

‘In Darkness There Is Light’

Alexandria Police Department unveils Suicide Memorial.

BY JEANNE THEISMANN
GAZETTE PACKET

Hundreds gathered outside the headquarters of the Alexandria Police Department Sept. 26 for the unveiling and dedication of the APD Suicide Memorial, a tribute to officers who have died by suicide.

The names of Jason Kline and Steven Pagach IV, best friends who served together on the force, are etched on the granite slab located next to the APD Fallen Officers Memorial.

“Today we recognize and remember these men for their contributions and how they protected and served in this uniform,” said Police Chief Don Hayes. “It is our prayer that this memorial will always be a reminder to those wearing this uniform that we care and do not want to see anybody else’s name on this memorial.”

Kline died in 2004 and Pagach in 2011. APD Lt. Tara May did a presentation on the officers while

at the National FBI Academy last year.

“I did a presentation on Jason and Steve and their struggles and suicide,” May said. “I returned to Alexandria and said we need to do something. We have other officers that may be struggling and need to take away the stigma of suicide and mental health issues. They struggled together for a very long time.”

May approached the Alexandria Police Foundation to coordinate the efforts to establish the memorial with several former law enforcement officials stepping up to bring the memorial to fruition.

“Several months ago Lt. Tara May reached out to me for obtaining a monument for this project,” said retired Sheriff Dana Lawhorne and board chair of Ivy Hill Cemetery, which donated the granite slabs used in the memorial. “After she told me what it was for I immediately knew we had what she was looking for -- something that recognizes these two men in a respectful and dignified way. This dancing slate of granite will forever whisper the names of Jason and Steve – proof that they are not forgotten.”

Retired Police Chief David Baker and retired Deputy Chief Hassan Aden donated funds to cover the cost of the inscription, which reads in part “In darkness there is light.”

“The stigma surrounding mental health has taken its toll on far too



Sandy Colantuoni, left, prepares to place a rose at the APD Suicide Memorial in honor of her son Steven Pagach IV, who died in 2011.

many people,” Aden said. “This memorial serves as a powerful reminder that we must create a culture of support, understanding and compassion where no one feels isolated or afraid to ask for help.”

Added Baker, “Today we salute the excellence and bravery of Ja-

son and Steven. Make no mistake – they are and will always be our brothers in blue.”

Pagach’s mother and son attended the dedication ceremony.

“It means a great deal to have him acknowledged for his service,” said Pagach’s mother Sandy Colan-

tuoni. “I know in my heart that his suicide was a direct result of the job.”

Pagach’s son Steve remembered his father as a fun-loving dad.

“He was a great guy and super fun to be around,” said Steve Pagach of his father. “Every day with him was some sort of adventure and that has been missing since we lost him. But I know that he is at peace now.”

According to May, a second plaque will be installed near the rear entrance to the building.

“A secondary plaque will be placed on the wall at the entrance where officers come in every day,” May said. “We want this to be a reminder that there is hope and there is help.”

The tributes to Kline and Pagach included calls for the resources to address mental health care.

“Policing is a profession that demands unwavering dedication, sacrifice and resilience,” Aden said. “Every day officers put on their uniforms, not knowing what challenges they will face, what dangers they will encounter, or how deeply those experiences will impact their lives.”

The weight of the badge is not just physical, it’s emotional, and mental. As a profession we must pledge to provide the resources, the training and the support necessary to safeguard the emotional and mental wellbeing of our officers.”

PHOTOS BY JANET BARNETT/GAZETTE PACKET



Officers unveil the Alexandria Police Department Suicide Memorial Sept. 26 at police headquarters.



Sandy Colantuoni, left, places a rose at the APD Suicide Memorial in memory of her son, Steven Pagach IV, who died in 2011.



Acting Assistant Police Chief Dennis Andreas salutes during the unveiling of the Police Officers Suicide Memorial Sept. 26 at APD headquarters.



The memorial to police officers who have died by suicide is dedicated at the Fallen Officers Memorial at APD headquarters.

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NEWS



PHOTO BY JEANNE THEISMANN/GAZETTE PACKET

The Great Pumpkin Patch

The Immanuel Church-on-the-Hill Pumpkin Patch will officially open Sept. 30 and run through Halloween. Hours are noon-6 p.m. weekdays and 10 a.m.- 6 p.m. on weekends and Columbus Day. All proceeds support charitable ministries of the church. The unloading of the 18-wheelers attracts a crowd and will take place with two trucks on Sept. 30, one on Oct. 14, and a final truck on Oct. 21. 3606 Seminary Road, Alexandria. www.immanuel-on-the-hill.org



PHOTO BY JANET BARNETT/GAZETTE PACKET

Words Of Wisdom

Frances Webb, 103, holds a congratulatory poster at the Centenarian Celebration Sept. 12 in the Vola Lawson Lobby of City Hall. Webb was one of several centenarians celebrated by Mayor Justin Wilson on behalf of the city and attributes her longevity to getting up every day, putting on her makeup and being kind to everyone. "It's as simple as being kind and treating others as you want to be treated."

Community Provides Instant Success Story

Funds to replace washing machine donated within 24 hours.

BY SHIRLEY RUHE
GAZETTE PACKET

The washing machine broke. What to do? Guest House is a temporary residential facility with several locations in Alexandria for nonviolent women ex-offenders. They had a crisis on Sunday, Sept. 17 when their three-year old, much-used washing machine just quit and couldn't be repaired. A new washing machine wasn't in the budget.

Sonja Allen, Executive Director of Guest House, explains in her appeal letter to donors, "Laundry is not just about cleanliness; it's about dignity and self respect. A washing machine allows our residents to care for their clothing and personal hygiene, boosting their self-esteem and overall well-be-



Graduating class at Guest House in Alexandria.

PHOTO CONTRIBUTED

ing."

She points out that clean and presentable clothing is vital for job interviews and employment retention. It allows the women to take responsibility and be in charge of their daily routine

Allen explains that for individuals transitioning out of incarceration, every dollar saved is invaluable, and a new washing machine will reduce the cost of laundry and free up resources in the budget for housing, food and education.

Currently the residential facility on Luray Avenue where the washing machine broke has 8 residents and each resident has a laundry day. Since the machine broke on Sunday Sept. 17, the women have been without laundry facilities.

Katie Shapiro, Development and Volunteer Coordinator, said they decided to bite the bullet and buy a washer that wasn't in the budget and hope to offset the cost. Guest House decided to send out an appeal "just to see whether

the supporters in the community would donate." The good news is that within 24 hours they had the \$1,500 needed to buy a new Whirlpool 3.3 cu ft commercial top load washer which is coin operated. Shapiro says the laundry is free for the women but giving them the coins is a lesson in budgeting and life skills. Each woman does about three loads of laundry on her assigned day including her clothes, sheets, comforters and towels.

Shapiro says they want to give

a really big thank you to the community. "If you sent in money after the goal was met, not to worry because we have a lot of needs in a hundred-year-old house — the bathroom, the garage door needs fixing."

Shapiro says Guest House is generally full with a long wait list. But since COVID they haven't been able to get into the prisons to tell the inmates about Guest House and share by word of mouth about the facility so the enrollment has been down a little. She says they are currently welcoming applications. Check the Friends of Guest House website for additional information.

Friends of Guest House helps women successfully reenter the community from incarceration. Guest House has helped more than 5,000 women break the vicious cycle of incarceration, reunite with their families, and reintegrate into their communities.

Guest House helps women to avoid the revolving door of prison and homelessness by providing secure housing, job training, and other support services as part of its six-month residential program followed by an Aftercare program for up to two years.

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Old Town North Chalk Walk Oct. 21

Old Town North becomes an outdoor art studio as the Old Town North Alliance holds the second annual Chalk Walk on Saturday, Oct. 21, 2023 from 10 a.m. to 4 p.m.

Artists will be creating sidewalk chalk artworks throughout Old Town North, stationed throughout the neighborhood in 10-by-10 foot spaces, and will create new works of art in chalk. Attendees will be invited to stroll by each site and admire the artists at work or the finished work.

Beverages including beer and food trucks will be available at Canal Center Plaza. The event also features a dedicated Kid Creation area.

The public is invited to attend. Admission and children's activities are free. Parking is available on surrounding streets and at Canal Center; follow local signage. Begin at Canal Center and get an updated map to all the art locations. More at oldtownnorthalliance.com

Fall Book Sale at Duncan Library

Fall Book Sale at Duncan Library from Wednesday, Sept. 27 to Saturday, Sept. 30, 2023. Friends of Duncan Library Members can take advantage of a special Members-Only Preview Sale and will receive discounts throughout the rest of the sale.

- Book sale hours:
- ❖ Wednesday, Sept. 27, 2023, 5-8 p.m. Members-Only Preview Sale
 - ❖ Thursday, Sept. 28, 2023, 10 a.m.-8 p.m. General Public Sale
 - ❖ Friday, Sept. 29, 2023, 10 a.m.-5 p.m. General Public Sale
 - ❖ Saturday, Sept. 30, 2023, 10 a.m.-1:30 p.m. General Public Sale

Books will be priced at \$3.00 for

hardcover, \$2.00 for paperback, unless otherwise marked.

Book sale profits go directly back to Duncan Library to support the purchase of books, programming, materials, community events, equipment and more.

Stop by to support James M. Duncan Library, 2501 Commonwealth Ave, Alexandria, VA 22301

Not sure if your Friends of Duncan Library Membership is up-to-date? We will email reminders as we get closer to the book sale dates. If you're not a Friend and want to sign up, it's easy to join online. <http://www.friendsofduncanlibrary.org/donations/>

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.

VOLUNTEERS WANTED

Alexandria Families for Safer Streets - Executive Assistant to AFSS Board of Directors. The agency is seeking an executive assistant to help coordinate a diverse group of tasks necessary to keep us on track and moving forward. Someone with office manager skills would be

the ideal candidate. www.volunteeral-alexandria.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

SEE BULLETIN, PAGE 8



PHOTO BY LUCELLE O'FLAHERTY

All Creatures Great And Small

The annual Blessing of the Animals will be held Saturday, Sept. 30, at 9 a.m. in the courtyard of Trinity United Methodist Church at 2911 Cameron Mills Road. All Creatures Great and Small (pets of all kinds) are invited to be individually blessed and each pet receives a certificate. Bring a picture of pets unable to attend. Water will be provided. The event is free and open to the public. For more information text Lucelle O'Flaherty at 703-408-4008.

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Elan Medina plays with the maracas at the Hispanic Heritage Celebration Dance Sept. 22 at the Chick Armstrong Recreation Center.



Attendees enjoy dancing to traditional music at the Hispanic Heritage Celebration Dance.



A group of friends poses for a photo at the Hispanic Heritage Celebration Dance.

PHOTOS BY JANET BARNETT/GAZETTE PACKET

Celebrating Hispanic Heritage



Traditional food is served at the Hispanic Heritage Celebration Dance Sept. 22 at the Chick Armstrong Recreation Center.

The City of Alexandria continued its celebration of traditional Hispanic heritage with a dance party Sept. 22 at the Chick Armstrong Recreation Center.

The event is part of a month-long series of events celebrating Hispanic Heritage month, which runs through Oct. 15.

“This is a moment for us who are Latinos to reflect on who we are, our culture, the music we listen to, and the food that we eat,” said Cisco Fabian, an employee at the Chick Armstrong Recreation Center. “A lot of us are proud of who we are and tonight you will learn about the music that we enjoy.”

Fabian also addressed the crowd in Spanish, which included guests from the Saint Martin de Porres Senior Center.

“This is a moment for us who are Latinos to reflect on who we are, our culture, the music we listen to, and the food that we eat.”

— Chick Armstrong Rec Center employee Cisco Fabian

Attendees learned about the instruments that are used in traditional Hispanic music, participated in a dance contest and enjoyed
SEE CELEBRATING, PAGE 6



A couple from the Saint Martin de Porres Senior Center enjoys the Hispanic Heritage Celebration Dance Sept. 22 at the Chick Armstrong Recreation Center.



Children dance with balloons at the Sept. 22 Hispanic Heritage Celebration Dance.

SENIOR LIVING

Caregiving Corner

My Loved One Has Dementia. What Do I Say or Do?

BY DEBORAH TOMPKINS JOHNSON
SPECIAL TO THE GAZETTE PACKET

Dementia is a subject discussed in our homes and hospitals repeatedly and increasingly. This week we offer ways to communicate better with your loved one who is coping with memory loss or who has been specifically diagnosed with some form of dementia.

The solution is not difficult, yet requires thought, preparation and compassion.

To put it very simply, “we want our loved ones to smile,” says Susan I. Wranik, Speech-Language Pathologist. Smiling indicates some level of contentment. It’s a good signal to us as we communicate with our loved ones diagnosed with dementia.

“Every action has a positive or negative reaction,” adds Wranik. “You walk in with a smile. You look for a smile. You engage them and see what makes them happy. You know they are happy when they are smiling, and they are calm.”

HINTS FOR A GOOD VISIT

People experiencing memory loss often have a limited conception of time. “Don’t guilt trip yourself if you cannot visit as planned,” says Wranik, who suggests that when planning visits, consider a timeframe and then double it. “Start a little early so you can stop for a few minutes, collect yourself, and prepare yourself for your time together.”

“Position yourself at eye level. Pull up a chair and sit with them, make eye contact, and smile.

“Give information, do not seek it.” Wranik cautions against asking the question “Do you remember?” Communicating in the presence of dementia is about feelings, not facts. Pointing to a photograph, you can say things like, “Here is Jane, our neighbor. We went to elementary school together.”

Structure questions in a yes or no way: “Have you had a nice day?” not “What did you do today?” “If they understand your question, but cannot form an answer, they may feel challenged or frustrated, and you don’t want to put that burden on them.”

Sensory stimulation is beneficial. Bring lotions, creams or colognes, so they can enjoy a pleasing and perhaps familiar fragrance. Touch or massage their hands or arms. A picture of themselves or familiar people can evoke a smile. If they are animal lovers, bring a friendly animal to pet, or consider a robotic companion pet. A smile or pleasant look in response indicates we have made a positive connection.

BEYOND VISITS — WHAT TO EXPECT

Besides developing a plan for pleasant visits, it is helpful to be able to recognize the progressive stages of dementia.

People often say things like, “Where did I put my keys?” “Where did I put my phone?” “I can’t remember the name.”

“The good news is we have a name for
www.connectionnewspapers.com



PHOTO CONTRIBUTED

Speech language pathologist Susan I. Wranik, left, talks with Deborah Tompkins Johnson on communicating effectively with dementia patients.

that,” says Wranik. “It’s called ‘normal aging!’ This is not dementia.” So, we can relax and take a deep breath on that. However, we may notice that they are getting to the point where they struggle with verbal expression and might not be able to complete their thoughts because they can’t find the words.

Over time they may forget to take actions more consequential. They may not recall where the car is parked or they may forget to pay bills. Their behavior becomes more noticeable to others and they may begin to withdraw. At this point, they should not be alone.

Later we hear repetitive speech. “They are not seeking information; they are trying to maintain a conversational dialogue,” Wranik says. “The rule of thumb is to answer the question, over and over if necessary – with patience, with kindness, and yes, with a smile.”

Have you experienced your loved one making repetitive phone calls to you?

Answer the phone or do not answer the phone. You choose. If you choose to answer, be enthusiastic and leave them in a good frame of mind. Don’t reprimand them. If you feel irritated when you see their name pop up, again, on your caller ID, just don’t answer the phone.

Incontinence is common in the later stages.

Finally, as the disease gets closer to its final stages, our loved ones eat and drink very little.

Do not panic. Wranik refers to this as transitioning or cycling down. “They are not in pain, because when they don’t drink as much, the body becomes dehydrated and moves into a euphoric state, like a state of delirium,” Wranik explains. “There is no pain.”

Hospice professionals can be tremendously helpful. Do not delay having a conversation with hospice professionals. In more recent years we have also begun to learn about the importance of opening a discussion on palliative care at the first sign of dementia. The earlier the better for your loved one and for you.

Meanwhile, for those visits, remember, walk in with a smile, plan plenty of time and help your loved one enjoy the time you have together.

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Celebrating Hispanic Heritage

traditional Hispanic fare.

“We even have pinatas for the kids,” said Angela Redfern, director of the Cora Kelly Recreation Center.

Upcoming events include the Hispanic Heritage Fiesta Sept. 30 at the Charles Beatley Library, Hispanic Culture in Cinema Oct. 7 at the Patrick Henry Recreation Center, and end of month celebrations Oct. 14 at the Patrick Henry and William Ramsey Recreation

Centers.

Said Fabian, “My heritage, especially the music, is something that I have taken pride in since the age of 5 when my parents played this music every weekend. Now everyone here can enjoy it as well.”

www.alexandriava.gov/HispanicHeritage

— JEANNE THEISMANN



Attendees dance to traditional music at the Hispanic Heritage Celebration Dance.



Attendees enjoy dancing at the Hispanic Heritage Celebration Dance.

PHOTOS BY JANET BARNETT/GAZETTE PACKET



Welcome Dawn, mosaic by Nina Tisara.

“The Spirit Within”

Mosaics by Nina Tisara and photographs by Steven Halperson will be exhibited at Mount Vernon Unitarian Church, 1909 Windmill Lane, Alexandria, from Oct. 3 – Nov. 13.

Mosaic artist Nina Tisara and artist-photographer Steven Halperson will exhibit their art work in the Fireplace Art Alcove at MVUC. Tisara and Halperson were partners for three decades at the Tisara Photography studio.

Mount Vernon Unitarian Church members and friends are invited to an artists' reception on Sunday, Nov. 12, 2:30 - 5 p.m. RSVP: ninat@ninatisara.com

BULLETIN BOARD

FROM PAGE 5

Pop-ups and Truck to Trunk events, etc. <https://www.volunteeralixandria.org/ALIVE>
Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org.

Join Friends' Board. Those who care about mental health, the Alexandria community, and collaborating with fellow residents to make sure the City's most vulnerable residents have a chance to thrive, then consider joining the Board of Friends of the Alexandria Mental Health Center. The Friends Board is an all-volunteer group of residents that oversees the

administration of one of Alexandria's top mental health charities. Friends has no paid staff, so Board members, working on average 10 hours per month, share the day-to-day work needed to accomplish its goals. Interested candidates should email FriendsofAMHC@gmail.com.

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

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

SEE BULLETIN, PAGE 11



Water Lily, photograph by Steven Halperson.

OBITUARY

Michael Freedman

Mike Freedman, who found respite in radio early on and would become a radio network executive, journalism professor and university administrator, died at home in Alexandria, Va., surrounded by his family, on Sept. 18 from pancreatic cancer. He was 71.

Michael Gene Freedman was born in 1952 in Detroit to Belle (Kosofsky) and Hymen Freedman, the youngest of three boys. His parents operated a Kosher butcher shop until his father died in 1958, when Freedman was 6 years old. In the years of struggle that followed, he found solace in a gift from his mother: a small, blue “Bell Futura” transistor radio that he would sneak beneath his pillow at night and fall asleep to Detroit Tigers games through the crackle of AM radio.

The experience sparked a lifelong love of radio, as well as baseball — feelings topped only by those for his wife of 49 years, Renee (Lacoff). In 1968, all three converged: He and Renee were fixed up on a first date, the Tigers won the World Series and Freedman received a reply to a letter he’d written to Tigers’s announcer Ernie Harwell, seeking advice on getting a start in broadcasting. “The main thing,” Harwell wrote, “is not to get discouraged.”

Freedman broke into the industry sweeping floors and changing tapes. Later, he was on-air doing a 4-hour farm program on Sunday mornings, though his characteristic drive eventually led him to Detroit’s top news stations and to dozens of awards as a reporter, sportscaster and news director. It led to a move to Washington, D.C., to become managing editor of broadcast news at United Press International; to serve as a press secretary in Congress; and in 1998, to New York, where he achieved his childhood dream of being the general manager of CBS Radio Network News. There, he strove to reach and reinvigorate interest in CBS News’s vaunted past, including returning to the air Walter Cronkite for several special projects, among them what would become Cronkite’s final live report and his last CBS newscast as anchor.

Years later, in January 2020, Freedman reached his other long-held ambition to be elected president of the National Press Club, which he proudly guided through the worst of the Covid-19 pandemic. He’d been deeply involved with the organization, including 28 years (ending just this year) as executive producer of the many-laureled public affairs TV program, *The Kalb Report*, which explored the role of journalism in democracy with guests that ranged from U.S. Supreme Court justices to the nation’s top newspaper editors, and which was filmed from the Press Club’s audience-packed ballroom.

Freedman also spent more than two decades in higher education as a vice president at University of Maryland Global Campus and, before that, George Washington University, where he found a passion for teaching. For 22 years at GW, through last fall, he taught a popular course on media history that revealed the past through guests who lived it, from a journalist imprisoned by the Nazis to a Pulitzer Prize winning photographer and national correspondents.

Fortifying all these efforts with loving support — and, more often than not with labor and charm — was his wife, Renee. They were a model of teamwork, togetherness and generosity.

At home, Freedman set out to be the dad he’d wished for himself: he enjoyed cartoons and old movies with his young sons, led a cub-scout den and took his sons to baseball games and flea markets. He sought the lighter side of sometimes-somber Jewish

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Michael Freedman

traditions, like Passover, when he preferred to lead the service with a children’s Haggadah and a toy-filled “bag of plagues.”

It’s a quality he carried into his role as a grandfather, always arriving with a treat or bauble, and erring on the side of ordering pizza. He and Renee created a summer tradition of gathering their family at the shore in Duck, N.C., where he’d hang a “Camp Quackers” sign above the door and, each morning in the role of “camp director,” serve a landslide of sugary cereals.

Freedman enjoyed collecting radios, phonographs, telephones, historic newspapers and baseball memorabilia, and his home was a touchable museum where guests could hear doo-wop on a jukebox or answer calls on a candlestick phone.

He made friends easily — at Nationals Park he was on a first-name basis with the vendors, the play-by-play announcers and the team’s owners. He was grateful to count as friends so many of his peers, as well as personal heroes including Harwell, Cronkite, acclaimed journalist Marvin Kalb, singer Tony Bennett and baseball icon Frank Robinson.

In part, that’s perhaps because Freedman held himself to the same standards, whether at home or work. He believed that better angels — his own and others’ — could win the day if given the chance; he believed that luck could be made and should be paid forward; he believed in personal integrity, and in the goodness that could be wrought from simple kindnesses.

Freedman is survived by his wife, Renee; their sons Brian (and fiancée Erin) and Danny (and wife Angela); five grandchildren; and a brother, Larry (and sister-in-law Mimi); and a sister-in-law, Sandy. He was preceded in death this August by his brother Barry, and in 2004 by his mother, Belle.

A memorial service was held Friday, Sept. 22 at Temple Israel’s Ira Kaufman Chapel in West Bloomfield, Mich.

In lieu of flowers, the family suggests a donation to:
❖ The journalism scholarship established at his alma mater, Wayne State University (<https://www.givecampus.com/campaigns/39528/donations/new>);

❖ The National Press Club Journalism Institute (<https://national-press-club-journalism-institute.networkforgood.com/projects/182297-support-the-national-press-club-journalism-institute-in-2023>);

❖ or to Goodwin Hospice in Virginia (<https://goodwinliving.org/giving/donation-form-hospice>)

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Landscape by Barry Keith featured at Gallery Underground in October.



Barry Keith, painter.

The Road from Recovery to Art



Landscape by Barry Keith.



Landscape by Barry Keith.

BY SHIRLEY RUHE
THE GAZETTE

It all started when someone gave him a crayon at 4 years old. Now Barry Keith is a rising painter with a show called "The Pluviophile" opening at Gallery Underground in Crystal City on Oct. 3 and running through Oct. 28. Keith is prolific and has had 21 solo shows around the area including other solo shows at Gallery Underground.

Keith says this show is dedicated to his older sister. "I was very close

to her, and she died just a month before her 65th birthday. She used to tell me how much she loved the rain because it calmed her. The day I gave her eulogy it rained so I took a lot of pictures and created this show for 'one who loves the rain.'" He says the show is very colorful

"One thing I love is translating the beauty of the world. I never took notice until I got into recovery."

— Barry Keith, painter, 31 years sober

with different palettes representing a lot of emotions.

When he isn't painting, Keith is an elementary teacher at Matta-

poni Elementary in Prince George's County and has an art club for 100 students ages 7-12 years old. "We paint. I take them outside to draw nature; we play with clay and do crafts. We even had a dance party, they loved it." He says, "Some kids are so articulate. When you see kids with interest at this age, it can be amazing."

Previously Keith taught high school students at Suitland High School for 15 years.

But Keith tells his students that when they are just getting off the bus, he is at home in Accokeek putting on his apron. And he tells them that's

when his day starts. "It takes a lot of energy after all day with kids that age." On the weekends he will paint outside. "I have a lot of images to work with."

Keith considers himself an en plein air painter which is a French expression for painting in the open air where the artist has a better ability to see the light and color. However, Keith comments it has

been too hot to paint outside much this summer. "Now the weather is getting better for me."

En plein air has been used for centuries but was popularized by the French Impressionists, and Keith says his love of Impressionists forced him to paint outside. Keith began drawing Marvel car

SEE THE ROAD, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

ART

The Road from Recovery to Art

FROM PAGE 10

toons for the other kids in the class when he was in grade school in Alexandria where he was born and grew up. By the time he was at the University of Delaware he was taking graduate art and design courses in his sophomore year. “Sometimes I was the only one in the class.”

He says in the beginning they would paint abstract objects and bring them to class to critique for light, shade and color. “But these had no meaning. Once I got outside and started to paint landscapes I developed the real idea of painting.” He started using his materials in a different way, using transparent glazes and learning how to manipulate materials instead of just straightforward. “I grasped the form.” Keith says his goal is to become a great American painter who is considered on the level of someone like Edward Hopper.

But his experience at the University of Delaware was mixed. “I felt a sense of inadequacy. It was 98 percent White, and some teachers were really hostile. One teacher gave me a D because he thought I knew the material too well, and thought I must be cheating.” Keith started to drink, and by the time he graduated he says he was smoking weed and then went to hard drugs. He was working to fuel his habit.

But Keith says eventually he was forced into treatment by the State

of Virginia. Keith explains he was caught by the Alexandria police and they put him in a program which required him to report to the courthouse. “But I kept coming up dirty and they said they were tired of this.” They put him in detox at Phoenix House in Arlington where he spent 90 days. “It was May 5, 1993.

“I was lucky to get help. I realized when I got to Phoenix House that I hadn’t slept for 10 years.” He says Phoenix House made him focus on himself “to get to the bottom of why I felt inadequate. You step outside yourself to see where everything is going.”

He remembers when he was ready to leave Phoenix House, “They looked at the 75 of us there and said ‘only 2 of you will be sober next year.’ I got so angry. He was speaking of statistics. I didn’t want to be one of those.” Once Keith left the program he never drank again and has been 31 years sober.

Keith reflects, “Sometimes it will click that I’ve gone from a drug addict to someone who values life and art.” Keith is also writing books and currently has four on the market.

“The power of living reflects my relationship with my family and friends. One thing I love is translating the beauty of the world. I never took notice until I got into recovery.”

Now he thinks, “Who am I when no one is looking? It is the solitary pursuit of crafting things alone.”

BULLETIN BOARD

FROM PAGE 8

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

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-mod-

erator 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

SEE BULLETIN, PAGE 15

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ENTERTAINMENT

GWHS CLASS OF 1963 REUNION

The George Washington High School Class of 1963 will celebrate their 60-year reunion on October 5 and 6 in Alexandria. For additional information and registration please contact Viloa Miller at vem1006@verizon.net, Bud Mayo at mayo5304@cox.net or Jackie Bridges at jhuetbridges@gmail.com

NOW THRU OCT. 8

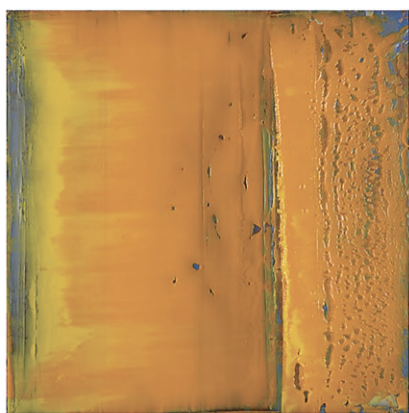
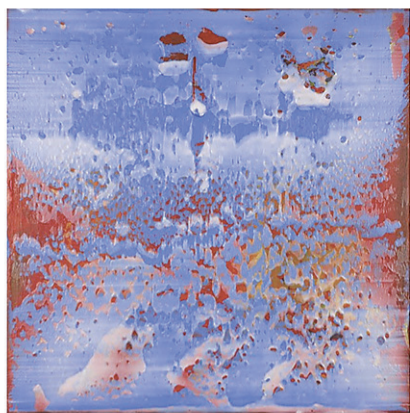
Progression Exhibit. At Multiple Exposures Gallery (MEG), at the Torpedo Factory Art Center, 105 N Union Street, Alexandria. The exhibition features a sequence of photographs, with each one chosen for its relation to the previous image. The relationships among the 56 included images may be based on composition, color, geography or other characteristics — the choice was left to each of the 14 contributing artists. Exhibition visitors are invited to observe each image as it appears in the sequence and consider what the connection to the previous image might have been. Exhibition Artists: Soomin Ham, Tim Hyde, Eric Johnson, Clara Young Kim, Irina Lawton, Sandy LeBrun-Evans, Matt Leedham, Francine B. Livaditis, Maureen Minehan, Van Pulley, Sarah Hood Salomon, Alan Sislen, Tom Slieter and Fred Zafran. Exhibition hours: 11 a.m.-5 p.m. daily.

ALEXANDRIA COLONIAL TOURS' GHOST & GRAVEYARD TOUR

Wednesdays through Sundays in September at 7:30 p.m.; Fridays and Saturdays at 7:30, 8:30 and 9 p.m. Nightly in October at 7:30 p.m.; Fridays and Saturdays at 7:30, 8:30 and 9 p.m. Admission: \$15 for adults; \$10 for children; free for children under 6 years old. Tours meet at the Alexandria Visitor Center, 221 King Street, Alexandria. Walk your way through the charming streets of historic Old Town Alexandria. Follow a colonial-costumed guide by lantern light for an engaging history tour on Alexandria's original Ghost and Graveyard Tour. During this entertaining tour, you'll hear ghost stories, legends, folklore, unsolved mysteries, tales of romance and angry ghosts looking for revenge. Visit alexcolonialtours.com.

WEDNESDAYS THROUGH SATURDAYS

Tours Aboard Tall Ship Providence and Sen. John Warner Maritime Heritage Center. 10 a.m. to 5 p.m. At Alexandria's Waterfront Park, 1A Prince Street, Alexandria. Guests of all ages are recruited into the Continental Navy aboard Tall Ship Providence with legendary Captain John Paul Jones. Recruits are assigned jobs on the ship, learn where they will work and live, how



The Cascades Art Exhibition will be held at the Van Landingham Gallery at the Torpedo Factory Art Center in Alexandria on Oct. 2-29, 2023.



The 21st Annual Alexandria Old Town Art Festival will be held Sept. 30 and Oct. 1, 2023 at John Carlyle Square in Alexandria.



"The Spirit Within" exhibit by Nina Tisara and Steven Halperson can be seen at Mount Vernon Unitarian Church in Alexandria from Oct. 3 to Nov. 13, 2023.



to load a cannon, etc... Tours conclude in the Naval History Theatre with a film about the ship. The Heritage center is a floating museum on the Alexandria waterfront. Visit <https://tallshipprovidence.org/>

SEPT. 1-30

The "Farther Afield" Exhibit. At Del Ray Artisans gallery 2704 Mount Vernon Ave., Alexandria. Featuring art by local artists that takes the viewer on a journey, whether that is someplace an hour away from Alexandria or halfway across the world. Opening Reception: Friday, September 1, 7-9 p.m. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays and Sundays 12-6 p.m. (Closed on October 1). Details: DelRayArtisans.org/exhibits

SEPT. 2-30

Perspectives Exhibit. 10 a.m. to 6 p.m. At Van Landingham Gallery, Torpedo Factory Art Center, Gallery 311, 105 North Union Street, Alexandria. The Torpedo Factory Artists' Association's (TFAA) Van Landingham Gallery presents Perspectives, a juried membership show featuring artworks that showcase the talent and creativity of the TFAA. Artworks include original hand pulled prints, original paintings, jewelry, works on paper, sculpture, and more. The following artists are featured in the main exhibit: Diana Papazian, Samantha Shelton, Guido Zanni, Helen Power, Karen Waltermire, Nancy Ramsey, Ann Barbieri, Tara Barr, and Lynn Chadwick.

SEPT. 7 TO OCT. 15

Every Rock Has a Story – Anne Stine. At The Athenaeum Gallery, 201 Prince Street, Alexandria. Artist's Reception is Sunday, Oct. 1, from 4-6 p.m. Award-winning painter Anne Stine debuts her latest collection of encaustic works titled, Every Rock Has a Story, in September, at the Athenaeum Gallery. Her collection of 20 geological paintings explores the interconnection between Earth and humanity through representational and abstract imagery. "Every rock has a story", a popular geological phrase, meaning history is captured within the Earth's formations from the majestic mountains to the tiniest pebbles that reside beneath our feet.

SEPT. 27-30

Fall Book Sale at Duncan Library. At 2501 Commonwealth Ave, Alexandria. Friends of Duncan Library Members can take advantage of a special Members-Only Preview Sale and will receive discounts throughout the rest of the sale.

Book sale hours:

- ❖ Wednesday, Sept. 27, 2023, 5-8 p.m. Members-Only Preview Sale
 - ❖ Thursday, Sept. 28, 2023, 10 a.m.-8 p.m. General Public Sale
 - ❖ Friday, Sept. 29, 2023, 10 a.m.-5 p.m. General Public Sale
 - ❖ Saturday, Sept. 30, 2023, 10 a.m.-1:30 p.m. General Public Sale
- Books will be priced at \$3 for hardcover, \$2 for paperback, unless otherwise marked. Book sale profits go directly back to Duncan Library to support the purchase of books,

programming, materials, community events, equipment and more.

SATURDAY/SEPT. 30

Native Plant Sale. 9 a.m. to 2 p.m. At 1701 N. Quaker Lane parking lot, Alexandria. Largest native plant sale in DC Metro Area hosts 12 vendors from VA, MD, PA, DC, and MA selling native perennials, shrubs, and trees for sun or shade. 20th anniversary of this sale! This event is free. Call 571-232-0375 or www.NorthernAlexandriaNative-PlantSale.org.

SEPT. 30 AND OCT. 1

Alexandria Symphony Orchestra. Sept. 30 at 7:30 p.m. At Rachel M. Schlesinger Concert Hall & Arts Center. Oct. 1 at 3 p.m. at George Washington Masonic Memorial. Tchaikovsky's 4th & Brahms Violin – ASO at 80-oh! Brahms' violin concerto soars with lyricism and virtuosity—soloist Elissa Lee Koljonen brings it to life. Lester Green kicks off the ASO at 80 celebration with flair. Tchaikovsky's dramatic symphony concludes a powerful season opener. Elissa Lee Koljonen appears by arrangement with the Curtis Institute of Music.

SEPT. 30 AND OCT. 1

21st Annual Alexandria Old Town Art Festival. 10 a.m. to 5 p.m. At John Carlyle Square, 300 John Carlyle Street, Alexandria. Visitors will see thousands of handmade-in-the-USA, exquisite pieces of art from every medium. Presented by the nation's top art festival producer, Howard Alan Events (HAE), the

Annual Alexandria Old Town Art Festival throughout the decades has become a hallmark staple event for residents and visitors alike. Visit www.ArtFestival.com.

SATURDAY/SEPT. 30 AND OCT. 7

Oktoberfest Festivities. At Alexandria Bier Garden, Alexandria. Live bands and DJs Saturday and Sunday starting at 10 AM, with festive German music playing all day long. Stein Holding Contests will give guests a chance to win a \$50 gift card on 9/30 and 10/7. Oktoberfest Trivia on Thursday 9/28 and 10/5 at 7 p.m. (will be Oktoberfest themed), featuring fantastic prizes. Alexandria Bier Garden will end the Oktoberfest festivities with the unveiling of its much-anticipated Paulaner event room and Rooftop Bar. Oktoberfest brunch, featuring an array of German dishes to savor, will take place on 10/1. Sausagefest the next two Saturdays and throughout Oktoberfest, guests can enjoy traditional German dishes, including a hearty 2 lb. pretzel that's perfect for sharing with friends.

TUESDAYS, OCTOBER 3, 10, 17, 24, 31

Simpson Park Demonstration Gardens, Tuesdays @ 10:10:00 - 11:30 a.m., Simpson Demonstration Gardens, 420 E. Monroe Ave, Alexandria. Meet and talk with Extension Master Gardeners in the Simpson Demonstration Gardens to learn the best uses for fallen leaves and other organic garden waste. Free.

OCT. 2-29

Cascades Art Exhibition. 10 a.m. to 6 p.m. At Van Landingham Gallery, Torpedo Factory Art Center (Gallery 311), 105 North Union Street, Alexandria. The Van Landingham Gallery presents a solo exhibition from Gregory Logan Dunn entitled Cascades, a collection of oil and acrylic paintings created during his studio residency at the Torpedo Factory this past year. Original paintings and print reproductions of the artist's work will be available for purchase.

OCT. 3 TO NOV. 13

"The Spirit Within" Exhibit. At Mount Vernon Unitarian Church, 1909 Windmill Drive, Alexandria. Mosaic artist Nina Tisara and artist-photographer Steven Halperson will exhibit their art work in the Fireplace Art Alcove. MVUC members and friends are invited to an artists' reception on Sunday, November 12, 2:30 - 5 p.m. RSVP: ninat@ninatisara.com.

OCT. 6-8

Fall Wine Festival & Sunset Tour. 6-9 p.m. At George Washington's Mount Vernon, 3200 Mount Vernon Memorial Hwy., Mount Vernon. Taste samples from Virginia wineries after hours at George Washington's estate. Bring a blanket

Community Resource Day

Event at Patrick Henry Elementary provided school supplies and connections to resources.

A Community Resource Day was held Sept. 10 at Patrick Henry Elementary School, connecting families to available resources and distributing school supplies to students in need.

The event, sponsored by the Concerned Citizens Network of Alexandria, Landmark Church, Landmark Community Outreach and Patrick Henry Elementary School, also honored Patrick Henry principal and current Mrs. Virginia Dr. Ingrid Bynum.

Sheriff Sean Casey was among the city officials on hand to talk to families about city resources along with Alexandria Police Department officers and members of City Council.

— JEANNE THEISMANN



Alexandria police department officers hand out information to attendees at the Community Resource Day Sept. 10 at Patrick Henry Elementary School.



Patrick Henry Elementary School principal and current Mrs. Virginia Ingrid Bynum, center, poses for a photo with students at the Community Resource Day Sept. 10 in the Patrick Henry auditorium.

PHOTOS BY JANET BARNETT/GAZETTE PACKET

Senior Safety and Awareness Workshop

Senior Services of Alexandria's 'Senior Living in Alexandria' Speaker Series Returns on Oct. 19

BY KATIE KLINGLER
COMMUNITY OUTREACH COORDINATOR

Considering how to age safely in your day-to-day life can be daunting, but Senior Services of Alexandria is here to help you navigate this next stage of life. The first of SSA's highly informative monthly speaker series, "Senior Living in Alexandria," will take place on Oct. 19, covering four topics vital to senior safety today. If you worry about falling, having a stroke, staying

safe, or using your medication safely, this workshop has you covered. Local experts will present on each of these topics to keep you safe in and out of your home at the October event, "Senior Safety and Awareness."

As we age, falling becomes more dangerous. Expert Sara Pappa from the Northern Virginia Fall Prevention Alliance at Marymount University will be at this workshop to teach residents the safest way to fall, along with daily exercises for fall prevention. With Pappa's help, you will be more confident in

your ability to avoid and handle a fall.

Recognizing the signs of a stroke can save your life, so Danielle Feucht from Inova Mount Vernon Hospital and Edward Arthur will teach workshop participants about stroke awareness. With Feucht and Arthur's instruction, you will know how to recognize the signs and when to get quick medical intervention for your friends or family experiencing a stroke.

If you are looking for simple modifications for a safer household, Peter Crouch, an As-

sociate Broker with McEneaney Associates, will share several useful suggestions with participants.

Finally, if you are unsure about some of your daily medications, the CEO of the American Society of Consultant Pharmacists, Chaz Worz, will teach participants about prescription drug interactions.

SSA's "Senior Safety and Awareness" event will take place on Oct. 19 from 10 – 11:30 a.m. at Westminster Presbyterian Church, 2701 Cameron Mills Road in Alexandria. It is a free event with parking and light refreshments. To attend, please RSVP at www.seniorservicesalex.org or call 703-836-4414, ext. 110.

Benchmark at Alexandria Opens Welcome Center

Benchmark at Alexandria, a senior assisted living and Mind & Memory Care community coming this spring to 'West Alex' has officially opened the doors to its new welcome center.

The Center is located at 3462 Berkeley Street in Alexandria, VA, just steps from the community's soon-to-be location behind Silver Diner.

Prospective residents and their families can stop by the welcome center for information about the community's services, amenities and floor plans.

By reserving an apartment early, in addition to having first pick of their apartment, singles and couples can receive discounted pre-opening pricing, assistance



Doug Buttner



Bonnie Barrella

with moving expenses, credits towards services and other incentives.

Doug Buttner, senior executive director of Benchmark at Alexandria has over 24 years of experience leading senior living communities. "It's yet another major step

towards opening Benchmark's first location in the Mid-Atlantic region," he said.

Bonnie Barrella has been hired as director of community relations.

Barrella hails from Kensington, Md., and has more than 16 years of experience working in all facets of senior living, including sales, programming and move-in support.

"Doug and Bonnie are incredibly passionate about fulfilling our Benchmark mission to transform lives through human connection, so they are wonderful additions to our Alexandria team," said Erin Domian, regional operations director for Benchmark Senior Living.

The Benchmark at Alexandria assisted living community will feature 115 apartments

in various floor plans, including 26 memory care assisted living for those with Alzheimer's or dementia.

Seasonal meals featuring ingredients from on-site micro-farms will be available served in multiple dining venues, including a formal dining room, a bistro and grilling on the rooftop deck.

Common areas including club and recreation rooms, a fitness center and the rooftop deck will feature social gatherings, educational events and other programs.

To learn more about Benchmark at Alexandria's independent assisted living or assisted living with memory care, visit the welcome center at 3462 Berkeley Street in Alexandria, click here or call 571-386-2200.

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ENTERTAINMENT

FROM PAGE 12

and relax on the east lawn overlooking the Potomac River and meet General Washington. Admission: Friday: \$49 for members, \$59 for general public; Saturday: \$53 for members, \$63 for general public; Sunday: \$43 for members; \$53 for general public. Visit www.mountvernon.org.

OCT. 6 AND 12

Staged Readings of "The Laramie Project." 8 p.m. At the Little Theatre of Alexandria, 600 Wolfe Street, Alexandria. The LTA will present staged readings of "The Laramie Project" on Oct. 6 and 12, observing that it has been 25 years since the horrific abduction and death of Matthew Shepard. This is a play by Moises Kaufman and the Tectonic Theater Project, written in response to the 1998 murder of Matthew Shepard, a young gay man, in Laramie, Wyoming. Kaufman and the other company members visited Laramie on six occasions and interviewed residents, members of the police force, and Matthew's friends, to understand what happened, and why. Tickets are \$20.00. For further information regarding tickets, call 703-683-5778 (Ext.1).

SATURDAY/OCT. 7

28th Annual Art on the Avenue. 10 a.m. to 6 p.m. At Mount Vernon Ave. between Hume Ave. and Bellefonte Ave., Alexandria. The

28th annual arts festival held in the Del Ray features more than 350 juried artists, from quilters to card-makers to cartographers, displaying their one-of-a-kind wares. Arrive with an appetite and grab a bite from 20+ food vendors and set to the soundtrack of live music along the avenue. Trolley transportation will be available from the Braddock Road Metro. Visit www.artontheavenue.org.

SATURDAY/OCT. 7

Used Book Sale: 10 a.m. - 4 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Selection of over 20,000 gently used children's books, fiction, history, biography, home and garden, cooking, crafts, sports, religion, travel, CDs, DVDs, and more. Unless specially priced, \$1 for hard backs and large paperbacks, and 25 cents for mass market paperbacks. Visit <https://www.fairfaxcounty.gov/library/branches/friends-of-sherwood-regional>.

THE BIRCHMERE

At 3701 Mount Vernon Ave., Alexandria. All shows are at 7:30 p.m., unless otherwise noted. Tickets available at Ticketmaster.com. Contact The Birchmere at 703-549-7500 or www.Birchmere.com.

SEPTEMBER

Thu. 28: Yachtley Crew \$35.00
Fri. 29: The Whispers \$95.00
Sat. 30: The Whispers \$95.00

BULLETIN BOARD

FROM PAGE 8

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.

Public Space Recycling. Alexandria has placed more than 80 bright blue recycling containers next to public trash cans in the commercial districts along Mount Vernon Avenue and King Street, as well as other public spaces, including parks, recreation fields, and other high-traffic pedestrian areas. Visit alexandriava.gov/Recycling.

Composting and Food Waste. Alexandria now has Resource Recovery Stations, located at the City's Farmers' Markets (Old Town, Del Ray) to collect food waste. More than 270 people have participated in the food waste program over the last several months. Participants drop off items weekly, over eight tons of waste has been collected, to be composted to make a natural fertilizer. To learn more about composting visit alexandriava.gov/YardWaste.

English as a Second Language Class. Charles E. Beatley, Jr. Central Library, 5005 Duke St. Tuesdays and Thursdays, all levels 10 a.m.-12 p.m., intermediate workshop 3-5 p.m. All classes free. Call the information desk, 703-746-1702.

The Talking Book Service at Alexandria Library will now operate Monday-Friday, 10 a.m.-3 p.m. Patrons may also reach the service at 703-746-1760.

Digital Magazines. Patrons of Alexandria Library will have unlimited access to read digital magazines, which can be viewed on most Internet-enabled devices inside or outside of the library. Accessible through www.rbdigital.com/alexandriava/zinio.

The Military Officers Association of America's scholarship fund gives out loans and grants to children of military families. To learn more, apply or donate visit www.moaa.org/scholarshipfund.

BUSINESS DIRECTORY

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We are sincerely grateful and thankful to you for helping in 2021 to save one of America's oldest newspapers, the Alexandria Gazette Packet, publishing continuously since 1784

Alexandria Gazette Packet
Publishing Since 1784

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THE CONNECTION Newspapers & Online
Mount Vernon Gazette
POTOMAC ALMANAC
CENTRE VIEW

Thank you to the hundreds of supporters who helped to keep all your Connection Newspapers alive throughout Alexandria, Fairfax County, Arlington County and Potomac, Md. along with affiliated websites and digital media. Now we need help again in 2022.

Each local newspaper's mission aspires to provide greater community service, and we do know that our communities are better off if we continue to publish. Last year's financial support from readers and supporters like you bridged the shortfall before Federal PPP funding arrived, and both made our survival possible. We now await a decision for a grant from Rebuild Virginia in early February that we hope will help us in 2022 and beyond. But we need help to survive the first quarter, always a brutal time for cash flow in weekly newspapers. Thank you.

Please, help save these historical papers.

All gifts will be used to fund our printed newspapers and websites and to meet obligations to our loyal and patient employees, writers, contractors and suppliers.

The ongoing pandemic continues to crush many newspapers across the country, and our newspapers continue to be at risk. The Northern Virginia area's best read and most trusted source for community news includes the Alexandria Gazette Packet, Mount Vernon Gazette and all Connection Newspapers in the metropolitan region.

The pandemic has hit small businesses hard, which in turn has reduced advertising revenue that keeps these local newspapers alive to provide hyper-local news to residents. It feels like no small miracle to be looking forward into 2022.

The pandemic has been a bear, financially and otherwise. Revenue plummeted at the beginning in 2020. Some beloved advertisers have stayed the course supporting us throughout, and many more have done what they can. In the fall of 2021 we saw the return of some advertising for events and Grand Openings, but now ominous clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

Connection Newspapers has been offering these local newspapers to residents for over 200 years. Countless residents have grown up with these papers covering significant moments in the lives of family and children, news, community events, school activities, and even pictures of your dogs and cats. Internet news and large national newspapers cannot provide the local connection or historical connection that local papers like Connection Newspapers and the Alexandria Gazette Packet provide. If your child, dog, mother, father, neighborhood, school has been featured, you understand the value of local community newspapers.

Visit connectionnewspapers.com or <https://www.gofundme.com/f/help-keep-your-newspaper-printing>

Connection Newspapers... Alexandria Gazette Packet, Mount Vernon Gazette, Centre View, Potomac Almanac
1606 King Street • Alexandria, VA • 703-778-9431

Stanley Herwitz



By KENNETH B. LOURIE

He was once a close friend of mine: in 9th grade. Then, in high school we veered off in different directions, apparently (I can't remember exactly what happened). Besides, his home was on the other side of Newton Centre (where I grew up) in a section known as Waban so we rarely would bump into each other to facilitate any kind of relationship. Why I am writing about him now is that my long-standing best friend from high school Cary called me from his home in Needham, Ma. the other day to tell me that Stanley had died. As my closest friend, Cary was familiar with the occurrence/dynamic I'm about to share - and had been present at its occurrence, and thought I'd want to know about Stanley's passing, especially since Stanley and I lived 500 miles apart and hadn't spoken in 40+ years. As such, my likelihood of having seen or spoken to Stanley since was almost zero. In fact, Cary would have more than likely than I, since he still lived in the area, to have heard something about Stanley. (And since 1969 when we first met and instantly became best friends, and from 1972 on when I attended college in Maryland, he's been my eyes and ears up there. He has always been well connected and full of lots of local who, what and where's.)

Stanley was a big part of my life in junior high school. I can't recall if we attended one another's Bar Mitzvahs, but 1967 was a long time ago. What I do remember, generally, are the many nights a group of us teenagers would spend playing pick-up basketball (keeping stats as well: rebounds, points, et cetera) at Stanley's house and then afterward sit in his room and listen to music. And it's the music he introduced me to, years ahead of its generally accepted time, as it so happened, that ultimately became the basis and foundation of my musical awareness and interest. In 1969-ish, Stanley introduced me - musically, to Frank Zappa, Steve Miller, John Mayall and the Bluesbreakers featuring Eric Clapton and one other band, The Allman Brothers Band, who specifically, became the center of my musical universe forever more. (Previously my musical taste had included bands like The Beatles, The Turtles and The Association.) And who, by the way, were the performers at the first rock concert I ever attended. It was at "The Boston Tea Party" in Kenmore Square near Fenway Park in Boston, Ma.

And what precipitated this literary journey down memory lane was news of Stanley's death and a reminder of the last time I saw him. It occurred in the fall of 1982 at the Newton South High School's 10-year class reunion, the first such occasion since we all had graduated. It was held in Copley Square at some hotel I can't recall, and we were all assembled in an appropriate-type ball room for the gathering. I can sort of remember standing around talking to some friends when I first saw Stanley as he slowly walked in my direction. I smiled when I saw him, and as we soon got close enough to engage verbally, Stanley spoke up. He was rather aggressive - and unpleasant, accusing me of something or other I had said or done to him in the past (high school presumably). He was openly hostile over the incident, an incident for which I had no clue or recollection - or context even. Whatever little we talked after his initial salvo, my sense was the damage - whatever it was, was irreparable, and we didn't talk anymore that evening. I was and have remained totally perplexed about Stanley's anger. That's the extent of the last interaction I had with him. And over the ensuing years, during the ongoing bi-weekly phone calls - and occasional visits, I had with Cary, I don't really remember Stanley's name ever coming up too much, and now it's too late.

I was then and now bewildered, disappointed and a bit despondent over the perceived slight that I had, unbeknownst to me, inflicted upon Stanley. Who knew Stanley had such intense feelings that the first thing he says/does when he sees me after 10 years is to mention/refer to some hurt I had caused him. Moreover, being that he still lived in Newton, Ma. and I lived in Bethesda, Md., eight hours away by car, it's not as if I could have transgressed much in the subsequent 10 years. If I had committed some figurative crime against Stanley while I was living in Maryland, I didn't exactly have means or opportunity to "faux pas." Still, Stanley was mad about something.

And now it's unlikely I'll ever know. I would however, like to reach out to someone who knew Stanley and hear how he lived his life, whether he had family, children, career, success, and so forth. It might lesson my guilt - about what I don't know.

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

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Del Ray | \$2,149,000

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Jen Walker 703.675.1566
JenWalker.com

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Immaculate colonial in a fantastic location! 4 bedrooms, 4 baths, open floor plan with gas fireplace, finished basement and spacious yard with gorgeous hardscape for outdoor entertaining. 3705 Fort Worth Ave. TheLynnTeamRE.com
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Hannah Lynn 703.973.8170

OPEN SAT 9/30 & SUN 10/1, 12-2



Pinecrest | \$1,350,000

This 5-bedroom, 3/1-bath home is a dazzling custom-built traditional – one of a kind! The unique lot provides a whole new level of suburban privacy with access to beautiful backyard forestry, including a meadow and creek. 4427 Brookside Dr
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This 2-bedroom, 2-bath plus den townhome offers the perfect floor plan for entertaining with a main level kitchen and open living/dining room with gas fireplace & French doors to a lovely patio. Private elevator & 2 garage spaces. 25 Wilkes St
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Spacious 2,300+ SF home has three additions including a primary suite with gas fireplace & private deck, 3 additional bedrooms, 2 full baths, plus an office, family room, and rare walk-out basement! Terrific outdoor spaces. 1947 Marthas Rd
Jodie Burns 571.228.5790
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Vienna | \$819,900

Brick-front, one-car garage townhome with EV charger. Features 3 bedrooms, 3/1 baths, 2 fireplaces, wood floors, large deck & walk-out lower level. Easy access to I-495, 66, Metro, shopping, dining, and more. 8005 Trevor Place
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OPEN 9/27, 5-7 | 9/30 & 10/1, 1-4



Old Town Village | \$773,000

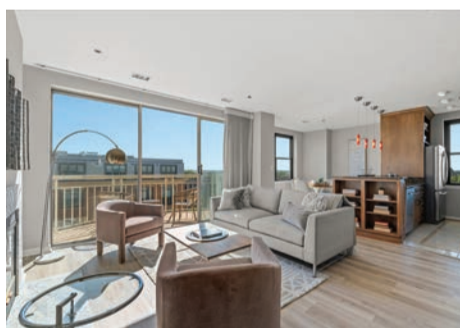
Fabulous townhouse-style condo in Old Town. Gorgeous, light-filled unit with open concept kitchen, dining, family room; stunning remodeled bathrooms; private deck; and assigned parking right outside your front door! 1420 Roundhouse Ln
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OPEN SAT 9/30 & SUN 10/1, 1-3



Rosemont Park | \$738,000

Beautiful all-brick, semi-detached home in a sought-after neighborhood! The large living room is formal yet relaxing with warm wood floors open to the dining room. Finished lower level and fenced back yard. 6 blocks to Metro. 8 E Spring Street
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Braddock Place | \$599,900

Rarely available 2-bedroom, 2-bath, top-floor, corner unit offers a wood-burning fireplace with over 1,000+ SF of light-filled living space. Floor-to-ceiling sliding glass doors to the balcony. Fitness room and outdoor pool. 1200 Braddock Pl #816
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OPEN SAT 9/30, 11-1



Del Ray | \$315,000

Light-filled, 1-bedroom, 1-bath, top/2nd floor corner unit with open floor plan & generous closet storage. Community patio/balcony just outside the door, additional storage cage in basement & 1 off-street reserved parking pass. 1801 Dewitt Ave #E
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Auburn Village | \$249,900

Updated 1-bedroom, 1 bath condo! Living room has built-ins. Refinished floors. Kitchen boasts stainless appliances & granite countertops. Combination washer/dryer in unit. Walk to "The Avenue" & Potomac Yard. 3405 Commonwealth, #C
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Farrington Place | \$180,000

Located near Huntington Metro, this 1-bedroom, 1-bath condo offers a renovated kitchen & bath, large walk-in cedar closet, 2 new heating/cooling systems, in-unit washer/dryer, & 2 parking permits. 2303 Farrington Ave #201
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