

Alexandria Gazette Packet



25 CENTS

SERVING ALEXANDRIA FOR OVER 200 YEARS • A CONNECTION NEWSPAPER

JANUARY 18, 2024

PHOTOS BY JANET BARNETT/GAZETTE PACKET



Panel members Samia Byrd, Brenda Mitchell-Powell, Lillian Stanton Patterson, Yahney-Marie Sangare and Lisa Grant participate in a discussion on the role of women in the social justice movement during the Dr. Martin Luther King Jr. memorial ceremony Jan. 15 at the George Washington Masonic National Memorial.



The crowd stands to sing "We Shall Overcome" at the closing of the Martin Luther King Jr. ceremony Jan. 15 at the George Washington Masonic National Memorial.

Honoring the Legacy

Civil Rights icon Martin Luther King Jr. honored.

BY JEANNE THEISMANN
GAZETTE PACKET

U.S. Sen. Mark Warner (D-Va.) was the keynote speaker as the City of Alexandria hosted the 51st annual Martin Luther King Jr. Commemorative Program Jan. 15 at the George Washington Masonic National Memorial.

"Martin Luther King would recognize the honor of this day of service," Warner said on what would have been the 95th birthday of the Civil Rights icon. "What is more appropriate for a life that was all about service?"

First started in 1973 and hosted by Alexandria's Martin Luther King Jr. Memorial Planning Committee, the event celebrated 51 years of honoring the life and legacy of King, which began a decade before President Ronald Reagan signed a bill in 1983 recognizing the birthday of the Civil Rights icon as a national holiday.

The program opened with the traditional Procession of Faiths by clergy representing Alexandria's faith community. The gospel choir of Saint Joseph's Catholic Church sang "Lift Every Voice and Sing" followed by an invocation led by Rabbi David Spinrad of Beth El Hebrew Congregation.

Rosa Byrd was chair of the event that included a panel discussion titled "The Role of Women in the Social Justice Movement with Reflections on the March on Washington Then and Now." Panelists included activist and historian Brenda Mitchell-Powell, Alexandria Living Legend Lillian Stanton Patterson, Alexandria City High School student Yahney-Marie Sangare and U.S.

"What is more appropriate for a life that was all about service?"

— Sen. Mark Warner on the legacy of Martin Luther King Jr.

House of Representatives Deputy Clerk Lisa Grant. The discussion was moderated by Samia Byrd.

Warner, who made several stops throughout the Commonwealth in honor of King, spoke of the theme of an oratorical contest in King's honor titled "If America is to remain a great nation we must"



Members of the Howard University Step Team perform at the Dr. Martin Luther King Jr. memorial celebration Jan. 15 at the George Washington Masonic National Memorial.



Shannon Brydsell dances as Tanya Brown-Randolph sings "Precious Lord" at the Martin Luther King Jr. Memorial celebration Jan. 15 at the George Washington Masonic National Memorial.

SEE MLK DAY, PAGE 7

LIVING LEGENDS OF ALEXANDRIA

Dana Lawhorne – A Life of Service

BY SHIRLEY RUHE
GAZETTE PACKET

Dana Lawhorne's police career all started on a Friday night "drive around" in a police car when he was 14 years old. "My teacher made me do it. I listened to the police radio, bummed a cigarette. I didn't have anything better to do; I hated to go." But from that time on he knew he wanted to be a police officer.

Lawhorne says his home life was a disaster and he didn't want to go home so he stood on the corner and waited for a police car to drive by so he could talk to them. "Hey turkey, they would call—I had long hair and looked like a hippy. 'What are you doing out here?'"

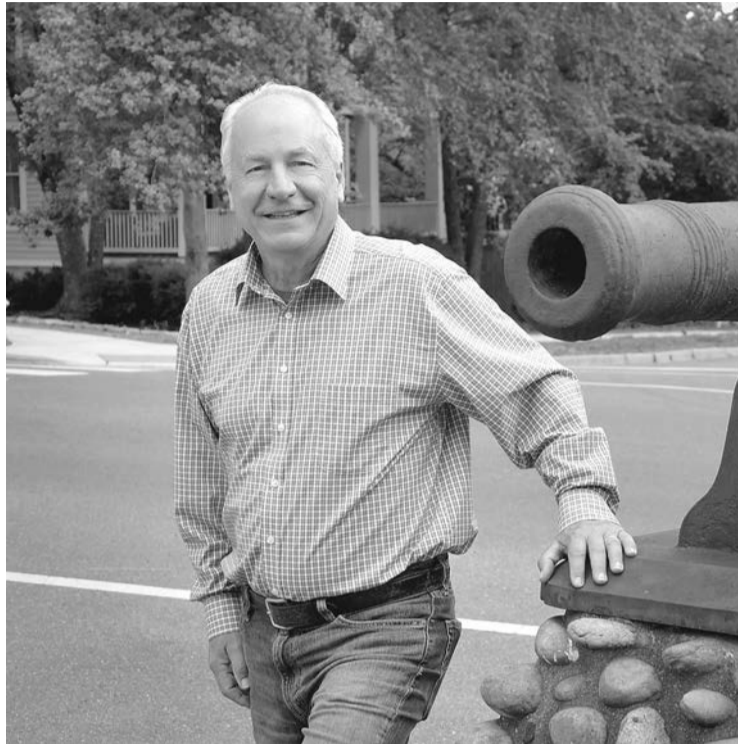
"I grew up in this neighborhood," he says pointing across his backyard on W. Alexander Street. "But education was always a struggle for me and I didn't have any help at home. I wanted to drop out in 8th grade." He explains, "There were so many other things going on I couldn't focus. School was like doing time for me."

But he says he was lucky a couple of police officers shepherded him through high school along with some help from some neighbors who helped him through the hurtful times. "They told me I had to have a high school education if I was going to be a police officer. I wanted to be an officer so bad. I felt like there was no hope and I was attracted

by the car, uniform, radio and I love helping people, solving a problem."

This early encounter led to his long and dedicated 43 years of local law enforcement service including as police officer for 27 years, detective for 19 years and Alexandria sheriff for four terms — running unopposed the last three terms. He attended T.C. Williams High School, earned his associate degree in Administration of Justice from Northern Virginia Community College and completed the Executive Leadership Institute offered by the FBI-Law Enforcement Executive Development Association. Over his career he served on numerous public safety task forces and committees and earned countless honors, awards, and expressions of appreciation for his dedication to excellence and his compassion for people.

Lawhorne says he realized later when he became sheriff how important education was to him, and one of his goals as Alexandria Sheriff was to offer educational opportunities to inmates. As a



Retired Sheriff Dana Lawhorne was named a 2023 Living Legend of Alexandria.

PHOTO BY STEVEN HALPERSON/TISARA STUDIOS

"My teacher made me do it. I listened to the police radio, bummed a cigarette. I didn't have anything better to do; I hated to go."

— Retired sheriff

Dana Lawhorne on the ride-a-long that inspired his law enforcement career

population which was 400 inmates when he entered office in 2005. This included 150 inmates, some high profile, held in the Eastern District for the Feds as well as 250 local

inmates with a few accused of murder and grand larceny and mostly drugs and theft. Lawhorne looks back at his life and gets overwhelmed by fate. "Fate, just think of all the times fate intervened." He points to his wife Linda who he met because he was riding around an apartment complex as a security guard "having the time of my life" when he stopped to talk to a friend and there happened to be a cute girl there at the time. A brief conversation made an impression and it led to a date and marriage in 1984.

"I'm so blessed I'm married to a strong, independent woman. When I would come home after a hard day I'd walk in and you could feel the energy coming back to your body. And I have three strong and independent daughters who live nearby and three grandchildren." And it was fate that intervened with that drive around in the police car when he was 14 that led to his 43-year career in law enforcement.

He still lives in the neighborhood where he grew up and attended Maury Elementary. "It was good in the early years but then my older brother, who was the strong one in the family, left for the Navy, and things went bad." But Lawhorne still walks around that neighborhood and memories come back from those early years—his best friend's house, the neighbor who helped him through hard times and, of course, that street corner where it all started.

He decided to retire in 2022 "because of the math. I still loved what I did but I would have been 68 after another term. I miss the public service but I don't miss the stress." Now Lawhorne works part time at the First Baptist Church as facilities manager, is active with the Rosemont Citizen's Association, does a little consulting with local business and "is lucky to be able to spend a lot of time with my family."

"You can't wait until the inmates are released; you have to get them ready ahead of time."

He said you are dealing with a vulnerable

result, he hired a full time person to assist inmates with classes and tutoring to earn their GED and funded it out of his budget along with the necessary tools and equipment. "The staff knew this was important to me; it was non-negotiable; it was near and dear to my heart." He says they established a special program unit to house these inmates with others who wanted to change their lives so they were around others with good attitudes.

Lawhorne says when he became sheriff in 2005 he wanted to put the Sheriff's office back on the map. "It wasn't as respected as it should have been. I wanted it to be more invested in the community. Public trust is so important; people believe in us." The first thing he did was look at diversity on the force of about 400. "It was mediocre at best." So he directed his attention to increasing women and Hispanics on the force and about tripled the number while he was in charge.

Also your philosophical and management style has to be so people can flourish and have a path to succeed." So he increased the training opportunities for his staff. He says his biggest challenge was management of staff. "Every person is unique. They have different needs, are struggling in life, are parents trying to balance family life with work."

Lawhorne's priorities for inmates were sobriety and mental health as well as assistance with reentry. "I hired a reentry person. Everyone needs help with the transition back into the community." He adds, "It doesn't take much to trigger a person back to jail." As a result he held job fairs with potential employers, helped the inmates find housing, birth certificates, taught them life skills while they were still in jail.

"You can't wait until the inmates are released; you have to get them ready ahead of time."

He said you are dealing with a vulnerable

www.alexandrialegends.org

ELECTION NOTICE - CITY OF ALEXANDRIA

Dual Party Presidential Primary Election- Tuesday, March 5, 2024

VOTER REGISTRATION INFORMATION

The Voter Registration Deadline for this election is
February 12, 2024

Eligible citizens who will be 18 or over by November 5, 2024 may apply to register to vote (or update an address) online, by mail, or in person.

Online at <https://vote.elections.virginia.gov>, prior to 11:59 pm on Feb. 12, 2024

By Mail, download an application at alexandriava.gov/elections or call 703.746.4050. Applications must be postmarked by Feb. 12, 2024

In Person at the following sites, prior to 5pm on Feb. 12, 2024:

<p style="margin: 0;">Voter Registration Office 132 North Royal St, Suite 100 Alexandria, Virginia 22314 Monday thru Friday, 8am to 5pm 703.746.4050</p>	<p style="margin: 0;">Division of Motor Vehicles 2681 Mill Road, Alexandria, VA 22314 Please contact the DMV for hours.</p>	<p style="margin: 0; text-align: center;">For voting information, including sample ballots and list of acceptable ID go to: alexandriava.gov/elections</p>
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Same-Day Registration
is available to individuals who missed the standard registration period. Go to AlexandriaVa.gov/Elections for more information.

EARLY VOTING INFORMATION

All registered voters are eligible to request a by-mail ballot or vote early.

<p style="margin: 0;">To vote in-person, early:</p> <p style="margin: 0;">Office of Voter Registration:</p> <ul style="list-style-type: none"> • Monday-Friday, 8am-5pm • Closed: Monday, February 19, 2024 • Evening and weekend hours available; see website below. <p style="margin: 0;">For complete absentee hours, check alexandriava.gov/elections</p> <p style="margin: 0;">Deadline for in-person, early voting: Saturday, Mar. 2, 2024 at 5pm</p>	<p style="margin: 0;">To vote by mail:</p> <ul style="list-style-type: none"> • Apply online: https://vote.elections.virginia.gov; or • Download an absentee application from alexandriava.gov/elections; or • Call 703.746.4050 to request an application. <p style="margin: 0;">Return the application by mail, fax, or email.</p> <p style="margin: 0;">Deadlines for voting by mail:</p> <ul style="list-style-type: none"> • Absentee ballot applications must be received by 5pm on Feb. 23, 2024. • Mailed Ballots must be received by 7pm on March 5, 2024 or postmarked by election day and received by Noon on Friday, March 8, 2024. • A secure outdoor drop box is available outside the Office of Voter Registration. This box will be under video surveillance and available 24 hours a day, 7 days a week. Ballots must be deposited by 7pm on March 5, 2024.
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Special Services:

Requests for reasonable accommodation due to a disability should be made with at least a 48-hr notice. TTY number for hearing impaired persons: 703.838.5056.

City of Alexandria Office Voter Registration and Elections

132 North Royal St, Suite 100
Alexandria, Virginia 22314
Office: 703.746.4050 ; Fax: 703.838.6449
Website: alexandriava.gov/elections ; Email: voters@alexandriava.gov

ROLL CALL

PHOTOS BY GLENDA BOOTH



All the state legislators, including these senators, were sworn in and signed an oath of office.

General Assembly Convenes

The 2024 session of the Virginia General Assembly began on Jan. 10. Here, photographer Glenda Booth of Mount Vernon gives a snapshot of the day, mostly in the Virginia Senate, state Capitol, Richmond.

The General Assembly meets annually, beginning on the second Wednesday in January, for 60 days in even-numbered years and for 30 days in odd-numbered years, with an option to extend annual sessions for a maximum of 30 days.

The Senate of Virginia and the Virginia House of Delegates, both bodies of the Virginia Legislature, meet in the historic, working Capitol building in Richmond, Virginia. Representatives will consider thousands of pieces of proposed legislation during the session.

<https://viriniageneralassembly.gov/>



Virginia's legislators have offices in a newly remodeled building. General George Washington is still prominent in Capitol Square.



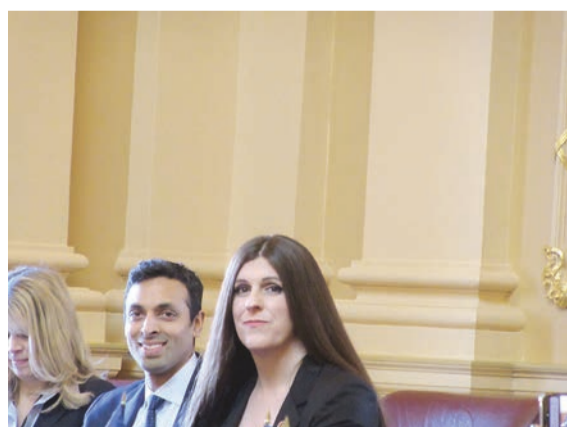
Alexandria Delegate and House of Delegates Majority Leader Charniele Herring came to the Senate and announced that the House of Delegates had officially organized and was ready to begin work.



Senator Scott Surovell, elected by his colleagues to be the Senator Majority Leader, was sworn in. Surovell represents Mount Vernon in Senate District 34.



Lt. Governor Winsome Sears is the presiding officer of the Senate.



For new Northern Virginia Senators Suhas Subramanyam and Danica Roem, January 10 was their first day of official business in the Senate chamber.



All 40 senators answered the roll call.



The media had a strong presence, here filming from the Senate gallery.

OPINION

Expanded Virginia Gambling to be Considered by General Assembly

BY SENATOR ADAM P. EBBIN

Virginia's legal gaming landscape has shifted rapidly over the past five years. In decades past, legal gambling was limited to the Virginia Lottery, authorized in the early 1990s through a statewide referendum. Prior to five years ago, the only other legal form of wagering in Virginia was charitable bingo and "pull-tab" machines. Charitable gaming provides a sizable portion of funding for many of Virginia's nonprofit organizations, and is regulated by the Virginia Department of Agriculture and Consumer Services.

However, in 2018, Virginia expanded gaming when the General Assembly legalized wagering on "Historical Horse Racing" (HHR) machines at the Colonial Downs racetrack in New Kent County and six other sites, including the Town of Dumfries in Northern Virginia. The satellite locations required local approval though a local referendum before they could move forward. The HHR machines are overseen by the Virginia Racing Commission.

In 2020, the General Assembly passed legislation that authorized gambling on most professional sporting events, overseen by the Virginia Lottery. Sports betting is available online, on a cell phone, or at a Virginia-based casino and other certain locations.

In addition, the General Assembly - in 2020 - legalized casino gaming (overseen by the Virginia Lottery) at up to five locations

pending approval in a local referendum. They include Portsmouth, Bristol, Norfolk, Danville, and Richmond. Since 2020, four of those cities have passed the required referendum and opened a casino. However, Richmond voters defeated a referendum to approve a casino two times in a span of three years.

Three of the major gaming issues in 2024 are the potential legalization of "gray machines" (or "skill games"), the possible addition of casinos in Northern Virginia and Petersburg, and the legalization of slot machine-like Video Gaming Terminals (VGTs) in restaurants around the state.

As I wrote in the Richmond Times-Dispatch this past fall, I am not a fan of gray machines, primarily because they are often encountered in nontraditional gaming environments, like convenience stores where families might shop for everyday items, or restaurants. This contrasts with destination-oriented gaming sites like a casino, where a consumer has made a conscious decision to seek out gambling. For several years, the machines operated in a "gray area" that was not explicitly legal.

In my opinion, gray machines don't serve the consumer interests of Virginia's gambling public. Unfortunately, as of this writing, the bill to legalize gray machines does not contain a system that the Commonwealth could verify or audit to ensure that the Department of



Sen. Adam Ebbin

Taxation and the small business owners where the machines are located get their fair share of the proceeds. I am also concerned that some proposals to legalize gray machines do not contain protections to dissuade wagering by underage Virginians.

I also expect that bills to establish casinos in the Tysons area of Northern Virginia, along with a conference center, and in the City of Petersburg, will generate much attention. As Chairman of the General Laws and Technology Committee, I have appointed a Gaming Subcommittee so that the numerous, and complex gambling bills can be compared and considered, with the exception of one bill that was considered by the Commerce and Labor Committee.

I also serve on the Joint Subcommittee to Study the Feasibility of Establishing a Virginia Gaming Commission to provide a more unified governance of the various forms of gambling in Virginia. As described above, the current landscape for Virginia gaming involves the Virginia Racing Commission, the Virginia Department of Agriculture and Consumer Services, and the Virginia Lottery. I believe that one single entity overseeing what is now a regulatory patchwork would better serve the public.

39th Senate District Town Hall - Sunday, Jan. 21

This Sunday, Jan. 21, from 1 pm

to 3 pm, at Alexandria City High School, please join me and Delegates Charniele Herring, Elizabeth Bennett-Parker, Alfonso Lopez, and Adele McClure for a 39th Senate District Town Hall. The event will be moderated by Virginia public radio reporter Michael Lee Pope, who will pose questions pre-submitted online or at the event. If you would like to RSVP, or pre-submit a question, visit www.adamebbin.com/townhallrsvp

Stay in the Know

You can stay on top of General Assembly events through the Virginia Legislative Information System (LIS) website. On that site, you can find many helpful links, including:

All legislation introduced, including the bills that I am putting forward;

You can find listings of all members of the General Assembly, as well as the committees that hear legislation, and the regularly-updated meetings calendar that lists when committee meetings and other events are taking place;

You can find a live feed of the State Senate, and any meetings of Senate committees here, as well as archived footage of recent State Senate hearings and floor proceedings.

My new legislative email address is SenatorEbbin@senate.virginia.gov. You can also reach us at our new Richmond phone number 804-698-7539.

It is my continued honor to represent the people of the 39th Senate District.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before 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.volunteeralexandria.org
ALIVE! Volunteers are needed to assist with multiple programs relating to their Food Program,

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

dria 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, [\[teers.org\]\(http://teers.org\), 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 \[dondrea@aol.com\]\(mailto:dondrea@aol.com\).
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 \[www.alive-inc.org/volunteer.htm\]\(http://www.alive-inc.org/volunteer.htm\) or contact the](http://stemvolun-</p></div><div data-bbox=)

SEE BULLETIN, PAGE 5



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Early Voting Begins For March 5 Presidential Primaries

Early voting begins for the March 5 dual presidential primary elections in the City of Alexandria. The ballots will contain a contest for either the Democratic or Republican nominee for President of the United States. In dual primary elections, voters may vote in either primary, but not both. They must indicate their choice to the Pollbook officer and may not be challenged on their choice.

All registered voters in Virginia are eligible to vote early by mail or in person.

VOTING IN PERSON

The deadline to vote early is Saturday, March 2, at 5 p.m. In-person early voting hours are as follows.

Office of Voter Registration & Elections
132 N. Royal St., Suite 100

Early voting begins Friday, Jan. 19, 2024

Monday through Friday, 8 a.m. - 5 p.m.

Closed Monday, Feb. 19, 2024

Additional and Extended Hours: Saturday, Feb. 24, 8 a.m. - 5 p.m.

Sunday, Feb. 25, 11 a.m.-3 p.m.

Monday, Feb. 26, 8 a.m.-7 p.m.

Tuesday, Feb. 27, 8 a.m.-7 p.m.

Wednesday, Feb. 28, 8 a.m.-7 p.m.

Thursday, Feb. 29, 8 a.m.-7 p.m.

Saturday, March 2, 8 a.m.-5 p.m.

Monday through Friday, 8 a.m. - 5 p.m.

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Tuesday, Feb. 27, 8 a.m.-7 p.m.

Wednesday, Feb. 28, 8 a.m.-7 p.m.

Thursday, Feb. 29, 8 a.m.-7 p.m.

available on the City's Elections webpage.

By calling Voter Registration & Elections at 703-746-4050 to request that an application is mailed to you.

Completed ballots must be either returned to the Office of Voter Registration & Elections by 7 p.m. on Tuesday, March 5, or post-marked by March 5 and received in the office by noon on Friday, March 8.

To vote in person, an application is not required.

Ballot Drop Boxes

Ballot drop boxes will be available at all polling places on March 5, from 6 a.m. to 7 p.m. A secure outdoor drop box, under video surveillance, is available in front of the Office of Voter Registration & Elections, 24 hours a day, through March 5 at 7 p.m.

REGISTERING TO VOTE

The deadline for the normal registration period for the March 5 Dual Presidential Primary Election is Feb. 12. The "Same Day" Registration period begins Feb. 13 and runs through Primary Election Day, March 5, 2024. Visit vote.elections.virginia.gov to register, check registration status, or update an existing registration.

Visit alexandriava.gov/Elections for complete election information, including voter registration requirements, sample ballots, precinct maps and ID requirements.

For more information, contact the Office of Voter Registration & Elections at voters@alexandriava.gov or 703.746.4050.

For reasonable disability accommodation, contact angela.turner@alexandriava.gov or 703.746.4050, Virginia Relay 711.

BULLETIN BOARD

FROM PAGE 4

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.

SEE BULLETIN, PAGE 11



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
FRANKLIN	7964	757	SKILLET RD /RTE 757	STORY CREEK	12/29/2023
FRANKLIN	7858	635	EDWARDSVILLE RD /RTE 635	LYNVILLE CREEK	12/19/2023
ALBEMARLE	712	641	BURNLEY STATION RD	BURNLEY BRANCH	12/6/2023

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit <https://www.virginiadot.org> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.

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Visit our website: www.twopoorteachers.com



Shiloh Baptist Church leaders instruct volunteers who have gathered to make prayer blankets for the community Jan. 15 as part of the Martin Luther King Jr. Day of Service.

Volunteers piece together a prayer blanket during the Shiloh Baptist Church Day of Service Jan. 15 in honor of Martin Luther King Jr.

A Day of Service Shiloh Baptist Church honors MLK legacy.

BY JEANNE THEISMANN
GAZETTE PACKET

Members of Shiloh Baptist Church gathered Jan. 15 for the annual Martin Luther King Jr. Day of Service, creating prayer blankets and winter baskets for distribution throughout the community.

“The blankets are made to en-

courage and comfort the recipient so when they cuddle in the blanket they will feel the warmth of God’s love,” said church member and outreach leader Brenda Alexandria. “With the blankets we send a message that we hope is inspiring and lets the recipient know they are loved.”

The day of service is held in honor of King’s own legacy of service to others.

“We are creating the blankets

“The blankets are made to encourage and comfort the recipient so when they cuddle in the blanket they will feel the warmth of God’s love.”

— Shiloh Baptist Church volunteer leader Brenda Alexandria

for the Northern Virginia Juvenile Detention Center and distributing

winter baskets to Bethany House and the Juvenile Detention Center,”

Alexander said. “Additionally, volunteers will drop off blankets and baskets to Woodbine Rehabilitation, Annie B. Rose and Ladrey House.”

The day is in celebration of the life of the slain Civil Rights leader and “exists to move the nation closer to Dr. King’s vision of a “Beloved Community” by encouraging all Americans to take the time to volunteer and invest in their community.” www.shiloh-bc.org

NEWS BRIEFS

Health Department Shares Details of Measles Exposures

The Alexandria Health Department (AHD) is advising residents about potential exposures to measles in northern Virginia including at Washington National Airport on Jan. 4.

For more, see the news release from the Virginia Department of Health (VDH) titled, Virginia Health Officials Investigating Potential Measles Exposures In Northern Virginia.

People may have been exposed to a person infected with measles if they were at the following locations at the specified dates and times:

- ❖ Dulles International Airport (IAD): the international arrivals area of the main terminal between 4 p.m. and 8 p.m. on Wednesday, Jan. 3, 2024

- ❖ Ronald Reagan Washington National Airport (DCA): Terminal A between 2:30 p.m. and 6:30 p.m. on Thursday, Jan. 4, 2024

All people who may have been exposed should review the news release for recommended actions. Actions are summarized below:

- ❖ Exposed people who have had two doses of a measles-containing vaccine like the MMR vaccine or were

born before 1957 do not need to take action.

- ❖ Exposed people who are not fully vaccinated against measles and born after 1957 should watch out for symptoms until Jan. 25, 2024. Symptoms include a runny nose, fever above 101 degrees, cough, watery red eyes, and rash. If symptoms appear, the individual should isolate and seek care immediately.

- ❖ Those who may be immunocompromised should talk to a health care provider about specific recommendations.

If you have questions about a potential exposure, call VDH at (804) 864-8140 or email epi_response@vdh.virginia.gov.

City to Hold Webinar on Flood Mitigation Grant

and Stormwater Utility Fee Credit Program

City of Alexandria residents and businesses can learn about the Stormwater Utility (SWU) Fee Credit Program and Flood Mitigation Grant Program during a live webinar on Monday, January 22, from 7 p.m. - 8 p.m. <https://apps.alexandriava.gov/Calendar/Detail.aspx?si=57026>

City staff will present details on the two programs and answer questions participants may have.

The City is accepting applications for the Stormwater Utility Fee Credit Program through Feb. 15, 2024; the application window opened on Dec. 1. Property owners can

apply for a reduction — or ‘credit’ — of up to 50 percent on their SWU Fee by installing and maintaining eligible stormwater management practices on their property.

The SWU Fee, which is paid by all property owners as a separate line item on the real estate tax bill, is based on the amount of impervious area — or hard surfaces — on a property. The fee provides a dedicated funding source for the City’s stormwater management programs, including flood mitigation capital projects under Flood Action Alexandria, and operational activities including storm inlet and pipe cleaning.

Applications are accepted year-round for the Flood Mitigation Grant. Property owners can apply to receive a 50/50 matching grant, up to \$5,000 maximum, on costs of approved flood mitigation practices. The program provides financial incentives to install flood protection on properties, which can provide flood relief while the City implements large capital flood mitigation projects.

In October 2023, the City updated the Flood Mitigation Grant Program to open eligibility to all property owners, removing the requirement to show past flooding. The update also included eligibility for condo associations to apply for a 50/50 matching grant, up to \$25,000, on work completed on association common areas.

The Jan. 22 webinar will be held from 7 p.m. -8 p.m. It is open to the public and will be hosted via Zoom.

SEE NEWS BRIEFS, PAGE 9

MLK DAY 2024

PHOTOS BY JANET BARNETT/GAZETTE PACKET



Sen. Mark Warner (D-Va.) delivers remarks at the Dr. Martin Luther King Jr. memorial program Jan. 15 at the George Washington Masonic National Memorial.



Rosa Byrd, chair of the MLK Jr. Memorial Planning Committee, acknowledges the crowd at the Dr. Martin Luther King Jr. memorial celebration Jan. 15 at the George Washington Masonic National Memorial.

Honoring the Legacy

FROM PAGE 1

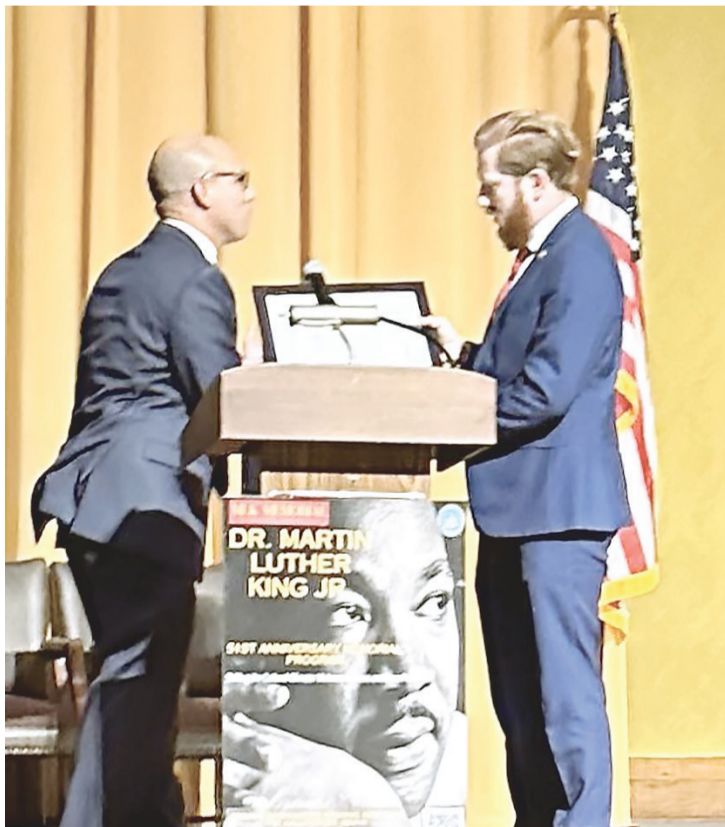
“I would say that if America is to remain a great nation we must be more respectful of one another,” Warner said. “If America is to remain a great nation it must finally end the scourge of racism. It must honor its word and stand by nations like Ukraine. If America is to remain a great nation we must realize and decide that, quite honestly, there is a lot more that unites us in this room than divides us.”

Musical interludes were provided by The Yellow Door Concert Series Ensemble, the Saint Joseph’s Catholic Church Gospel Choir, soloists Tanya Brown-Randolph and Ira Coats Jr., dancer Shannon Byrdsell, the Howard University Step Team and Alexandria Poet Laureate Zeina Azzam. Anwar Khan of Islamic Relief USA provided reflections.

Mayor Justin Wilson presented a proclamation of appreciation to Derrick Sanders of the George Washington Masonic National Memorial recognizing the day and the significance of the Memorial to the city.

Said Warner in closing, “If America is to remain a great nation we must be willing to fight for our democracy.”

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Mayor Justin Wilson, left, presents a proclamation to Derrick Sanders of the George Washington Masonic National Memorial recognizing the contributions of the memorial to the Martin Luther King Jr. ceremony.

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Friends of the Mount Vernon Trail Keep Rolling

Kind words shared online fuel their efforts.

BY MIKE SALMON
THE GAZETTE

Throughout the years along the Mount Vernon Trail, the Friends of the Mount Vernon Trail put in hours of back-breaking work, pulling weeds, flattening root humps and clearing sight lines for thousands of bicyclists that use the trail every year. They don't get paid in dollars but their positivity goes a long way.

One of the group put a lot of the comments they've gotten on "paper," to share with like minds.

"As an all volunteer nonprofit one of the ways we get 'paid' is through the kind words people share online. This past year we have kept a spreadsheet of all the positive comments we received. Here is a collection of some of our favorites," the Friends said on their website.

"Remember, words are powerful! Spread positivity online," they said on the site.

Friends Get Noticed

2023 was a good year for the Friends of the Mount Vernon Trail.

The group won the 2023 Ellen Pickering Environmental Excellence Award; they saw an increase in volunteers; partnered with the Rosslyn Business Improvement District and made 844 trail improvements. Doing all this stuff takes a little more than shoving a few hand shovels in the backpack and riding down to the spot though, so they incorporated the "Vern the Tern GSD and Carla Cargo bike trailer." It's like the 18-wheeler of the bike world. Tern is a brand of electric bikes and GSD stands for "Get Stuff Done."

"The GSD will haul shopping, cargo, two toddlers in rear child-seats, two bigger children, six conventional panniers or a mixture of these things," the website says. Also it will pull a trailer.

All of the Friends materials are purchased with contributions. To contribute, go to <https://mountvernontrail.org/>

Surely passing a bike (Tern GSD) on the path that's towing "Carla Cargo bike trailer," is going to turn many heads because this is something new to the bike world in Mount Vernon. Sometimes a backpack just won't cut it anymore. This bike trailer apparatus is straight out of Europe where bike commuting and errand-running is more prevalent. To start off with, the Tern bikes have a back "deck," for hauling stuff that can be folded out in a "doublewide," configuration for groceries, tools and more.



PHOTOS CONTRIBUTED

Words of encouragement for the Friends group.

Then add the trailer, like one of the Friends of the Mount Vernon Trail has and the possibilities for "cargo-carrying solutions," increase. In Alexandria, Tern bikes and equip-

ment are available at Conte's Bike Shop on the corner of King and Henry Streets.

"Most people get these to carry, or be prepared to carry, more than what

your average backpack will support comfortably while cycling," said Conte manager Raven Vickers. Apparently that is the case with the Friends of Mount Vernon Trail trailer.



One of the trail volunteers is heading out with "Vern the Tern GSD and Carla Cargo bike trailer," which is the "18-wheeler," of the bike world.



For the efforts on Martin Luther King Day of Service, the bike trailer was needed big time.

ENTERTAINMENT



Visions of Resilience: Art for Climate Justice can be seen at Del Ray Artisans Jan. 5-27, 2024.

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 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/>

JAN. 5-27, 2024

"Visions of Resilience: Art for Climate Justice" exhibit. At Del Ray Artisans, 2704 Mount Vernon Avenue, Alexandria, in partnership with the Changing Planet Justice Foundation, raises awareness about climate change and its impact on marginalized communities. By conveying issues through the universal language of image, we encourage action towards a just, climate-friendly future. Reception: Friday, January 5, 7-9 p.m. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays and Sundays 12-6 p.m. (closed January 28). DelRay-Artisans.org/exhibits

JAN. 11 TO FEB. 18

A Delicate Balance Sculpture. At the Athenaeum, Alexandria. Curated by Jackie Hoysted and produced by Veronica Szalus, A Delicate Balance is an all-sculpture show that explores the idea of achieving equilibrium. Perhaps more than ever, today we have a greater awareness of how everything operates in such a delicate balance - be it ecosystems, politics, relationships or personal well-being. We must navigate life without tipping too much in one direction so that we can strive for harmony, but at times something radical is required to achieve it.

JAN. 19-28

Alexandria Restaurant Week. For 10 days and two weekends, more than 70 restaurants in Alexandria will offer a \$30, \$40 or \$50 in-person dinner for one during Alexandria Restaurant Week, January 19 to 28, 2024. Special menus are available in-person at participating restaurants throughout Alexandria's neighborhoods, including Old Town, Del Ray, Carlyle, Eisenhower and the West End. The revised three-tiered pricing structure reflects feedback from Alexandria Restaurant Week participants following the 2023 summer promotion.

SATURDAY/FEB. 3, 2024

Sherlock Holmes and the Case of the Missing Maestro. 3 p.m. At George Washington Masonic Memorial, 101 Callahan Drive, Alexandria. When the orchestra is ready to begin their concert and suddenly discover the Maestro is nowhere to be found they begin to panic. Thankfully the world's greatest detective is available and agrees to take the case. All the musicians are suspects and thus Sherlock Holmes must investigate each of the instrument families to deduce who is behind the mystery. With Enrico Lopez-Yanez, Guest Conductor.

FRIDAY/FEB. 9

The Thirteen Presents "Path of Miracles." 7:30 p.m. At St. Luke's Episcopal Church, 8009 Ft. Hunt Road, Alexandria. In Path of Miracles, British composer Joby Talbot takes the listener on a musical journey on the mystical Camino de Santiago de Compostela. The contemplative progression of the Camino is built into the structure of the work, with the four movements of the work titled after the four main posts along the Camino. Talbot incorporates various medieval texts in many languages and musical styles as diverse as those of Taiwanese Bunun people and medieval chant. Paired with projected images of the cosmos by renowned Italian virtual designer Camilla



Alexandria Restaurant Week is Jan. 19 to 28, 2024 at restaurants in Alexandria.

Tassi, The Thirteen's performances of Path of Miracles promise to be replete with beauty and wonder.

SATURDAY/FEB. 10

37th Annual Mount Vernon Town Meeting. At Mount Vernon High School, 8515 Old Mount Vernon Road. Times: 7:45 a.m. to 9:25 a.m. - Exhibit Hall Open; 9:30 a.m. to noon - Program: Speakers, Audience Q&A and Virtual Tour; Noon to 1:30 p.m. - Taste of Mount Vernon.

FEB. 10-11

Alexandria Symphony Announces ASO at 80 Project

Saturday, February 10, 2024 at 7:30 p.m. at Rachel M. Schlesinger Concert Hall and Arts Center;

Sunday, February 11, 2024 at 3:00 p.m. at George Washington Masonic Memorial.

Four original pieces, commissioned in honor of the 80th anniversary of the Alexandria Symphony Orchestra (ASO), will be presented as part of the ASO at 80 Project. Led by Music Director James Ross, the commissions will premiere throughout the 2023-2024 season as introductions to four of the five performances.

On February 10 and 11, 2024, the program entitled "Do Not Go Gentle" opens with Milad Yousufi's Aurora,

drawn from his experience as an Afghan refugee and inspired by a poem dedicated to his mother. His works express both his pride in his country of birth and his longing to return. Visit www.alexsym.org.

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.

JANUARY

Wed. 17: ALL YOU NEED IS LOVE:

An All-Star Band Celebrates THE BEATLES 60th Anniversary in America, featuring Kasim Sulton, Steve Kimock, Prairie Prince, Gil Assayas, Bobby Lee Rodgers, Mark Rashotte, Andy Forgie, with narration by Michael Des Barres \$64.00

Fri. 19: Newmyer Flyer Presents LAUREL CANYON: Golden Songs of Los Angeles 1966-72 \$35.00

Sat. 20: Lyfe Jennings \$75.00

Wed. 24: Herman's Hermits starring Peter Noone \$55.00

Fri. 26: Who's Bad - The Ultimate Michael Jackson Experience \$39.50

Sat. 27: Dar Williams with The Nields \$45.00 SOLD OUT!

Sun. 28: Forever Tina - A Tribute to the Queen of Rock N' Roll \$39.50

FEBRUARY

Fri. 2: Will Downing \$79.50

Sat. 3: Will Downing \$79.50 SOLD OUT!

Tue. 6: Rosanne Cash: ReInventing The Wheel 1993-2023 with John Leventhal and Band \$79.50

Wed. 7: Rosanne Cash: ReInventing The Wheel 1993-2023 with John Leventhal and Band \$79.50

Thu. 8: Aaron Watson w/ Jenna Paulette \$29.50

Fri. 9: Dave Hollister \$55.00 SOLD OUT!

Wed. 14: Kevin Ross \$65.00

Thu. 15: The Amy Winehouse Celebration: back to BLACK TO BLACK \$29.50

Fri. 16: NRBQ \$45.00

Sat. 17: The Dramatics featuring L.J. Reynolds \$59.50

Sun. 18: Neil Diamond Tribute starring DAVID CARLIN KING and The Gold Diamond Band \$45.00

Thu. 22: Corey Smith Band w/ Jeb Gipson - All Standing in the Flex Stage! Doors 6pm \$35.00

Fri. 23: TWEET \$45.00

Sat. 24: Tarsha Fitzgerald Presents DEVOTION: An Earth Wind & Fire Experience \$39.50

Sun. 25: Daryl Davis Presents: Thanks For The Memories 2023! \$39.50

Wed. 28: Sara Evans \$69.50 2nd Night Added!

Thu. 29: Sara Evans \$69.50 SOLD OUT!

NEWS BRIEFS

FROM PAGE 6

Tavern Games Night

Gadsby's Tavern Museum invites you to Tavern Games Night on Jan. 19. The event, scheduled from 7-9 p.m., will be held at Gadsby's Tavern Museum located at 134 North Royal Street in Alexandria. Tickets are \$25 per person and must be purchased in advance. Attendees must be 21 and older.

Immerse yourself in the enchanting world of historical gaming as Gadsby's Tavern Museum brings the 18th-century "sporting" culture to life. Join us for an engaging presentation on the gaming customs of the era, followed by the oppor-

tunity to try your hand at a variety of authentic 18th-century games.

Sip on drinks in the historic ambiance of Gadsby's Tavern, where influential figures like George Washington once gathered centuries ago. The evening promises a journey back in time, offering a blend of history, entertainment, and camaraderie. The admission cost includes one drink ticket, and additional beverages will be available for purchase during the event.

Purchase your tickets in advance at shop.alexandriava.gov/Events.

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Legals

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Winter Weather Precautions for People with Dementia

Winter weather conditions — colder temperatures, snow, ice and early darkness — can be dangerous and even life-threatening for 150,000 people living with Alzheimer's and other dementia in Virginia. For their 354,000 caregivers, the stress and challenges to keep their loved ones safe during this time can be overwhelming. By preparing in advance, caregivers can make a big difference in keeping their loved one with safe.

"People living with Alzheimer's and other dementia can be vulnerable during winter weather because their judgment may be impaired and they may be unable to communicate discomfort," said Cindy Schelhorn, senior communications director with the Alzheimer's Association National Capital Area Chapter. "It's really important to take extra precautions with these individuals when there is severe winter weather or other excessive weather conditions like snow or ice."

- ❖ Be prepared. Check weather conditions regularly and have emergency plans in place.
 - ❖ Bundle up. Help the person living with Alzheimer's dress warmly for winter weather conditions by wearing dry, loose-fitting layers and covering exposed skin.
 - ❖ Prevent slips. Balance and mobility can be a challenge for a person living with Alzheimer's or dementia. Assume all surfaces are slick; assist the person by taking smaller steps and slowing down.
 - ❖ Take advantage of the daylight. Winter months bring decreased sunlight and shorter days. Visual perception can be a challenge for those living with Alzheimer's or other dementias, and can cause increased confusion or disorientation in dark or shadowy environments both inside and out.
 - ❖ Prevent wandering. Wandering is one of the most frequent and challenging problems that caregivers face and can be extremely dangerous in colder conditions. Shorter days during winter months can also increase the risk of "sundowning." Monitor closely for agitation or restlessness as day transitions into night. Tips to combat sundowning: <https://www.alz.org/help-support/caregiving/stages-behaviors/sleep-issues-sundowning>
 - ❖ Buddy up. An Alzheimer's Association survey says a whopping 84 percent of caregivers said they would like more support in providing care for someone with Alzheimer's or another form of dementia, especially from their family. It can be hard for caregivers to find time to complete simple tasks outside of the home. Don't hesitate to ask others for help with errands, grocery shopping or with snow/ice removal.
- More safety tips can be found by visiting the Alzheimer's Association website at alz.org/safety. The Alzheimer's Association 24/7 Helpline also provides free reliable information and support to all those who need assistance. Call the Helpline toll-free anytime at 800-272-3900.*



Del. Paul Krizek is warning that English Ivy planting should be discontinued to protect our native environment and is providing the means for localities to establish local sales ban ordinances for the plant and its cultivars



English Ivy's rapid growth and quickly blanket understory areas, out competing native plants.

The English Enemy Is Here

Delegate warns of ivy invasion, proposes remedy.

BY SUSAN LAUME
THE GAZETTE

American colonist Paul Revere famously warned, "the British are coming," as British forces advanced before the battles of Lexington and Concord in 1775. Our local modern day patriot, Del. Paul Krizek, is warning "the English Ivy is here."

In this year's session of the Virginia General Assembly which convened last week, he warns of the insidious attacker of native trees and other plants, arguably as worthy of warnings than the very visible red-coated British troops. Krizek's bill, House Bill 1167, would allow localities to establish ordinances to prohibit the

sale of English Ivy and its hybrids or cultivars, from sale within its jurisdiction and to establish penalties, with limits, for violations.

Krizek, in his ninth year in the General Assembly, says a constituent alerted him to how pervasive the invasive woody vine, *Hedera helix*, has become in the area. Originally from England, it is believed to have been introduced to Northern America about 1727 by European colonists. It was appreciated for its evergreen foliage and ground cover habit. Its Latin name, meaning 'coiling vine' describes part of its ability to overcome other plants. Its dense growth habit and ability to climb for sun allows it to out compete other vegetation on the ground, and can kill even a mature tree by climbing into the canopy denying nutrients to the tree.

The ivy is invasive, easily escaping the confines of individual gardens and spreading with the help of birds and other seed carriers of its small toxic black berries. Dense areas of ivy are known to attract and harbor rats, which use the plants for cover; and for mos-

quitos and spider mites which are drawn to the water held by the leaves and vines.

Homeowners might be drawn to use ivy in landscaping given the respected look of the hallowed walls of 'Ivy League' colleges. Colleges in the league were named for Boston Ivy, which is not a true ivy. Boston Ivy (*Parthenocissus tricuspidata*), a deciduous, not evergreen, vine, which attaches to surfaces with tendrils tipped with sticky disks. The plant is able to glue itself to the structure without damaging the building surface.

In contrast, English Ivy uses aerial roots to attach itself and can penetrate cracks and joints in building brick or wood walls, and bark, causing structural damage. A steep price to pay for a year-round green ground cover.

As a result many local gardeners have put English Ivy first on their list to remove and replace in their gardens.

For information about attractive native plant alternatives for English Ivy and other non-native plants, see www.plantnovanatives.org

Nothing Much to Say



By KENNETH B. LOURIE

Given that it's Mon., Jan. 1st and the Connection is in the middle of a two-week hiatus from publishing, I am nonetheless attempting to write a relatively time-sensitive column ahead of its Jan. 17th publication date, as a column for Jan. 10 has previously been submitted. Which as you regular readers know is part of what I try to do weekly, so you all are current, to the degree my "currency" matters that is. And writing something current on Jan. 1st for publication on Jan. 17th is hardly likely to be current.

Moreover, considering the 24/7 news cycle, especially as it relates to cancer patients, two-plus weeks is an eternity and is the very definition of stale. Yet here I sit, pen in hand, trying to write something that will still be fresh - and interesting, in 16 days or so. Here goes:

For the moment (more like two weeks going on three; not sure if the end is in sight), I am off my cancer medicine. Unfortunately, for the wrong reasons: side effects negatively impacting a major organ. I have always feared that my cancer treatment might have to be adjusted/stopped because the side effects were causing other problems. (I saw this happen to my mother-in-law as she finally succumbed to the cancer in her liver.) My other problems have mostly involved my kidneys. Problems caused by the introduction of chemotherapy (an extremely harsh chemical at its worst) into my body. A treatment which while effective at killing cancer cells, is also killing other cells, and as it happens, is filtered through the kidneys as it exits the body. Chemotherapy (not all), but the ones selected for my lung cancer, are hard on the kidneys. Aside from many of the side effects with which most people are familiar: hair loss, fatigue, loss of appetite, to name a few, the less obvious - to the naked eye/casual observer, is what the chemotherapy is doing internally to the patient's major organs. And for the doctor to keep tabs on these effects, regular lab work is required. And it's this lab work which tells the tale initially about your internal affairs. Affairs which might not manifest in any tangible way. The way you find out is the doctor tells you. My tale has been mostly about my creatinine level, a measure of kidney function. Recently my potassium level likewise rang the bell, so its measure has now become as important as my creatinine, and 'important' meaning, how it adversely affects other organs.

So much so that a nephrologist is now on the team (and part of my lab work includes orders from her). I'm grateful for the attention but fearful of the consequences. Consequences which don't likely bode well. But I'm getting ahead of myself.

Nevertheless, I am now entering uncharted territory: a cancer patient who, due to complications/side effects of the medicine used to treat the cancer tumors, is no longer on that or any other anti-cancer medication - for the first time in 14-plus years (and not because I'm in remission; conversely, I may be in trouble though). But since my next lab work is not for another week (Jan. 8), what I know now (actually don't know) is as current as the subject matter is going to be. Therefore, in my mind, this waiting period/period of relative inactivity means that all the medical news - about me, that's fit to print, is mostly what I've written about today. There will be nothing new until Jan. 9-ish (too late for the Jan. 10 edition), so the update will have to wait until Jan. 17th. And therein lies my writing dilemma: what can I write about now that won't be old news when it ultimately appears in print? Not that I'm going to be penalized for submitting material that on the day it's made public might be mostly irrelevant, it's more that it might be a waste of your time to read it. But given the timing/timetable, I can only try to write an inevitable wrong by advising you all of the facts when I knew them - weeks ahead of when this column is printed, and let the chips fall where they may.

Chips which very well may change the course of my history. A history which semi baffles the medical professionals entrusted with my care. In short, I've lived longer that originally "prognosed," and my body (including those pesky 'major' organs) have endured the rigors of chemotherapy well. Until now, that might be. And now I may have crossed the Rubicon. The party, such as it's been, may be over. Granted this is all preliminary and simply the musings of a cancer patient dealing with the little information being in the wrong hands: mine, but with nothing to know/learn for two weeks, all I can do is "muse" - and try not to make myself miserable in the interim. Perhaps there's a plan "B" and only time, as they say, will determine whether the content of this column is simply a moment in time, or whether it's a turning point that will change my future/present when all the medical data is reviewed. If you're interested, as Rachel Maddow says: "Watch this space."

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

BULLETIN BOARD

FROM PAGE 5

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 vol-

unteer 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-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.

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.

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