Support Latinx-owned businesses during Hispanic Heritage Month

BY KASSIDY MCDONALD

In the City of Alexandria, there are plenty of ways – and reasons – to celebrate National Hispanic Heritage Month, a nationally recognized month where diverse cultures and rich history are recognized and honored. The holiday began on Sept. 15 and will continue until Oct. 15.

Every year, the month consists of celebrations like festivals, art exhibits, conferences, community gatherings and educational opportunities in cities around the country. Many events will take place in the city, such as the Hispanic Heritage Fiesta, multiple dance and coffee workshops, art celebrations, book discussions and bilingual storytimes.

Originally, the holiday began as only a week-long celebration in 1968, known as Hispanic Heritage Week under President Lyndon Johnson. It was expanded by President Ronald Reagan in 1988 to last a month starting on Sept. 15 and ending on Oct. 15. The holiday was enacted into law on Aug. 17.

Christopher and his wife Janina own Via Volcán.

Alexandria’s ‘werewolf killer’: A deeper dive

Judge orders social media ban following dating profile concerns
BY OLIVIA ANDERSON

A man who killed a stranger in Old Town several years ago while having a mental break – during which he thought the stranger was a werewolf – has recently been ordered to stay off of social media. Following a conditional release from a mental health facility earlier this summer, his online dating profile sparked concerns.

On July 13 2018, Pankaj Bhasin, 34, stabbed Bradford Jackson, 65, more than 50 times in Window Universe on King Street, breaking his neck in the process. Bhasin, who was from New Jersey, was discovered naked in a car nearby and arrested for the slaying.

A year later, Bhasin was found not guilty by reason of insanity. He spent the past three years in the Northern Virginia Mental Health Institute and was released earlier this year. Upon release, Bhasin created a Facebook page and dating profile where he claimed to have just returned from traveling.

“An easy going adventurer who believes in universal connection with all and love to explore n try new things. Also, recently getting back from two years of travel,” his dating profile bio read.

Bhasin’s profile also stated that he enjoys “travel, kayaking, dancing, photography, camping, reading, concerts.

Agenda Alexandria hosts safety panel

Speakers include former superintendent, ACPS and APD representatives
BY OLIVIA ANDERSON

To ring in its 2022-2023 season, Agenda Alexandria hosted a program on Monday night at the George Washington Masonic National Memorial that explored all things safety, discipline and wellness in regard to the historic and current practices of Alexandria City Public Schools.

The program, called “Are The Kids Alright?,” was modified to be virtual.

Agenda Alexandria’s Monday night panel featured conversations about safety and discipline in ACPS.
“Bonnie and Courtney Rivkin helped my family buy the home of our dreams and sell our current home during a very unpredictable housing market (spring 2022 in Alexandria, VA). We are SO grateful to them for their expertise, strategic thinking, kindness and hustle throughout the process. They were a pleasure to work with. Bonnie and Courtney are locals with a tremendous knowledge of the area (22301 and 22302, in our case). They know all the nuances to every neighborhood and are extremely well-connected with other realtors, which came in VERY handy when we bought our home. Having a duo also meant more communication, availability and expertise. I’d recommend the Rivkin Group to anyone!”

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More than 350 people gathered in Market Square on Sept. 24 to honor the lives of two of Alexandria’s lynching victims in a Soil Collection Ceremony.

Attendees included, but were not limited to, descendants of the victims, Alexandria Black History Executive Director Audrey Davis, City Councilors, Beth El Hebrew Congregation’s Rabbi David Spinrad, Alexandria Poet Laureate Zeina Azzam and several Alexandria City High School students who will attend a pilgrimage to the National Memorial for Peace and Justice in Montgomery, Ala. next month.

The ceremony commemorated Joseph McCoy, a 19-year-old Black teenager who was lynched at the southeast corner of Cameron and Lee Streets on April 23, 1897, and Benjamin Thomas, a 16-year-old Black teenager who was dragged more than half-a-mile by a white mob and lynched at the corner of King and Fairfax Streets on Aug. 8, 1899.

Held by the Alexandria Community Remembrance Project, the event involved attendees scooping soil from two wooden vessels into glass jars until they were full. The jars will be given to the Equal Justice Initiative during the pilgrimage, which is set for Oct. 6 to 10.

Soil Collection Ceremony honors victims

Beautification Commission seeks nominations

The Beautification Commission is looking for nominations for public properties or individual or group activities/efforts that promote the beautification of Alexandria for their 2022 Alexandria Community Beautification Awards, according to a news release. Nominations from the public are open now through 6 p.m. on Oct. 14.

Examples of possible nominations include cleanups, invasive plant removal, public parks or other public properties that contribute to the beautification of the city through landscaping, architecture and/or environmentally sustainable practices, says the release.

To submit an effort for nomination, visit https://survey.alexandriava.gov/s3/2022-Beautification-Award-Nominations-Community and fill out the form. For additional information on the Beautification Commission and their Community Beautification Awards, visit www.alexandriava.gov/Beautification.

Meet Able!

Able, a Basset-Corgi, is four years young and ready to party. This sweet girl has a personality as distinctive as her looks, from her giant ears to her stubby legs to her permanent grin: Able is excited about everything. Able loves long walks and trips to the park and then a nap. Sounds like a perfect mix.

AlexandriaAnimals.org/Adopt-By-Appointment
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Inova Health System will host a virtual community meeting on Oct. 17, at 6 p.m. to provide an update about the development proposal for the new hospital campus, according to a news release.

The proposal includes plans for a new hospital, a cancer center, a specialty care center and is set to be built on the former Landmark Mall site. Representatives from Inova and their design consultants will present the current development proposal on Zoom and answer participants questions and concerns.

If interested in attending the virtual meeting, use this link https://thelandlawyers.zoom.us/webinar/register/WN_tMB7CAAjSDWeCvfQdZWdA to register in advance.

For more information and any questions visit https://www.alexandriava.gov/Landmark or email cpuskar@thelandlawyers.com.

Inova Hospital hosts virtual meeting

Archeology month approaches

Saturday marks the beginning of both October and Virginia Archeology Month, which the City of Alexandria plans to celebrate with various events online, throughout town and in the Alexandria Archeology Museum, according to a news release.

To kick off the month, the SeeWorthy Archeology Festival is set for Saturday from 11 a.m. to 3 p.m. at Ben Brenman Park, located at 4800 Brenman Park Dr.

On Oct 11, the Alexandria Archeology Museum, located at 105 N. Union St., will hold an Indigenous Peoples’ Day Exhibit Case Uncovering from 11 a.m. to 4 p.m. That same day, the Ben Brenman Awards will be presented at the City Council meeting which begins at 7 p.m.

Archeology Along the Waterfront, which offers guided walking tours along Robinson Landing with city archeologists, will take place on Oct. 15 at 12:30, 1:30, 2:30 and 3:30 p.m. at 7 Pioneer Mill Way.

Finally, on Oct. 26 there will be a virtual lecture of “A City Build on Ships” with Dr. Chris Dostal from 7 to 8 p.m. The event will outline the latest discoveries from digitally reconstructing four 18th-century Alexandria ships.

Winning lottery ticket bought in Alexandria

Eric Austin of Capitol Heights, Maryland stopped at the 7-Eleven on 504 John Carlyle St. in Alexandria to purchase scratch-off tickets and ended up winning $7 million, according to ABC 8 News.

Austin picked up the tickets in the morning before work and took them with him to his office. While having breakfast, he scratched the numbers and realized he had won $7 million in the 100X The Money game. The odds of winning the top prize in this game are 1 in 2,611,200.

Austin had the choice of the $7 million prize in annual payments over a 30-year period or a one-time cash option of $4.2 million before taxes. The 7-Eleven store on John Carlyle who sold the winning ticket will also receive a $10,000 bonus from the Virginia Lottery. Austin ended up choosing the one-time cash option as his prize, according to Patch.com.

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Source: BrightMLS.

Don’t Just Get it on the Market, Get it the Attention it Deserves

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Source: BrightMLS.

Diann Hicks Carlson
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1988, according to the U.S. Census Bureau.

National Hispanic Heritage Month also celebrates the independence days of several Latin American countries, including Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua on Sept. 15, Mexico on Sept. 16 and Chile on Sept. 18, according to the U.S. Department of Education. Here in Alexandria, the Hispanic population is growing – 16.4% of city residents identified as Hispanic or Latino in the U.S. 2021 Census.

An important aspect of celebrating Hispanic culture involves business. Discovering and supporting small family-owned Latino businesses in the city is a surefire way to learn more about different types of diverse cultures.

Via Volcán is a family owned business that sells single responsibly sourced origin specialty coffee from Panama. It is owned by Christopher McCausland and his wife Janina. Their daughter, Ana McCausland, also works for the family business part time.

The story of how the family's micro-roastery opened a storefront in Old Town is filled with love, passion and rich Panamanian culture. It began when Christopher met his wife Janina living and traveling throughout Latin American countries for his job with the government. Janina's family taught Christopher about the practice of owning a coffee farm and how to brew coffee in the region. The couple then purchased their own farm for growing coffee in 1998 and began planting.

“My family has a lot of history in that province,” Ana said. “My great great grandfather was the mayor of one of the little towns called Boquete. It’s just a beautiful place with a lot of coffee culture.”

The way in which their coffee business name came about is special to the McCausland family and the Chiriquí Province. The farm is located on highland slopes of the Barú Volcano on 22 hectares of land and can only be accessed by driving eight hours from the city.

“That is how the name came about … when we were on our way to the farm, we...
With over 40 years of experience and over 4,000 real estate transactions, Heather Corey is a seasoned professional who maintains an enthusiastic passion for her calling. She has been named the Top Agent in the state of Virginia by The 2022 REAL Trends & The Thousand Rankings; she has also been named TTR Sotheby’s Top Individual Producer for the firm’s Alexandria office for the past six years. When working with Heather, you don’t just get it on the market, you get it the attention it deserves.
Obituary

Martin Joseph May

Martin Joseph May, known as "Marty" to friends and family, passed away of COVID-19-related complications at Alexandria Hospital on Sept. 15 at the age of 79.

The fourth of 10 children, Marty grew up in Alexandria, Va. and later moved to Fredericksburg, Va. He served as a paratrooper in the 82nd Airborne and owned his own roofing company, deftly hopping up on roofs well into his 70s. Marty was a true outdoorsman, loved being out on the water and could fix anything put in front of him.

He was kind-hearted, humble beyond compare and would give anyone the shirt off his back. He loved animals and rescued many neighborhood critters, large and small.

Marty was preceded in death by his parents Wilbert and Helen May and brothers Richard and Louis. He is survived by his wife Carolyn Conoboy, daughters Mary Conoboy (Marc), Christine Conoboy, Eileen Conoboy (Mark), Christina Caldwell, Karen May, Michelle McNaughton, siblings Joann O'Donnell (Jerry), John May (Kathy), Paul May (Patty), Mary Benjamin, Christine May (Bob), Stephen May (Muriel), Rita Mauck (Jim), and many grandchildren, great-grandchildren, nieces and nephews.

Online condolences can be made at www.everlywheatley.com/tributes/Martin-May.

HISPANIC HERITAGE FROM | 6

Via Volcán’s branding of being small and Hispanic owned, casual and also leaves customers with the impression they are “drinking the best coffee in the world,” Ana said.

The McCausland family wanted to purchase a location in Old Town because they were drawn to the quaintness and charm of the neighborhood and felt as though the vibe matched what their business stands for being small and family-owned. While the family didn’t have crazy expectations for the business, Christopher, Janina and Ana all had a passion for coffee and for sharing Panamanian culture through coffee. The way Via Volcán’s coffee is sourced differentiates it from other types of coffee. Plus, it’s considered a delicacy because of its distinctive Panamanian flavors.

“We’re not at Starbucks. Our expertise is not drinks, our expertise is roasting the perfect coffee beans. When you walk into our store in Old Town you definitely get that sense that this is a family-owned place. My mom is there greeting customers while my dad is in the back roasting,” Ana said.

Via Volcán offers two types of coffees and grows two types of beans on the farm in Panama. In the future, they plan to grow even more beans and introduce more varieties on their 22 hectares of land. Their practices are all environmentally friendly, Ana said, and they air dry all of their coffee beans. They installed electricity on their coffee farm, but it was always a side business for Christopher while his main job involved working for the state government.

“He’s been roasting coffee basically his whole adult life,” Ana said about her father. "Even with us growing up, I would wake up to the sound of the crackling of the coffee roasting in a pan. At some point, he just evolved from roasting a coffee in a pan to getting his own roaster. We’re just like a coffee family - so we all drink coffee together and it’s a big part of Panamanian culture and who we are as a family.”

The family finally moved to the U.S. after years of the children growing up between Panama, Colombia and Mexico for Christopher’s job. Once they arrived in the states, they decided it was finally time to commercialize their coffee business and create their family-owned coffee brand.

Ana was passionate about the business from the very beginning and wanted to help her parents make their dreams come true. They started in a kitchen, where many other businesses in the DMV start before they are able to open their own storefront locations. While at the location they designed the logo and concept of their business idea.

In December 2020, Christopher and Janina opened the brick and mortar storefront in Old Town. They worked with Panamanian architects and interior designers to help them conceptualize their store – both inside and out. Using Panamanian designers and architects was in sync with...
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they use energy in the region. Every year Ana goes to Panama to take videos and pictures, as well as to check on the farm. “We’re doing everything ourselves,” Ana said. “Which we are pretty proud of, but there is also a lot of learning from that.” Since opening their storefront, the McCausland’s have begun importing their Panamanian beans from their beloved farm and roasting them in Old Town to share the culture of Panamanian coffee. They also sell their coffee in an online store and at the Cleveland Park Farmer’s Market in Washington, D.C. every Saturday morning. This market has been an influential vehicle for their success due to the continued support other small businesses give each other.

Ana said she is proud of the praise the family business has received, adding that Via Volcán has customers who come every single week, which shows how much success the business has had in the two years they’ve been open.

Ana also said she admires her parents and their dedication to this business. Their “immigrant mentality” is something that she inherited; it drives her work ethic and goal to realize the business’ full potential.

“We made a decision to start this business in the U.S. and not in Panama ... which was a hugely uncomfortable idea for my mom, but in the end she persevered to the point that she loves it and is always there – [Via Volcán] is her baby. There’s also something beautiful about how [Via Volcán] has brought their marriage together ... and there’s also a lot to be said about becoming an entrepreneur in your 50’s and an immigrant in your 50’s,” Ana said.

For the rest of National Hispanic Heritage Month, Via Volcán is celebrating by offering customers a free drink in store with any online purchase. Ana will also be at Barrett Library on Oct. 7 for “Charla de Café,” a workshop that will highlight the McCausland’s story, have video footage from the farm in Panama and also have coffee samples for attendees to try.

“It’s really exciting because we didn’t really expect much out of this,” Ana said. “We just walked into it with a passion for the coffee and hoping people would love it as much as we do.”

-kmcdonald@alextimes.com
Story of a Sale

Mary Ellen most recently helped a buyer win a competitive offer situation for a desirable historic Prince Street home. Using her network and expertise, she was able to get her client into the listing first, obtain a Professional Engineer structural assessment and negotiate a winning offer with the listing agent. In doing so, her client was able to purchase their dream home in Old Town, Alexandria. Looking for the same results and smooth transition? Mary Ellen can do the same for you! Please reach out for a consultation. Mary Ellen would be happy to leverage her expertise for you.
WEREWOLF

n all things fun.” It also read that he is fully vaccinated and an “ENFP-A” personality type.

Soon after it was posted, several women and prosecutors came across the dating profile. Sarah Bryen, a friend of Jackson’s, was one of the first people to see the profile, which she said completely stunned her.

“How do you even react? It’s crazy,” Bryen said. “Dating online is pretty much scary enough as it is … this just goes to show I guess you don’t know who anyone really is.”

Bryen told the Times that when someone sent her the profile, she felt an immediate duty to post it as a public service to others.

“I just felt obligated,” Bryen said. “Just from my perspective, I know that I wouldn’t want to meet that person or have any of my friends meet that person.”

The ‘how’

In the state of Virginia, when someone is acquitted for a crime with the insanity defense, there is no middle ground of criminal culpability; the acquittee is found not guilty and instead enters the state mental health process.

According to the Virginia Department of Behavioral Health and Developmental Services, the definition of legal insanity states that “a person accused of a crime can acknowledge that he committed the crime, but argue that they are not responsible for it because of a mental illness or a ‘mental defect.’”

Although not written directly into state code, case law has developed an insanity test to determine whether the defendant was in fact insane at the time of the offense. The test states that as a result of a mental disease or effect, the defendant did not understand the nature, character and consequences of his or her act; or was unable to distinguish between right from wrong; or was unable to resist the impulse to commit the act.

Because Bhasin was found not guilty by reason of insanity in 2019 following a mistrial on a hung jury, he bears no responsibility for the slaying and cannot be punished in any way. At the time, five mental health professionals and two expert witnesses testified about Bhasin’s severe bipolar disorder and psychosis, leading to the conclusion that Bhasin met the definition of legal insanity.

Bhasin spent the past three years in the Northern Virginia Mental Health Facility, after which he was granted conditional release for his progress.

According to state code, a DBHDS commissioner may petition the court for conditional release if he continues to require inpatient hospitalization based on consideration of the factors.

The Alexandria Court granted Bhasin conditional release several months ago, with a conditional release plan prepared by the hospital, community services board and behavioral health authority. Following his release, Bhasin’s attorney Peter Greenspun said in a statement to the Times that Bhasin “worked exceedingly hard throughout his treatment” and is doing “extremely well.”

“None of this diminishes in any manner the tragedy of the death of Bradford Jackson and the overwhelming loss to his many family members and friends,” Greenspun said. “Mr. Bhasin has expressed his remorse for Mr. Jackson and those who knew him in every setting possible, including in his treatment. While those expressions may, understandably, not be enough for those who are suffering, it is sincere and constant, and has been an important part of his recovery.”

But Bryen criticized both Greenspun’s statement and...
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“I don’t think you can be ‘remorseful’ and then move on with your life by deliberately deceiving people,”

– Sarah Bryen, friend of victim Bradford Jackson

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the amount of time Bhasin spent in the mental health facility, arguing that it was much too short.

“I don’t think you can be ‘remorseful’ and then move on with your life by deliberately deceiving people,” Bryen said. “... For someone to do that and be out in just a couple years, and someone [else] does a small drug crime and has a much longer sentence – I just don’t feel like this has actually been handled right.”

Commonwealth’s attorney Bryan Porter filed a motion earlier this month requesting that the judge amend Bhasin’s terms of release.

“In this case, because the acquittee may be meeting potential romantic partners while not only concealing but actively lying about his recent history, those individuals may be out at risk during a period of time when the acquitted is first transitioning to the community,” the motion reads.

The judge agreed with prosecutors, ordering Bhasin to take down his social media accounts while on conditional release. He is, however, permitted to use LinkedIn while searching for a job.

According to Porter, Bhasin will be evaluated in court every six months on the progress of his conditional release.

Porter emphasized that his office held the position that Bhasin was criminally responsible for the offense and opposed any release given the "relatively small" amount of time that had passed between the offense and his release.

"However, we respect the court’s decision and we continue to monitor the acquittee’s compliance with the terms of his conditional release in an effort to do our best to ensure public safety,” Porter said.

-oanderson@alextimes.com

AGENDA ALX FROM | 1

erated by journalist Michael Pope and included a panel that featured Herb Berg, former ACPS superintendent from 1995 to 2001; Julie Crawford, ACPS chief of student services and equity; M. René Islas, ACPS parent and founder of a grassroots group aiming to improve ACPS safety; and Don Hayes, Alexandria chief of police.

Panelists took turns speaking and offering clarity around ACPS safety issues such as disciplinary options utilized within classrooms and by school principals, bullying, programs for students with special needs, mental health intervention, the ACPS and Alexandria Police Department memo-

SEE AGENDA ALX | 16

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The whole issue of security in a school is different today. We’ve had shootings and all kinds of things around the country that had not happened at that point in America,” Berg said. “So, a single gang thing was different. Nowadays it’s on the news every night, all kinds of news cycles.”

In December 2021, a 14-year-old ACPS student was arrested for a sexual assault on the Minnie Howard campus of Alexandria City High School that occurred in October 2021. ACPS did not notify parents of the alleged assault at the time. Then, earlier this year, an Alexandria City High School student died in a fatal stabbing incident at the Bradlee Shopping Center McDonald’s that took place during ACHS’ lunch hour.

In response to the recent incidents, Hayes said during Monday’s program that APD has increased its presence in certain areas almost twofold. Two officers patrol Bradlee Shopping Center on a daily basis during school hours, and school resource officers have been reinstated, including an officer who patrols the outside of ACHS during school hours.

“In response to the recent incidents, Hayes said during Monday’s program that APD has increased its presence in certain areas almost twofold. Two officers patrol Bradlee Shopping Center on a daily basis during school hours, and school resource officers have been reinstated, including an officer who patrols the outside of ACHS during school hours.”

“... We know that many things that students may think are not as harmful ... are more likely to be laced with fentanyl now.”

Audience members submitted questions that Pope read to panelists, one of which asked about APD’s investigations into drug-related offenses and subsequent arrests at ACHS. Hayes clarified that APD does in fact investigate school crimes that are brought to their attention and make quarterly reports that are available to school officials.

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I would say we do have a fentanyl crisis in the city, as evidenced by the opioid work group. We know that many things that students may think are not as harmful ... [are] more likely to be laced with fentanyl now,”

–Julie Crawford, ACPS chief of student services and equity

We are increasing our presence, we are increasing our partnerships with the shopping center up there, but also with the school personnel,” Hayes said.

Berg interjected at one point to state that one officer, Sheriff Dana Lawhorne, was assigned to several thousand kids when he was superintendent, noting the marked rise in police presence over the past 25 years. Hayes agreed and stated that the recent uptick in gun violence has caused fear in parents and students. The increased police presence, he said, serves to both quell the anxiety and act as a safeguard “because of the potential for what could happen.”

Another topic the panel tackled was substance abuse intervention and prevention, which Crawford said has been an ongoing conversation between ACPS and the city for many years. For instance, several years ago ACPS brought on board a substance abuse counselor and the city created an opioid work group. More recently, the city has experienced an increase in substance abuse – likely due in part to the COVID-19 pandemic, Crawford said.

She emphasized that ACPS is working closely with the Alexandria Health Department and the city to track trends and expand substance abuse intervention services. This includes adding Narcan, or naloxone, to school buildings and creating an anonymous tip line for anyone with drug-related concerns.

“I would say we do have a fentanyl crisis in the city, as evidenced by the opioid work group,” Crawford said. “... We know that many things that students may think are not as harmful ... [are] more likely to be laced with fentanyl now.”

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AGENDA ALX

FROM | 16

APD does not, however, meddle with disciplinary actions following a crime, he emphasized. “If it’s not a crime, we don’t get involved in it,” Hayes said.

The panel also discussed the difference between a tough-on-crime and a restorative justice mindset. Crawford advocated the importance of diversion programs, drug courts and restorative philosophy, arguing that officials should ask themselves what they’re doing to actively try and mitigate future repeat offenses. Examples might include anger management or problem-solving programs, so if the situation arises again, students possess the tools to make different decisions.

“He also contended that [being restorative] doesn’t do away with the discipline action if it is a significant incident, but we’re trying to change the path of what we do as opposed to just suspending and returning to school without any intervention, because that is not successful,” Crawford said. “Zero tolerance policies from discipline have not been shown to be successful.”

However, Islas had a slightly different take. He highlighted the importance of taking preemptive steps to care for students’ well-being and emotional needs in order to prevent crimes from occurring in the first place.

He also contended that many students who commit crimes should enter the juvenile justice system, which he said provides many reformatory measures.

“It might be appropriate to have those students go through the juvenile justice system to get the support that they need to return to society,” Islas said. “I’m not saying, ‘lock them up and throw away the key,’ but if there is an attempted murder, if there is an attempted mob attack, or an actual mob attack, if there are physical beatings of other students, that needs to be taken care of not just by immediate talk therapy but talk therapy plus real accountability for those students.”

Igas has previously expressed interest in creating a new victim’s advocate office, which would place a priority on victims of crimes – rather than the perpetrator – and help connect them with access to mental health services and protective orders.

On the subject of gang and crew presence, Hayes said both groups very much exist not only in the school system, but also around neighborhoods. Modern gangs are significantly more formalized and organized than gangs in the 1990s, he said, and use intelligence to “make sure that they try to stay one step ahead of what we’re doing to try to catch them.”

Berg recalled that in the 90s, ACPS made an effort following the stabbing to raise gang awareness and mitigate crimes. But he also said gangs were simpler then and have greatly evolved over the years. “We were after junior high school kids and others, [saying] that they couldn’t wear a red bandana or a red patch in their pocket. [It’s like] when chewing gum was an issue in the school. That’s how the gang thing was in my time here,” Berg said. “Today, they’re sophisticated. There’s guns, there’s knives, there’s communication devices, they’re organized. It wasn’t quite like that in the old days.”

The panel discussed other topics, such as how to handle troubled students in classrooms and COVID-19’s lingering effects. All speakers also delivered a closing statement to finish off the program, wherein each had the opportunity to share overall thoughts and what they hoped the audience would take away.

In his closing statement, Berg called for the urgent prioritization of improving student learning, particularly after the COVID-19 pandemic. He cautioned against hiring first, second, third and fourth year teachers in order to strengthen ACPS, which he called an “emergency room educational system.”

“With the loss of two years of education, it is a genuine crisis. I think the City Council and the mayor needs to be asking for a meeting with the City School Board and the superintendent, and the best minds in the city put their arms around this issue,” Berg said. “These kids have lost an education, and you’re not going to be able to make it up if you don’t make it the number one priority.”

-oanderson@alextimes.com
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Sat: 9:00AM - A3:00PM
Held by The Twig, the 80th Annual Historic Homes Tour took place on Sept. 24. This was the first year the tour returned to normalcy since the COVID-19 pandemic. Previously, the tour switched from homes to gardens so participants could be outside and socially distanced. The self-guided walking tour of Old Town homes has been held since 1941 to showcase the rich history of Old Town to residents and visitors alike. The tour sold out for the first time ever this year, with more than 1,000 tickets purchased.

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Community members speak on overcrowding in classrooms
BY ARIANA WILSON

The Alexandria School Board’s Sept. 22 meeting addressed overcrowding in classrooms, upcoming changes and an expected timeline from the Equity For All 2025 campaign and School Law Enforcement Partnership advisory group.

During the meeting, the School Board reintroduced the implementation of video vignettes for the Equity For All 2025 initiative, which aims to promote well-rounded students in and out of the classroom with diversity at the forefront of the mission. In June 2020, the School Board, along with a planning committee made up of ACPS staff, leadership, parents, school board members and representatives from Alexandria City Public Schools organizations approved Equity For All 2025.

Many community members addressed the board about school safety during public comment, including Parent Teacher Association members, teachers and students. Several speakers brought attention to the issue of overcrowded classrooms, which they argued affects ACPS’ ability to retain talented teachers. They spoke about issues like limited space affecting classroom instruction, classroom community, students with disabilities, English language services, supplies and resources and time and space for lunch and recess.

Rhett Christensen, PTA President for Samuel Tucker Elementary School, called the lack of physical space and facilities for students and educators a safety concern.

“Teachers have ceased being educators and are now daycare providers,” he said, adding that the school is not serving its primary func-
Handling hypertension

How to diagnose and treat the common condition

BY VIVEK SINHA

One of the most prevalent conditions primary care providers face in this country is high blood pressure, also known as hypertension. It is one of the most common reasons for doctors’ office visits and is one of the biggest reasons for chronic prescription medication use. After much research, the guidelines for defining hypertension were updated in 2017. The American College of Cardiology/American Heart Association adjusted the lower threshold for diagnosing hypertension. Utilizing this more recent and up-to-date criteria, a study performed by the American College of Cardiology showed that in 2018, 45% of adults older than 18 in the United States had hypertension.

Hypertension is diagnosed when blood pressure is measured to be greater than 130/80. Blood pressure is the measure of the pressure of the blood against the walls of the arteries. It is measured in millimeters of mercury (mmHg) and can be determined by using a manual blood pressure cuff or an electronic cuff. It is one of “vital signs” that are often measured any time medical care is initiated.

The top number, or systolic number, is the recorded pressure when the heart is squeezing and actively “pushing” blood throughout the body. The bottom number, or diastolic number, is the recorded pressure when the heart is relaxing. Per most recent guidelines, blood pressure can be divided into stages.

A normal blood pressure is defined as the top number below 120 mmHg and the bottom number below 80 mmHg. A reading with the top number between 120 and 129 mmHg and the bottom number below 80 mmHg is defined as elevated blood pressure. A top number between 130 and 139 mmHg or the bottom number between 80 and 89 mmHg is defined as Stage 1 Hypertension. Stage 2 Hypertension is defined as a top number being at least 140 mmHg or the bottom number at least 90 mmHg.

An accurate measuring of blood pressure is extremely important. Proper technique is critical in order to avoid mistakes in diagnoses. The person getting their blood pressure checked should ideally be sitting in a chair with back support and their feet on the floor for at least five minutes. Caffeine use, exercise and smoking should not have occurred for at least 30 minutes before blood pressure is measured. A properly sized blood pressure cuff should be placed over the person’s upper arm. Best practices dictate that if it is the first time a blood pressure reading is taking place, two separate readings should be obtained utilizing both arms. The readings should be separated by one to two minutes.

Numerous studies have differentiated the use of blood pressures taken in a doctor’s office and those taken by a person in their own home. Blood pressures taken in the doctor’s office should be performed by appropriately trained staff and recorded. However, a higher stress environment like a doctor’s office can sometimes lead to higher numbers; therefore, it is critically important for people to record their home blood pressures as well. In order to accomplish this, an automatic blood pressure device is preferred. The upper arm – not the wrist – should be utilized to take the measurement after the person has been sitting in an upright position with their back and arms supported and legs uncrossed. At least two readings should be taken one minute apart and recorded. Ideally, blood pressures should be taken daily for two weeks anytime there is a change in medication regimen, and for one week prior to each doctor’s visit. These numbers should be recorded and brought into the visit.

Once hypertension is identified and diagnosed, a formal evaluation should take place. A detailed history, including current prescription and non-prescription medication use, physical activity frequency, smoking history, alcohol use and family history are some important factors that should be discussed. A thorough history and lab work should also be performed. The labs should include tests to determine if any damage has occurred and to possibly identify any causes of high blood pressure. Checking blood sugar, liver function tests, kidney tests, a urine sample, cholesterol and a thyroid test are some of the lab tests that should be reviewed and repeated periodically.

The treatment of hypertension is varied and depends on several factors. Severity of hypertension, how long it’s been present, the presence of any organ damage and other comorbid conditions are all factors that will dictate the type of treatment prescribed. There are certain conditions that, if present, can make the diagnosis of hypertension even more dangerous. For example, people with high cholesterol or diabetes have to be especially careful about controlling their blood pressure since there is a “synergistic effect” with these conditions that can increase a person’s risk for heart disease and stroke. Everyone with hypertension should be educated about lifestyle modifications like salt reduction, weight loss, exercise, limiting alcohol and smoking and they should be discussed in detail at every visit with a doctor.

For those who also require medication management for their hypertension, there are many options. There are several classes of anti-hypertensive medications, with multiple options within each class. Some medications are required to be taken once a day, while some are required to be taken multiple times a day. The most important thing to consider is that blood pressure medications should be taken exactly as prescribed, at the same time each day. Numerous studies have shown that patients will often get better results if combination therapy is utilized, or two different types of medications are used together. There are many options that include two different medications combined in one pill, thus allowing the person to take one pill but get the benefit of two medications. For people who are on medications for their hypertension, it is important to have regular follow up with their doctor. Lab work should also be checked regularly to ensure kidney levels, cholesterol and sugar levels are stable.

There is a reason why hypertension is often called “the silent killer.” There are often no symptoms until damage has occurred. If you or someone you love has concerns about their blood pressure, make sure to speak to your doctor. Check your blood pressure and follow up with your visits. Luckily, there is a lot that we know about high blood pressure and there are many excellent treatment options. Get checked, get informed and know your numbers!

The writer is the chief medical officer of Belleview Medical Partners, an office and house call practice based in Old Town.
How to improve your home’s air quality
BY FAMILY FEATURES

The COVID-19 pandemic continues to change the way people spend time in their homes. From work to working out, more out-of-the-house activities have moved into the home.

In fact, according to the 2021 American Time Use Survey, 38% of employed people did some or all of their work from home. That means better indoor air quality at home is more important than ever.

According to the Environmental Protection Agency, indoor air quality can be up to five times worse than outdoor air quality. With the average person taking about 22,000 breaths per day, installing smarter indoor air quality technology is key to healthier living year-round.

Improving your home’s air quality begins with recognizing what contributes to poor indoor air quality, the potentially harmful effects and how to address these problems.

Off-gassing
Off-gassing from construction materials, carpeting, adhesives and synthetic materials, as well as solvents from common household cleaners can accumulate in even well-constructed homes. Continuous ventilation solutions can help reduce the harmful effects of off-gassing, such as headaches, nausea and irritation in your eyes, nose and throat.

Simple smart ventilation fans and good ventilation can help control off-gassing in your home. Other options for reducing the impact of off-gassing include shopping for products designed for low or no volatile organic compound emission and adding houseplants that naturally help filter and purify the air—though houseplants only offer a small amount of help.

Moisture
Moisture that is not properly ventilated can cause mildew and mold formation, which can potentially lead to structural problems and health issues. For most homes, the optimal humidity balance is 40 to 60%, but those levels can be hard to maintain in high-humidity spaces like bathrooms.

Antimicrobial light technology combined with powerful ventilation offers effective protection against bacteria, mold and fungi growth in your home. Exhaust fans kill viruses and prevent mold, bacteria and fungi growth on surfaces in your bathroom or other humidity-prone environments. Featuring two lighting modes, an everyday white light is perfect for...
task lighting and a continuous antimicrobial mode. The cover is also designed to stay cleaner longer with fewer louver connections in which dust and dirt can get trapped.

**Cooking effluents**

Cooking effluents from food preparation can infiltrate the whole house in minutes. Grease, oils and aromas settle permanently into carpet, furniture, clothing and other surfaces. Kitchen ventilation solutions can help eliminate cooking effluents for a cleaner, more comfortable and healthier environment.

For example, many range hoods offer a custom appearance while protecting cabinetry with stainless steel liners. Some have bright LED lighting and WiFi connectivity enabling voice control makes operating the hood easy. Automatic infrared sensing allows your range hood to adjust the speed of your fan based on your cooking style.

**Pollutants**

Stemming from sources like space heaters, gas stoves, wood stoves, indoor furnaces, dryers and fireplaces, combustion pollutants are gasses or particles that come from burning materials. Examples include carbon monoxide – causing headaches, dizziness, disorientation, nausea and fatigue – and nitrogen dioxide – causing eye, nose and throat irritation, impaired lung function and increased respiratory infections. Whenever possible, use appliances that vent to the outside, ventilate rooms where fuel-burning appliances are in use and ensure these appliances are properly installed, used, adjusted and maintained.

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**HOME OF THE WEEK**

**Stylish retreat in a prime location**

Filled with light, this renovated end townhouse in the Southeast quadrant is a must-see. Every inch of space has been redone, from the staircase to the floors, to the chef’s kitchen with Wolf range, plus all three-and-a-half bathrooms. A south facing bay window in the first-floor office is an ideal workspace with custom shelving and hardwood floors. A full bath on the first floor with radiant floor heating and Grohe fixtures allows for an extra guest area with a pull-out sofa in the family room. A special family room features built-in bookcases, a wood-burning fireplace and a wall of glass that overlooks the deep patio and garden with mature plantings. Entertaining guests is a breeze on the main level. The open floor plan offers an expansive living room with a gas fireplace flanked by custom built-ins and access to the deck with a natural gas line for a grill, and a dining room with a designer chandelier. A gourmet kitchen will delight the chef with top-of-the-line appliances, a large sink, tall pantry and soft close cabinetry.

The primary suite is spacious with gleaming hardwood floors, a wall of closets and a luxurious bath with floor heating and double vanities. The guest room offers comfortable accommodations for friends or family, and the renovated bath has great black and white tile flooring and nice fixtures. The attic provides additional storage space and off-street parking for three cars, completing this jewel of a house!

**AT A GLANCE**

**Address:**
107 Franklin St.,
Alexandria, 22314

**Neighborhood:**
Pommander Walk

**Price:** $1,535,000

**Square feet:** 2,268

**Bedrooms:** 2

**Bathrooms:** 3 full, 1 half

**Year built:** 1971

**Contact:**
Babs Beckwith
McEnearney Associates
Babs@BabsBeckwith.com
BabsBeckwith.com
703-627-5421
We can reduce poverty!

By Heather Peeler

Do you hear the good news? A few weeks ago, the Census Bureau reported that child poverty is at a historic low. In Virginia, child poverty fell from 15.7% in 2016 to 9.3% in 2020. Although we don’t have specific data for Alexandria, it’s likely that many Alexandra families are part of this trend.

How did so many families manage to move out of poverty? According to Child Trends, a national research organization, there are three main drivers: the federal child tax credit, pandemic stimulus payments, and expanded eligibility for federal benefits programs. Direct cash assistance coupled with the social safety net is a winning formula.

Thanks to a grant from Economic Opportunity Funders in 2021, ACT provided outreach grants to five community organizations to inform residents about the federal child tax credit and the earned income tax credit. These organizations sent text messages, met with residents at barber shops, collaborated with local houses of worship, and so much more to spread the word so that Alexandrians would benefit from these remarkable programs. (Read more about these outreach efforts at https://www.actforalexandria.org/initiatives/t/child-tax-credit/)

This news is very encouraging. When we give families direct assistance and the freedom to spend money on things they need, they improve their lives in significant ways.

These successful poverty-reducing efforts bode well for an innovative program the City of Alexandria is launching this fall. Alexandria’s Recurring Income for Success and Equity (ARISE) is a pilot program that will provide direct cash assistance to households at 50% or below the area medium income, $71,150 annually for a family of four. Fueled by the American Rescue Plan Act, ARISE is one way that the City of Alexandria is addressing the longstanding national and institutional problem of the racial income gap.

One hundred and seventy households will be randomly selected to participate. Over a 24-month period, participants will receive $500 a month that they can use to support their families without restrictions. Based on similar initiatives around the country, we anticipate that money will be used to purchase necessities such as food, rent, child-care, healthcare costs and transportation.

ARISE will provide a sense of stability and help low-income families navigate life in a region with a very high cost of living. Data from a similar effort in Stockton, California showed that participants improved their overall health, well-being, they were less stressed, and able to meet basic needs. Moreover, nearly 40% of families improved their economic situation and secured better paying jobs. They purchased reliable transportation, obtained credentialing, and took time off work to interview for new opportunities. The City is taking a rigorous approach to assessing the impact of ARISE. We are optimistic that we will see the same results here in Alexandria.

Applications to participate will be available in a few weeks. Visit the DCHS website (https://www.alexandriavfa.gov/ARISE) for more information.

One of the most promising takeaways from the drop in poverty is that it challenges the notion of why people are poor. The myth of working your way out of poverty with a minimum wage job is not a reality for many low-wage workers. It sheds new understanding: poverty is not a personal failure, but a systemic failure that requires a systemic response.

The data from guaranteed income pilots around the country also dispels the myth that poor people make poor decisions. In fact, when low-income people have the freedom to move out of poverty?

My View | Heather Peeler

To the editor:

Last month marked the one-year anniversary of America’s withdrawal from Afghanistan. A year ago, President Joe Biden summed up his deadly shambolic operation “an extraordinary success.” And on the anniversary of our closing the curtain on “America’s longest war:” a speech about cops and taking on the NRA.

The assassination of Al Qaeda leader, Ayman al-Zawahiri in the very capital that promised the President no heaven to terrorists was another “extraordinary success.” A year later, that capital is infested with emboldened international extremists, most troublingly the Haqqani network which is now deeply embedded within the Taliban government and hosted Al-Zawahiri himself.

In July, the President asserted at the Gulf Cooperation Council (GCC) about the future of the Middle East: “We will not walk away and leave a vacuum …... we will seek to build on this moment with active, principled, American leadership.” Tell that to Afghan women who by 2021 had achieved hard-won gains in higher education, economic opportunity and politics. Tell that to the Afghan LGBT community American leadership actively supported in 2021. And tell that to the tens of thousands of Afghan partners and SIV applicants, including some of our own engineer colleagues and family members, we abandoned in harm’s way and who remain in harm’s way. As of July, government records indicate that out of 66,000 Afghan applicants, just 297 humanitarian visa applicants have been approved, compared with 40,000 Ukrainian applicants approved over a shorter period.

The president did get one thing right, wrapping up his Al-Zawahiri success last month with, “This is the great and defining truth about our nation and our people: We do not break. We never give in.” You’re right, Mr. President, it wasn’t the American people who broke.

Honoring our Afghan partners

To the editor:

Last month marked the one-year anniversary of America’s withdrawal from Afghanistan. A year ago, President Joe Biden summed up his deadly shambolic operation “an extraordinary success.” A year later, that capital is infested with emboldened international extremists, most troublingly the Haqqani network which is now deeply embedded within the Taliban government and hosted Al-Zawahiri himself.

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—Hasina Ibrahimkhil, Alexandria and Tom Bauhan, Winchester

The opinions expressed in letters and columns are those of the writers only and do not reflect the views, nor receive the endorsement, of the Alexandria Times.
Julio Duran: The role of ‘Impacto’

Each year, Americans observe National Hispanic Heritage Month from Sept. 15 to Oct. 15. The histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America are celebrated during this time.

Perhaps many of us don’t know who Julio Duran is, possibly because he no longer lives in northern Virginia. But before he returned to his homeland of Bolivia, Duran spent 40 years in this area, many of them in Alexandria publishing the monthly “Impacto.” In honor of Hispanic Heritage Month — a term he would probably object to — we’d like to profile him today.

A native of Tarija, Bolivia, Duran had a background in journalism that predated his residence in the United States. After studying journalism at the University of La Plata in Argentina, he founded the “La Tablada” newspaper in La Paz, Bolivia, and co-directed the magazine “Mundo.”

Duran moved to the United States in 1971, and began as a free-lance contributor to “El Diario” in 1979. After becoming that publication’s Washington correspondent in 1985, Duran started “Impacto” on the side in 1986. A primary motivation for the publication was a desire to change the way Latin America was portrayed in the United States.

He complained, in a Dec. 11 article in the “Washington Post” about the start of “Impacto,” that American coverage of its southern neighbors was reduced to drugs and disasters, and that it failed to bring the Latin American community to life. While it sought to bring its readers a broader idea of events in Latin America, at the time Duran claimed he wanted to steer clear of events in El Salvador and Nicaragua, which were then involved in civil wars. As Duran put it, “We don’t want to take a political stance. We will not take sides.”

Looking back on the life of “Impacto,” Duran pointed to two main impacts. The first was an editorial that helped bring about a name change for the Hispanic Festival to the Latin American Festival of Washington. The second was encouraging the George H.W. Bush administration to aid Peruvian and Bolivian farmers in finding alternative crops to the coca leaf. He estimated that $600 million in aid was sent for that purpose.

In 2015, after 44 years in the United States, and after publishing “Impacto” for 15 years, Duran announced that he was returning to his hometown in Bolivia. He noted in an article in “El Tiempo Latino,” the largest Spanish language newspaper in the area, that “those of us who come to this land of opportunities bring dreams that rarely come true.”

Yet, he pointed to his publication of “Impacto” as fulfilling his dream in "serving the community for 15 years ... and straightening some concepts about our identity." Alexandria, and the Washington area in general, was strengthened by having the voice of Julio Duran in our midst.

Julio Duran started “Impacto” in 1986 to change the way Latin America was portrayed in the United States.

PEELED FROM | 26

and agency to make decisions about spending, they make decisions that advance the health and economic wellbeing of their families. Their lives improve and our overall community improves. You can get involved! Visit www.volunteeralexandria.org and sign-up to be an ARISE outreach or application volunteer.

As a community, we have a choice about how we collectively move forward. Direct cash assistance programs and tax credits are proven to effectively support families and help people advance on the economic ladder. These investments enable all our neighbors to thrive.

The writer is president and CEO of ACT for Alexandria.

Last Week
Will you attend the Soil Collection Ceremony on Saturday honoring Joseph McCoy and Benjamin Thomas, who were lynched in Alexandria during the Jim Crow era?

58% No.
23% I’m not aware of this ceremony.
17% Yes.
2% I’m not sure.

This Week
How do you plan to celebrate Hispanic Heritage Month?

A) By supporting local Latinx-owned businesses.
B) By attending a fiesta or community celebration.
C) By attending a dance or coffee workshop.
D) Something else.

Take the poll at alextimes.com

Are our ultimate pursuits whether you are considering an outdoor oasis, a food lover’s kitchen, or an owner’s suite. Because during these times, home is more important than ever.

SLEP

FROM | 22

tion under its current mode of operation.

This compromises both safety and learning, he argued, adding that the original capacity of Samuel Tucker was 630 students but that it now houses 759 students to meet the city’s increasing population over the years.

Public speakers requested that the School Board work with school staff to address the overcrowding issue and provide necessary resources in order to better equip teachers who are managing classrooms that are at or over capacity.

Additionally, SLEP presented an update regarding the developing relationship between ACPS and the Alexandria Police Department, including the current timeline and future action items. SLEP operates to assist ACPS leadership through creating a school law enforcement partnership that ensures safety and equity for students.

Simma Reingold, a consultant for ACPS, introduced the proposal to the ACPS Board.

The purpose of SLEP is to provide additional guidance and insight which is executed in three ways, Reingold said. The first is bringing awareness to the memorandum of understanding between ACPS and APD. Next is focused around innovative approaches and bringing new ideas to re-imagine the relationship between ACPS and APD. The last piece identifies communication channels that diversify communication with different agencies and communities to spread the word about the partnership and how the community can get involved.

Alicia Hart, chief of facilities and operations, emphasized that the most pivotal role in the SLEP timeline is the stakeholder feedback survey which gives the opportunity to gather stakeholders’ perceptions of school and division safety, while giving members of ACPS and the community a place to be heard. The survey is open until Oct. 2 and covers safety and security for students, staff and families. The survey ensures there is a diverse group of stakeholders adding to the fidelity and integrity of recommendations.

In mid-October the finalized survey report will be discussed with SLEP and facilitators. The advisory committee will review the survey and focus group report to conduct a collective analysis of guiding principles to design and support a thoughtful recommendation. The facilitation of focus groups related to school and division safety and security will be held in October. SLEP members will also have the capability to share messages via the community engagement toolkit and engage in conversation with stakeholders across the city.

Future plans include collectively making sense of student, staff and family experience and perspectives, and developing guiding principles for recommendations. There will then be a draft recommendation from each sub-committee, followed by final deliverables that capture both the process of the advisory group and resulting recommendations.

SLEP will hold its last two meetings of the year on Nov. 14 and Dec. 5. Pending the results of the Stakeholder Feedback Survey and the Hanover Research Report, focus groups will be occurring in November and final recommendations will be released in December.

-awilson@alextimes.com
Weekly Words

WATCH THE COMMERCIALS!

DEATH NOTICES

ACROSS
1 Tampering (with)
8 Alan born Alphonso D'Abruzzo
12 Letter before Bravo
16 Former romantic partners
18 Winds, as a hose
20 Crossword enthusiasts, stereotypically
22 Valedictory address
25 Garden statuette
26 Shannon of Thirty Seconds to Mars
27 Oklahoma tribe
28 Put a new title on
30 Pimple
31 Snoozed
33 Places for construction site advisors
37 Comedian André
40 Deer mothers
41 Celine who's the bestselling French language singer
42 Cricket club
44 Peg on the links
46 The "O" of WHO (Abbr.)
48 Congresswoman Ilhan
49 Depend (on)
51 Name that anagrams to "avian"
52 Prone to pestering
54 Back in fashion
55 Atlas part
56 Driver's sound system
57 Muscle spasm
64 Muscle spasm
66 Yes, in Evian
68 Price label
69 Sincere
70 "Baby Cobra" comic Wong
71 Swimming pool measure
72 Womb-related
73 Land of Everest's North Base Camp
75 A, in Argentina
76 What a bargain hunter might circle on a calendar
77 *Adrift at sea
81 Psychedelic journey
82 Asexual, informally
86 Coal cart
90 Triple ___ (liqueur)
91 "Pray tell!"
92 "Totally awesome!"
93 "...had enough!"
94 Striped fish in Pixar films
95 Mental resolve
98 Journal
99 *Embarrassing advice
100 Exciting action in poker
101 Private Twitter chats
102 Amphitheater level
103 Fix, as hand-me-downs
104 "Totaly awesome!"
105 "...had enough!"
106 "That ball isn't coming back!"
107 *Addiction specialist
108 "Workers of the world, ___!"
109 Lenovo machines
111 Polite refusal
113 Unsex fragrance since 1994
114 "Como ___?"
115 Sincere
116 "So is that ____?"
117 Strands after a cold snap
118 Versatile, electrically
119 "Sorry, that's not a rooster"
120 "You're kidding"
121 "You're kidding"
122 Big events for CFOs
123 Game with cards of numbers

DOWN
1 L lunches, e.g.
2 Be brilliant
3 Roofing rock
4 "Totally awesome!"
5 "...had enough!"
6 Striped fish in Pixar films
7 Mental resolve
8 Asexual, informally
9 Journal
10 Journal keeper
11 Kind of wrench
12 Ross of "Pose"
13 NFL Hall of Famer Dawson
14 Hardly cold?
15 Come clean about
16 Garbage barge
17 Perform karaoke
18 Celtic warrior princess of 2021
19 "Pray tell!"
20 "Totally awesome!"
21 Hardens, as cement
22 Big events for CFOs
23 Marsh plant
24 "Bliss!"
25 Garden statuette
26 Shannon of Thirty Seconds to Mars
27 Oklahoma tribe
28 Put a new title on
29 "Later, ___!"
30 Pimple
31 Snoozed
32 Helen of ______
33 *Places for construction site advisors
34 *Addiction specialist
35 Faculty head
36 Nickname for Maurice
37 "That ball isn't coming back!"
39 Economy fare?
42 Ride-or-die pal
43 Show on TV
45 Ride-or-die pal
46 The "O" of WHO (Abbr.)
48 Congresswoman Ilhan
49 Depend (on)
51 Name that anagrams to "avian"
52 Prone to pestering
54 Back in fashion
55 Atlas part
56 Driver's sound system
57 Muscle spasm
58 "That ball isn't coming back!"
59 Unleashed
60 Totally smitten
61 ___ mode (with ice cream)
62 Video game slowness
63 Moveable car roof
64 "Adrift at sea"
65 *Valedictory address
66 Yes, in Evian
67 Cease
68 Price label
69 Sincere
70 "Baby Cobra" comic Wong
71 Swimming pool measure
72 Womb-related
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123 Game with cards of numbers
TASTE OF OLD TOWN NORTH is a celebration of the diverse neighborhoods of greater Old Town North featuring wellness demonstrations, shopping at the Old Town North Farmers’ Market, Art in the Park and wine and food tastings with local businesses.

**Time:** 4 to 8 p.m.
**Location:** 901 N. Royal St.
**Information:** https://visitalexandria.com/events/taste-of-old-town-north/

**OCTOBER 2**

THINK BIG! SUSTAINABLE MOBILITY SHOWCASE
Join the City of Alexandria and Arlington County’s Initiative to Rethink Energy at the first ever electric vehicle and sustainable technologies showcase at the NVCC Alexandria Campus. Come ready to engage and learn about electric vehicle technology at this family friendly event.

**Time:** 1 to 5 p.m.
**Location:** 5000 Dawes Ave.
**Information:** https://driveelectricweek.org/event?eventid=3465

**CALANDER**

**OCTOBER 5**

KNIT NITE! Learn to knit under the guidance of experienced knitters. All supplies will be provided. Ages 8-18.

**Time:** 6 to 7 p.m.
**Location:** 5005 Duke St.
**Information:** https://alexlibraryva.org/event/7114612

**OCTOBER 6**

MINGLIN’ MUTTS Breaking the ice can be difficult so let your dog do the work for you. Join Barkhaus for some fun mingling at their singles event. Included is admission for one person and one dog, a free drink and other giveaways.

**Time:** 5:30 to 8 p.m.
**Location:** 529 E. Howell Ave.
**Information:** https://brewskisbarkhaus.com/calendar/minglin-mutts

**OCTOBER 7**

POISON SPECIALTY TOUR AT THE APOTHECARY Come explore the sinister side of medicine on the Apothecary Museum’s Poison Tour. This tour explores several different types of poisons, their historic uses at the Apothecary and what we know today.

**Time:** 5:30 to 6:30 p.m.
**Location:** 107 S. Fairfax St.
**Information:** https://apps.alexandriava.gov/Calendar/Detail.aspx?si=47861

**OCTOBER 14**

LATE SHIFT: MASQUERADE AT TORPEDO FACTORY ART CENTER join the Torpedo Factory for a fall masquerade. Costumes are optional but highly encouraged. Best dressed attendees will win a special prize. The event will feature DJ sets with all your favorite October and Halloween-themed music.

**Time:** 7 to 10 p.m.
**Location:** 105 N. Union St.
**Information:** https://visitalexandria.com/events/late-shift-masquerade-at-torpedo-factory-art-center/

**OCTOBER 15**

MADE IN ETHIOPIA DMV TRADE FAIR is a multi-sector trade fair presented by Nova Connections that features Ethiopia’s most recent products and services as well as rich Ethiopian traditional music.

**Time:** Noon to 9 p.m.
**Location:** 1605 Cameron St.
**Information:** https://visitalexandria.com/events/made-in-ethiopia-dmv-trade-fair/

**OCTOBER 16**

STEPALIVE! WALKATHON is a walkathon event that raises funds to provide food, shelter, and emergency financial assistance. It is also a moment where 50 congregations from different faith traditions demonstrate their shared values.

**Time:** 1:15 to 4:30 p.m.
**Location:** 2723 King St.
**Information:** stepalive.org

**NEED TO PLACE AN AD?**

CONTACT: Margaret Stevens mstevens@alexetimes.com

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107 Franklin Street
Marvelous renovated end townhouse in the Southeast quadrant with off-street parking for 3 cars! Gleaming hardwood floors, gourmet kitchen, first-floor office, 2 fireplaces, handsome millwork, and an expansive attic are just a few special features. The spacious primary suite offers a wall of closets and luxurious bath with radiant floor heating and double vanities. Enjoy the outdoors on the main level balcony or entertain on the private patio surrounded by mature landscaping. This is a one-of-a-kind gem! $1,535,000

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