the theme of Black History Month 2022.

BY MARILYN CAMPBELL
THE CONNECTION

After walking into a hospital room to administer medicine, her patient told her to go find a nurse because he wanted his prescriptions to be administered by a professional, recalls Kezia, who has a master's degree in nursing and has practiced for more than 20 years.

"Since I'm black he probably thought that I was there to empty his garbage can. I had to explain to him that I was a nurse and I'm not even sure he believed me," she recalled from her home in Fairfax. "I have to let things like that roll off because I have to deal with all kinds of people all day."

The constancy of experiencing racism, even subtly, can have a negative impact on the mental health of those on the receiving end of such behaviors, say area mental health professionals. The theme of Black History Month 2022, "Black Health and Wellness," offers an opportunity to recognize and address the issue on a personal level.

The theme is set by Association for the Study of African American Life and History. <https://asalh.org/black-history-themes/>

"Constantly feeling the need to repress slights and other acts of racism is psychologically damaging," said Arlington psychotherapist Robyn Wright, Ph.D. "The unresolved pain of being a victim of racism is fertile ground for mental health problems like depression, anxiety and substance abuse."

Expressions of racism are often unconscious or subtle, and therefore are not addressed or recognized, advised family therapist Jaelyn Lewis who practices in

Bethesda and Alexandria. "Most white people don't express overt racism like using racial slurs, so it's easy for us to overlook it, accept it and bury the anger and sadness," she said. "We have to make ourselves aware of the toll that it's taking on our mental health."

"We have to find ways to take care of ourselves and give ourselves a mental health break," continued Lewis. "Sometimes this means getting out of our comfort zone and finding ways to practice relaxation every day. We can do it through meditation and even deep breathing to reduce the stress that we've become so accustomed to that we don't even recognize it."

Identifying a place that is filled with like-minded people can be empowering and stress-relieving, advises Wright. "It can be spending time with friends who you can let your guard down with," she said. "It can also be at church or another house of worship. The bottom line is that we need a reprieve from the feeling of constantly having our guard up or feeling like we have to look or behave a certain way to feel accepted."

Anger is often an automatic reaction to racism or bias. Using those feelings to take action in a way that brings about change can reduce the negative impact on one's mental health, suggests Lewis.

"Vote, register to vote, make sure your family and friends register and vote. Speak up calmly when you feel racism or bias. Protest and raise awareness but do it peacefully so that people will be able to hear and accept our views."

Resisting the urge to give up or succumb to feelings of hopelessness can help guard against depression, says Wright. "You don't have to ex-

perience racism first-hand to feel the effects of it," she said. "Even seeing it on television or reading about it in the newspaper can be painful. ... Learning about the rich history of African Americans and important contributions to society that are often overlooked, can give you a sense of pride instead of a sense of being inferior."

"Most white people don't express overt racism like using racial slurs, so it's easy for us to overlook it, accept it and bury the anger and sadness. We have to make ourselves aware of the toll that it's taking on our mental health."

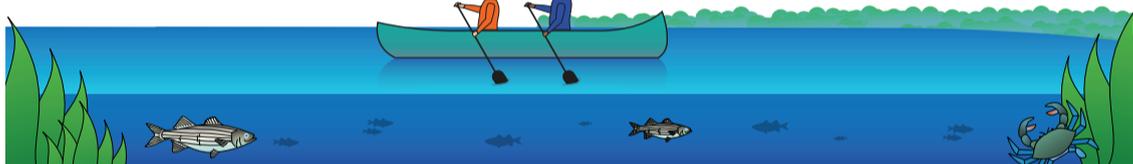
—Jaelyn Lewis

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CITY OF ALEXANDRIA REVISED NOISE ORDINANCE IN EFFECT

The City of Alexandria's revised noise control ordinance, which offers more protection in residential areas, went into effect on January 1, 2022. City Council unanimously voted to pass the revised noise control ordinance at a public hearing in December 2021, after considering extensive public input

and reviewing noise control regulations for neighboring jurisdictions.

City Council's adoption culminated in a comprehensive effort to make the City's noise control ordinance legally enforceable and more protective of residential areas, while allowing reasonable vibrancy in the business corridors during business hours.

SEE BULLETIN, PAGE 8

VOLUNTEERS

Junior Volunteers Now On Task at Animal Shelter

PHOTOS COURTESY AWLA

By BARBARA S. MOFFET
ANIMAL WELFARE LEAGUE OF ALEXANDRIA

December was a historic month for the Animal Welfare League of Alexandria (AWLA): The very first class of 12 Junior Volunteers graduated from training and embarked on volunteering activities throughout the shelter.

Identifiable by their green aprons and T-shirts, the Junior Volunteers, ages 14 to 17, are now working side by side with the shelter's adult volunteer corps. They help socialize dogs, cats and other animals, perform shelter basics such as cleaning and laundry, and assist with special events.

"Junior Volunteers do so much of what the adult volunteers do, including volunteering remotely," said Humane Educator Carly Mercer, who manages the program. "Although they don't take dogs for walks, they can train and play with them in the yard, which helps prepare them for adoption."

Although the AWLA offers a variety of humane education programs for students of all ages, this is the first extended, hands-on program for high school-aged students. "When I was a high school student, I tried to get experience working with animals but couldn't because I wasn't 18," recalled Mercer. "This program allows students to come in and learn all about animals and earn service hours that also give them real-life experience that can be included on their resumes."

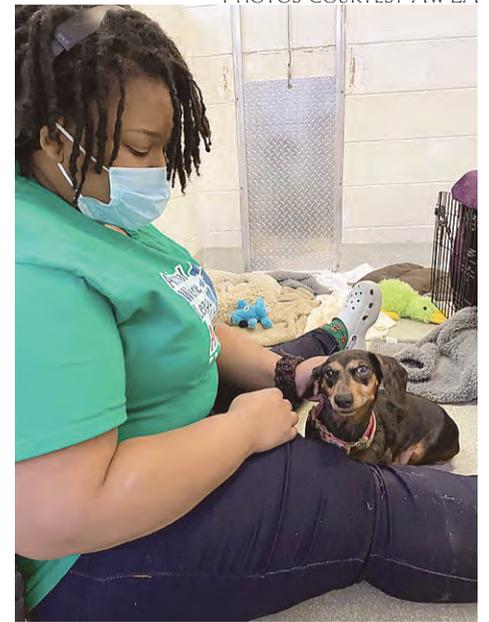
The program's mix of in-person and virtual trainings covers such topics as animal body language, animal training and safety and other aspects of animal welfare, such as supporting animals through fundraising and social media. Once trained, the volunteers are asked to commit to four hours a month for at least six months, just as adult volunteers are. Volunteers can choose the types of animal — such as dogs or cats — they prefer to work with.



An AWLA Junior Volunteer tries out his new skills with adoptable rabbits, learned during virtual training sessions.



An AWLA adoptable cat enjoys some enrichment as a Junior Volunteer polishes her new skills.



A shelter resident finds a warm spot as an AWLA Junior Volunteer demonstrates skills learned in training.



Two Junior Volunteers perform "shelter basics" — washing dishes — as part of a training session.

"I liked how hands-on the training was," said Ava, one of the first class of Junior Volunteers, who stopped to talk while socializing an adoptable rabbit named Clark and

a guinea pig called TyTy. "You get to do stuff in person and practice, which better prepared me for my shifts. The program walks you through all three animal interactions (dogs, cats, and small animals) during your training. Then you can decide which animal interactions suit you best and who you want to work with."

The inaugural group of Junior Volunteers put their training into action by organizing a fundraising campaign called Juniors for Seniors. Photographs of the volunteers interacting with senior adoptable animals, promoted on social media and elsewhere, raised hundreds of dollars for Rosemary's Fund for Senior Pets, which provides blood testing, special food, and veterinary care and equipment needed by older pets.

"Our Junior Volunteers commit to not only learn about animal welfare but also to make a direct impact in the lives of shelter animals," said Echo Keif, AWLA's Senior Man-

ager of Volunteers and Community Events. "Whether they are helping a shy kitten gain confidence, using their clicker training skills to teach pups adoptable behavior or making enrichment items like veggie rolls for our guinea pigs, everything that they do makes a huge difference for animals and their well-being during their stay at the AWLA."

Registration for the spring 2022 semester of the Junior Volunteer program filled in record time in January, but new training programs will open this fall and next spring.

The Animal Welfare League of Alexandria is a local 501(c)(3) organization that operates the Vola Lawson Animal Shelter, Alexandria's only open-access animal shelter. In response to the global pandemic, the AWLA has established a virtual adoption process and is operating a Pet Pantry that provides pet food and supplies to community members in need. The AWLA also offers assistance to Alexandrians with questions about wildlife and animals in the community. More information can be found at AlexandriaAnimals.org.

BULLETIN BOARD

FROM PAGE 7

The following policy changes are now in effect:

Do-it-yourself construction activities are regulated by the permitted hours of 7 a.m. to 9 p.m., Monday to Friday, and 9 a.m. to 9 p.m. on weekends and holidays.

Permissible noise limits at the property lines are determined by the property use category of the noise source.

The City adopts the more restrictive plainly audible standard from 11 p.m. to 7 a.m. in residential areas.

The "Noise in Public Places—Central Business District" provisions are expanded for regulating noise in public places in all parts of the city.

Loading, unloading and delivery activities are prohibited be-

tween 11 p.m. and 7 a.m., if they occur within 500 feet of residential areas.

The decibel standard for commercial use is increased to 65 dB(A) for daytime hours of 7 a.m. to 11 p.m., while the nighttime standard remains at 60 dB(A).

The civil penalty for noise violations is increased to \$100 for the first violation, \$250 for the second violation and \$500 for the third violation.

Residents should report noise issues via Alex311 online or by calling 311 or 703.746.4311. For noise issues after business hours, contact Alexandria Police Department non-emergency at 703.746.4444.

Visit alexandriava.gov/Noise for more information.

MONDAY/FEB. 7

The City of Alexandria and Alexandria Health Department will host a

National Black HIV/AIDS Awareness Day Virtual Symposium on Monday, February 7, from 6:30 to 8:30 p.m. The event will highlight the disproportionate impact of human immunodeficiency virus (HIV) in Black communities and the broad-ranging challenges this poses for Black Americans.

Additional presentations will include "Fighting HIV Stigma through Personal Action" by Anthony Gutierrez, Community Liaison, Gilead Sciences; "Resilience Toward Live After HIV," by Patrick Ingram, Community Activist; and "HIV Criminalization, Stigma and Trauma," by Andre Leaphart, Executive Director, Access Restoration Community Center.

According to the Centers for Disease Control and Prevention (CDC), Blacks/African Americans account for a higher proportion of new HIV diagnoses and people with

HIV, compared to other races and ethnicities. According to AIDSvu, 56.4% of the 23,691 persons living with HIV in Virginia are Blacks/African Americans. Of the 822 new diagnoses in 2019, 63.9% were Blacks/African Americans.

National Black HIV/AIDS Awareness Day is observed annually on February 7 to increase awareness, spark conversations, highlight the work being done to reduce HIV in Black or African American communities in the United States and show support for people with HIV in these communities.

Visit alexandriava.gov/Health to register for the virtual symposium and learn more about National Black HIV/AIDS Awareness Day. Registration is required by February 5.

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

ALIVE! Volunteers are needed to assist with multiple programs relating to their Food Program,

SEE BULLETIN, PAGE 9

BULLETIN BOARD

FROM PAGE 8

ALIVE! House, and Alexandria Eviction Prevention Partnership Program will distribute food at Mobile Pop-ups and Truck to Trunk events, etc. <https://www.volunteeralx.org/ALIVE> 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.volunteeralx.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.volunteeralx.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.

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.

Farmer's Market Volunteers Needed. To volunteer for the Farmer's Markets, email Brian Morreale, brianmorreale@gmail.com

Arts and Crafts Festival. Volunteers are needed on June 10 to help with the event including: greet and check-in vendors, children's area, clean up and tear down and beer tent. Shifts are available between 7 a.m. and 7 p.m. Visit www.volunteeralx.org/ for more.

SUPPORT GROUPS

Postpartum Support Virginia sponsors a free, bi-monthly support group for women suffering depression and/or anxiety during pregnancy or in the first year following childbirth. Meets on the 2nd and 4th Wednesdays of each month at Inova Alexandria Hospital, Health Education Center, rooms 1-2, 4320 Seminary Road. Contact co-moderator Susan Doyle at suzjdoyle@gmail.com or 571-403-0673.

The Parkinson's Disease Support Group of Alexandria meets the 1st Wednesday of each month at 2 p.m. At the Hollin Hall Senior Center, Room 109, 1500 Shenandoah Road. All Parkinson's patients and caregivers are welcome.

The Caregiver Support Group is facilitated by the Alexandria Department of Community and Human Services Division of Aging and Adult Services. Meetings are held the first Wednesday of each month at the Adult Day Services Center, 1108 Jefferson St., 4-5:30 p.m. Participants are full- or part-time

caregivers providing care locally or long distance to a family member or friend. Participants share their experiences, provide support for each other and receive resources to assist them with caregiving. The next Caregiver Support Group meeting is June 7. For more information or to register, contact Jennifer Sarisky at 703-746-9999 or email DAAS@alexandriava.gov.

FACE Center Support Groups provide parents with a space to share their daily parenting frustrations and triumphs while offering new strategies for helping parents to cope, build positive parent-child relationships and best support their children's learning.

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

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

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

ONGOING

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

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

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

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

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

THE CHAMBER ALX

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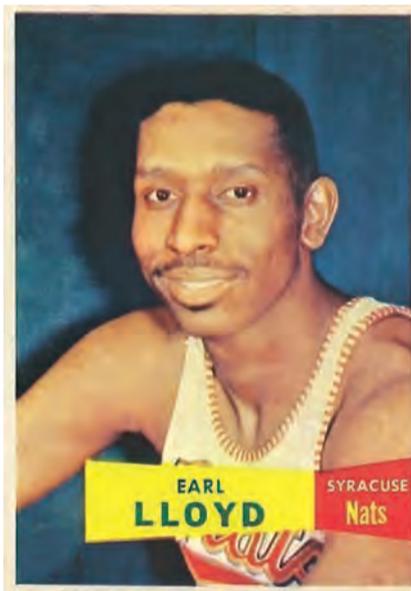
PHOTO/ALEXANDRIA LIBRARY SPECIAL COLLECTIONS

A 19th century photo of workers at Fishtown at the foot of Oronoco Street and present-day Founders Park.



PHOTO COURTESY NATIONAL ARCHIVES

Workers at the Torpedo Factory Reference Service Unit circa 1950s.



54 EARL LLOYD
SYRACUSE NATIONALS

AGE: 29 WT: 220 YRS. PRO: 6
COLLEGE: West Virginia State
HOME: Washington, D. C.

Nicknamed the "Cat," Earl is one of the quickest, most graceful players in the game. He is an excellent jumper and ranks No. 3 in Nats' rebounds. Earl sometimes gets into trouble in the foul column but it's the kind of basketball that makes him so popular with Nat fans.

SCORING RECORD		LIFE	
YEAR	PTS	PTS	REB
FIELD GOALS	256	1180	
FREE THROWS	134	795	
TOTAL POINTS	646	3115	
AVG. GAME	9.0	8.9	

HEIGHT 6'6"

PHOTO COURTESY ALEXANDRIA BLACK HISTORY MUSEUM

The 1957 Syracuse Nationals card for NBA great Earl Lloyd, who grew up in The Berg section of a segregated Alexandria.

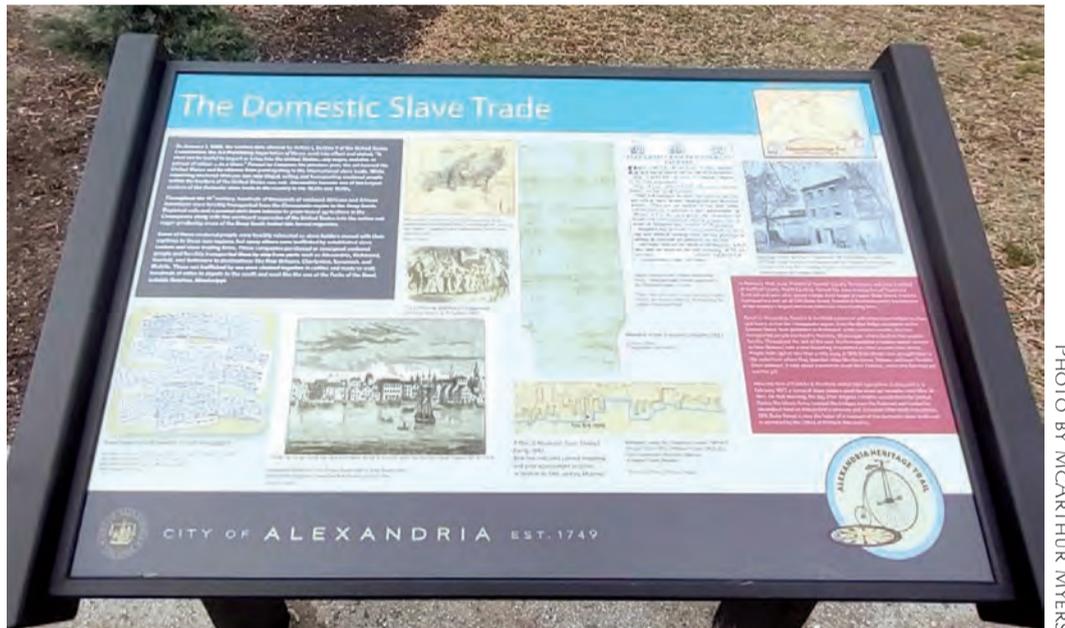


PHOTO BY MCARTHUR MYERS

Waterfront wayfinding signage is part of the African American Heritage Trail.

Exploring the African American Heritage Trail

FROM PAGE 1 families.

The Civil War revolutionized social and economic relations and newly freed African Americans found job opportunities as a result of the waterfront's industrialization. From the Civil War to Civil Rights, the Alexandria waterfront witnessed the journey of African Americans in Alexandria that is highlighted in the city's new African American Heritage Trail.

The trail's North Waterfront Route is the first in a series of trails covering the waterfront. It encompasses 11 stops featuring wayfinding signs along the path. Beginning at the foot of King Street, the trail ends at the historic Cross Canal site at the intersection of Montgomery and North Fairfax streets.

"We have more wayfinding signs scheduled to be placed along the trail," said African American Heritage Trail committee member McArthur Myers. "We have identified certain spots and the city has committed over \$80,000 for trail signage throughout the city."

Noted Civil War photographer Matthew

Brady was among many who documented the labor of African Americans along the Alexandria waterfront.

During the Civil War, many African American men who had escaped from slavery or who were already free worked on the Alexandria waterfront loading and unloading ships, building structures, and shov-

"It's important for the story to be told but also important to see us, too. That's why these wayfinding signs are important."

— McArthur Myers,
African American Heritage Trail committee member

eling coal. A photograph taken during the war shows African American men standing and sitting next to the canal and in front of the old coal wharf, then used by the Union Quartermaster Corps.

Another stop along the trail is the Torpedo Factory Art Center. Alexandria's Torpedo

Station, begun in 1918, served numerous purposes for the American military until the City of Alexandria bought the complex in 1969.

The station failed to open before the end of World War I but the federal government maintained the building through the interwar period. At the time, African American men and women had limited job opportunities in the federal government, but the desegregation of the defense industries in 1941 began the process of integrating the station's workforce.

One of the Alexandria Torpedo Station's least recognized but significant uses was for the storage, processing and return of records captured during World War II, the largest archival project ever undertaken by the U.S. government.

From 1947 to 1968 archival collections were housed in Alexandria where African Americans completed much of the day-to-day work in the federal government's increasingly desegregated workforce.

Each of the sites along the trail has a story to tell and the committee envisions the Afri-

can American Heritage Trail as comprising several interconnecting routes in the City of Alexandria. Together, the trails will illuminate the history of the African American community over a span of several centuries from the waterfront to the city's West End.

The walking tour was created by the African American Heritage Trail Committee with the support of the Office of Historic Alexandria.

The tour can be experienced in-home on your computer or on your smartphone as you walk the trail along the Potomac River. The walking trail lasts about 45 minutes at a leisurely pace.

"It's important for the story to be told but also important to see us too," Myers stressed. "That's why these wayfinding signs are important."

For more information on the history of Alexandria's African American community, visit the Alexandria Black History Museum, the Alexandria Archaeology Museum, the Freedom House Museum, Alexandria African American Heritage Park, Contraband and Freedmen's Cemetery Memorial, Fort Ward Museum and Historic Site and the Charles Houston Recreation Center.

Coyotes Spotted in All Parts of Fairfax County

Seldom seen, coyotes have been living next to people for a long time.

BY MIKE SALMON
THE GAZETTE PACKET

A coyote spotted in Lee District Park caused some alarm amongst nearby residents that coyotes possibly pose a threat to pets that are left unattended.

“Coyotes differ from most other wildlife species in urban areas in that they are often perceived to be a danger or a nuisance simply by being seen,” says Fairfax County information on the website. “Most complaints regarding coyotes are that they occur near people, even when no incidents or damages have occurred. Simply seeing a coyote should not be cause for alarm.”

A picture of the animal at Lee District Park was posted on the Nextdoor social media site, and there were several responses.

Renee Grebe, of Loft Ridge Small Side, praised the presence of coyotes. “We’ve got them all over here - what a joy to have! Thank you, coyotes, for helping keep our rodent population in check,” she said.

In nearby Huntley Meadows Park, coyotes have been heard after dark, said one of the Friends of Huntley Meadows Park.

Marlene Koenig of Manchester Lakes said on social media, “I have seen [coyotes] in the Kingstowne area since the late 1990s. There is a pack of perhaps six that live in Huntley Meadows. You can hear the howling at times.”

According to the county, coyotes are opportunistic foragers with diverse diets that commonly prey on small animals such as mice, rats, voles and rabbits but will also readily eat fruits, plants and carrion.

But coyotes may “mistake” small, unattended pets including cats and small dogs as prey.

“They will however see any small pets as food, particularly outdoor cats, when they find them wandering off in the woods,” according to Alonso Abugattas in the Capital Naturalist blog. “This is just one more good reason among so many to not let cats out.”

“Coyotes are remarkably shy and avoid people any way they can,” Abugattas said. “Most are rarely seen, and certainly are no danger to people.”

Coyotes are territorial and may view larger dogs as potential competitors, particularly from January to June while mating and birthing pups, although actual confrontations are rare.

In May 2018 Animal Protection Police Officers and the Fairfax County Wildlife Management Specialist reported that a small dog was attacked and killed in the forested area of the Parklawn community of Alexandria.

“The best way to safeguard pets in areas where coyotes are active is to keep them indoors and do not leave them outside without supervision,” said Dr. Katherine Edwards, Fairfax County Wildlife Management Specialist.

According to the Capital Naturalist blog by Abugattas, <https://capitalnaturalist.blogspot.com/> or on Facebook:

“Our Eastern Coyote (*Canis latrans*) ... was first noticed around 1930 or so spreading East near the Great Lakes, as Western Coyotes wandered over and



PHOTO CONTRIBUTED

This coyote goes to the Lake d’Evereux neighborhood frequently. The neighborhood is right next to Huntley Meadows Park.

took over the areas vacated by most gray wolves. They mixed with Algonquian Wolves and continued to travel, mixing along the way with dogs as well. What resulted was a mix of about 60% Western Coyote, 30% Algonquian Wolf, and the remainder dog, though these averages can vary. They are now found in every county in the mid-Atlantic.

“The Eastern Coyote is bigger than those in the West, about the size of a border collie or even German Shepherd, often between 45 to 55lbs, though occasionally bigger. The males are usually larger than the females. They are not only larger, but often tend to be more quiet than their western cousins, not howling as much, and often in much smaller groups. Their color can be variable as well, though they’re often some shade of tan, with erect ears, bushy downward-pointing tail with a dark tip. Most have white chins as well.”

Fairfax County lists a series of tips for coexisting with coyotes:

- ❖ Never feed or attempt to “tame” a coyote.
- ❖ Place garbage and compost in an animal-proof container, such as a metal trash can with latches on the lid or secure with bungee cords.
- ❖ Do not feed pets outside or store pet food outside.
- ❖ Keep small pets inside and do not leave unattended when outside.
- ❖ Provide secure shelters for poultry, rabbits, and other vulnerable animals.
- ❖ Coyotes are most active at night and early morning hours; however, they may be active during the day in search of food or denning sites.
- ❖ If you see a coyote crossing your property, and you don’t want it there, let use hazing techniques to frighten coyotes from the property or exclusion measures to restrict their access. Yell and wave your arms at the coyote. Use noisemakers such as whistles, air horns, bells, “shaker” cans full of marbles or pennies, or pots and pans banged together.

Special Edition: PET Connection

Publishes:

February 23, 2022

Ads submitted by:

February 17, 2022

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ENTERTAINMENT

4 Dates to Circle in February

BY HOPE NELSON

February has all the holidays, from George Washington's Birthday to Valentine's Day to, yes, even Super Bowl Sunday. Here are some can't-miss events coming up at eateries around town.

Citywide Cherry Challenge, Feb. 1-15

To get into the spirit of George Washington Birthday Weekend, 16 local eateries are facing off in the 2022 Cherry Challenge. The challenge pits (see what we did there?) restaurants against each other to see who can come up with the most inventive – and tasty – cherry-inspired dish. From Alexandria Pastry Shop to Whiskey and Oyster, from Café 1823 to Café 44, the entries are bound to surprise and delight. Scope out the whole list of participating restaurants at <http://washingtonbirthday.com/cherry-challenge>.

Valentine's Cookie Decorating Class at Lost Boy Cider, Feb. 8

Get into the spirit of love with some fancy cookies. Lost Boy is teaming up with Sugarcoated Bakery for another decorating class,



Cherry-themed cocktails, cherry turnovers and more, all part of the 2022 Cherry Challenge.

this one with Cupid right at the center of the proceedings. Participants will decorate a half-dozen cookies in three different Valentine's-themed styles, which you can then give to a loved one or eat (we won't tell). All supplies (and cookies) come with registration, so get ready to put your artistry on display. \$60. 6:30 p.m. 317 Hooffs Run Drive.

Barolo Wine and Truffle Dinner at Elo's Italian, Feb. 10

Elo Chef Justus Frank helms the menu for a dinner pairing featuring four courses of Italian cuisine alongside Fontanafredda Barolo wines and Umbrian black truffles. Pasta, truffles and wine – it's a winning combination from age to age. \$150.

Cookie and Beer Pairing at Port City Brewing, Feb. 13

What would Valentine's Day weekend be without some sweet treats (and maybe a beer)? Anticipating the needs of the community, Port City has solved the problem for you. Joining forces with Scuttlebutt Bake Shop, the brewery is hosting a cookie-and-beer tasting featuring flights of brews as well as a special

cookie made with spent grain from Port City's Optimal Wit. Each flight comes with four beer tastings and four cookies. Prepping for the Super Bowl? Take a to-go kit instead. \$15. 1-4 p.m. 3950 Wheeler Ave.

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

THURSDAY/FEB. 3

Virtual Tour of Local Black History. 5-7 p.m. Virtual. Join Manumission Tour Company to (virtually) travel the streets of historic Old Town Alexandria and hear the little-known stories of Africans and African Americans, both enslaved and freemen, at a time when Alexandria, Virginia was one of early American's main centers for the international and domestic slave trade. This program will give participants insight into Alexandria's pre-civil war history of urban slavery, and highlight runaway enslaved individuals, like stepbrothers Oscar and George Ball, free African Americans like Moses Hepburn and early abolitionists, such as pharmacist Edward Stabler, who pushed back against the "Peculiar Institution" of slavery. Visit alexlibraryva.org.

THURSDAY/FEB. 3

Viva George - Celebrating Washington in Laredo and Alexandria. 7-8:30 p.m. Virtual. Alexandria has celebrated George Washington for hundreds of years with parades and balls. Another city in America that has also celebrated with pomp and parade? Laredo, Texas. Learn from Dr. Elaine Peña, Associate Professor of American Studies at The George Washington University, about these extensive festivities along the border. Tickets are available through AlexandriaVa.Gov/Shop.

FEB. 4-26

The "DADA 2.0" Exhibit. At Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. Features art that expresses absurdity and discontent through the lens of Dada. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays and Sundays 12-6 p.m. (Closed February 27, 2022). Details at DelRayArtisans.org/exhibits

SATURDAY/FEB. 5

Washington Gardener Seed Exchange. 12:30-4:30 p.m. At Green Spring Garden, 4603 Green Spring Road, Alexandria. (Adult) Washington Gardener Magazine is co-hosting the annual seed exchange at Green Spring Gardens with lectures, a face-to-face seed swap and more. Bring your extra seeds to swap and leave with a bag full of seeds, new garden friends, and expert planting advice. \$15 for verified Friends of Green Spring members (use code C1E.C9DL) and Washington Gardener subscribers; \$20 for guests (use code C1E.I01D). Register online at www.fairfaxcounty.gov/parks/parktates or call 703-642-5173.

FEB. 5-6

Alexandria Warehouse Sale. In Old Town Alexandria. The 18th Annual Alexandria Boutique Warehouse Sale returns in a walkable format once again to maintain social distance while shopping for the best deals. The popular longest-running winter affair featuring 60



The DADA 2.0 Exhibit will be held at the Del Ray Artisans Gallery in Alexandria from Feb. 4-26.

boutiques will take place over two days the weekend of February 5-6, 2022 throughout Old Town. Visit the website: www.AlexandriaWarehouseSale.com

SUNDAY/FEB. 6

"Winter Lecture: Thomas Rainer Garden Design." At Green Spring Gardens, 4603 Green Spring Road, Alexandria. Renowned landscape architect and design blogger Thomas Rainer will talk about going beyond the basics of good garden design. Take lessons from his garden creations to improve your own planting plans for an ecologically diverse and beautiful garden. Call 703-642-5173, or visit Green Spring Gardens.

FEB. 6, 13, 20, 27

"George Washington's Alexandria" Tours. 2 to 4 p.m. Explore historic Old Town Alexandria as George Washington knew it. This popular two-hour guided walking tour will visit sites associated with Washington and his closest colleagues, including Christ Church, Light Horse Harry Lee's house, the Lord Fairfax home, Washington's townhouse, Gadsby's Tavern, Duvall Tavern, Wise's Tavern, the Carlyle House, Market Square, Ramsay House, the Apothecary Shop and Gentry Row. To register, visit eventbrite.com and search George Washington's Alexandria. Free.

SEE CALENDAR, PAGE 13

CALENDAR

FROM PAGE 12

TUESDAY/FEB. 8

An Afternoon Lecture with the Equal Justice Initiative. 4 to 5 p.m. Virtual. Attend an afternoon with Trey Walk, project manager with the Equal Justice Initiative (EJI). Join the Alexandria Community Remembrance Project (ACRP) to learn more about EJI and the ACRP's work with them to educate Alexandria citizens about Alexandria's two lynchings that occurred in 1897 and 1899. Visit alexandriava.gov/historic.

THURSDAY/FEB. 10

The Life and Times of Colonial Charles Young. 7-8 p.m. Virtual. Join Park Ranger Roger Osorio, from the Charles Young Buffalo Soldiers National Monument, to learn the story behind Colonial Young's life and the legacy he created. Charles Young, born to enslaved parents, persevered through racism and prejudice to become one of the first African American graduates from West Point Military Academy and went on to serve in many capacities and missions throughout the United States and the world at a time when opportunities for Black Americans were severely restricted. Contact mzimmerman@alexlibraryva.org. Visit alexlibraryva.org

FRIDAY/FEB. 11

Sing Willow by The Thirteen. 7:30 p.m. at St. Paul's Episcopal Church, Alexandria. Throughout musical history, composers have long turned to the natural world for inspiration and solace. Chief among equals is English composer Ralph Vaughan Williams, who was born in 1872 and whose 150th birthday we celebrate in this program. The Thirteen will pair Vaughan Williams' music with works that explore the concept of the natural world and humankind's place in it by beloved composers including Trevor Weston, Caroline Shaw, Benjamin Britten and more. Visit the website: www.TheThirteenChoir.org.

SATURDAY/FEB. 12

Storytime with the Alexandria Black History Museum. 10 a.m. Virtual. Educated kids during story time with the Alexandria Black History Museum, a collaboration with the Alexandria Library. Join Mrs. Lillian Patterson for story time and hear about African American history. The event is great for children ages 4 to 8, but all are welcome. Recurring story times occur on the second Saturday of each month. Visit alexlibraryva.org.

SATURDAY/FEB. 12

A White Historian Explores "Race Riots." 11 a.m. Virtual. Violent clashes between large crowds of different races have disturbed the social order in the United States since long before the Civil War, and the phrase "race riot" has been used to describe such disparate events such as the Tulsa massacre of 1921, the 1968 uprisings following the assassination of Martin Luther King and the anti-Chinese riots of the 1870s. Susan Strasser investigates the term and a history of racially-charged violence that has framed American discussions of race throughout the nation's history. Visit alexandriava.gov/historic.

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Obituary	Obituary
 <p>Marjorie (Margie) Lorraine Lomax died on December 30, 2021 at the Inova Alexandria Hospital with her husband and daughter by her side. Margie was born August 17, 1944 in Waldorf, Maryland to Ambrose (Andy) Burch and Lucy (Geppert) Burch. She graduated from LaPlata High School and had an over 40 year career working for the federal government. She retired several years ago from the Office of Government-wide Policy, Office of Federal Real Property, US General Services Administration. Margie was a member of the American Society for Public Administration for almost 40 years and a former Chair of the Society's Section for Women in Public Administration. A long time Alexandria resident, Margie is survived by her husband of 39 years, Allen Lomax, her son, Christopher Kellam and daughter Suzanne Willard (Adam). Margie is also survived by her sister, Lucy Price (Harry), her brother-in-law Todd Lomax (Sonya) and many wonderful and loving nieces, nephews, great and great-great nieces and nephews. Additionally, Margie is survived by many loving and cherished friends. The thing Margie loved best was spending time with her family and she made each moment loving, endearing and fun. She also loved spending time at the beach especially in Ocean City Maryland and Ogunquit, Maine and sitting on the Alexandria waterfront with Allen. Her other enjoyments included spending time in her garden, baking, reading mysteries, listening to a wide genre of music and doing crafts including painting rocks and creating jewelry. Margie is a former member of the Chinquapin Gardens Advisory Board and Volunteer Alexandria Board of Directors. Margie is predeceased by her parents, brother Ralph Burch, and sisters Betty DeMarr and Shirley Cutler. A Celebration of Margie's life will be held in the spring. In lieu of flowers, please make a donation to the Polycystic Kidney Disease Foundation at https://pkdcure.org/give/ or by mail at PKD Foundation, PO Box 871847, Kansas City, MO 64187.</p>	

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The Time is Now



By KENNETH B. LOURIE

For the first time in nearly 13 years, I forgot I had cancer. More specifically, I nearly forgot I had quarterly scans next week. In fact, I only remembered them the Friday before the Wednesday, five days ahead. And I only remembered them because of a bone-strengthening injection I get every four weeks which requires lab work. Lab work which must be completed one to two days prior to the injection. Lab work which determines whether I receive treatment or not. If levels of any number of measures are too high (creatinine, magnesium, calcium, as but a few examples) or too low (potassium, white blood cells), I'm not treated and sent back home with a re-scheduled injection date weeks or even a month later. The logic for the delay, as best I understand it, is to allow one's body to rest and recuperate, sort of, from previous treatments and overall cumulative cancer wear and tear. Nevertheless, the protocol for these injections is every four weeks so it's recurring enough that the thought of it, the preparation for it, never leaves my mind. But the scans however, are something else entirely and easier to misplace, if you know what I mean? Three months doesn't come around nearly as regularly as monthly.

Over the course of months, one can get caught up in life and the miscellaneous responsibilities involved. And before you realize it - or before I realized it, my quarterly scans were a mere five days away, Wednesday, Feb. 2, the day this column publishes. Never in my cancer-patient history had I ever been this late to the party. Fortunately, these appointments are always made by my oncologist immediately after we discuss the results of the previous scans. It's never left to this patient's chance which I imagine is a good thing considering the likelihood of finding available appointments this close to my oncologist's timeline. (And it's been my experience that adhering to the doctor's timeline might be important for my diagnostic health.) And though typically I receive electronic and text reminders from my provider, it just so happened that I remembered I had forgot before I received any reminders. Fortunately, all is not lost and there's no actual harm done. However, for a cancer patient who takes great pride in navigating the entire cancer treatment/appointment process, this temporary oversight has been quite surprising.

As a cancer patient, I've kept the pedal to the metal thinking that letting off the gas might be harmful to my health. I've never stopped treatment or took a break - as my oncologist occasionally suggested, always worried that a delay might be bad for my health. I've always been aware of my appointments and responsibilities and have been "compliant," as my provider says, meaning I've done what they've told me to do and never missed an appointment (apparently some do). When I woke up this past Friday and it hit me that my lab work and scans were next week, I couldn't believe I had totally forgot about it.

The experience of nearly forgetting my cancer care has shaken my confidence a bit. I thought I was "Charles in charge" and on top of my cancer business. I knew who, what, where when and why. I didn't exactly take it all for granted but I had assimilated it all into my routine and thought I had a handle on it. Perhaps my subconscious was taking a much-needed break. I will readily admit that being a cancer patient is all it's cracked up to be. Sometimes, a brake in the action is exactly what the patient needs.

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

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OPINION

Named Chairman of Two Subcommittees & Bills Are Moving

FROM PAGE 6
for the stop.

I am working on two bills to curb Virginia's methane emissions. Two months ago, President Biden attended the United Nations Climate Change Summit called "COP26" in Glasgow, Scotland, and emerged with a pledge to reduce American methane emissions by 30 percent. Methane is 85 times more potent than carbon dioxide at capturing the greenhouse gas that is warming the planet at unsustainable rates. I am carrying two bills to address this.

First, I introduced a bill to clarify the legal treatment of the byproduct of organic waste digestion. One way to create methane without hydraulic fracturing or "fracking" natural gas, a greenhouse gas, is to put organic materials in a digester so it can decompose in an enclosed environment. The end products are methane or "biomethane" which can be used interchangeably with fracked methane. The residual sludge can be applied to farm fields. However, the end product does not contain consistent nutrient content so it needs to be sold and labeled as a soil amendment like vermiculite instead of fertilizer. My bill passed out of committee unanimously.

Second, I am also working with Virginia's five natural gas companies on legislation which would allow the companies to purchase biogas from composting facilities, landfills or other composting facilities and sell it to consumers. It would also allow compa-

nies to obtain credit for methane reduction by capturing "fugitive methane" from leaky pipelines, compressor stations or closed wells.

The legislation basically gets methane out of the atmosphere and into the pipes where it can be used to power your furnace, hot water heater or stove top. A Senate committee will consider the bill next week.

The Senate Rules Committee approved my legislation to conduct what I am calling a "COVID-19 Pandemic Autopsy." This is the first pandemic our government has responded to since 1918 and our existing rules and systems adjusted, but there are always lessons to be learned. Our state-of-emergency laws are designed for short-term events like hurricanes and snowstorms. Many of us feel that the General Assembly should have a role in addressing more extended situations. We need to examine the responses of our education, health, regulatory and legal systems and look for lessons learned, approaches we need to keep and changes we need to continue to make.

The next ten legislative days will be some of the busiest we face as we approach "Crossover" - the day that we must complete work on all legislation in our respective chambers and switch to work on bills from the other chamber. We usually save the most difficult bills for the last few days.

If you have any feedback, you can reach me at scott@scottsuovell.org. It is an honor to serve in the Virginia Senate.



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Prime Partnerships

FROM PAGE 4

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