**Buckets of new talent**

Young squads challenge and power girls’ basketball teams in Alexandria
BY GWEN PEACE

Mid-January marks an exciting time of year for high school girls’ athletics, with the basketball season now in full swing. An influx of new talent on the girls’ varsity teams in Alexandria has led to mixed results at Alexandria City High School, Episcopal High School, St. Stephens and St. Agnes School and Bishop Ireton.

Bl, off to an 11-5 start, is currently faring the best, but all four teams show considerable promise. Here’s a roundup of the hoops squad at each school and what to watch for during the rest of the season.

**From mentorship to friendship**

**Goodwin House resident helps salon employee attain U.S. citizenship**
BY OLIVIA ANDERSON

Sandy Connolly and Ngoc Nguyen have built an unbreakable bond throughout the years, and it began in the most unorthodox of places: the nail salon at Goodwin House Alexandria.

Nguyen was Connolly’s nail technician at the beauty salon in the senior living community, and Connolly a resident at the facility. The two would strike up a conversation every time Connolly went in to receive a fresh coat of polish.

Those friendly chats altered in nature when Connolly heard by word of mouth that Nguyen had applied for United States citizenship. Having recently joined the Goodwin Living Citizenship Program, which supports Goodwin employees on their path to U.S. citizenship, Connolly asked Nguyen if she could tutor her in preparation...
Is 2023 the year you’ll say hello to a new home?

If you’re considering buying or selling any time in the new year, whether downsizing, upsizing or right-sizing, or just want to see what’s out there, get in touch! Either over the phone, email, or coffee, we’d be happy to talk through how you can capitalize on the current market conditions, identify the neighborhoods that you’d love most, and find the best house for you!

Bonnie & Courtney Rivkin
therivkingroup@compass.com
www.rivkinresidential.com
b: 703.598.7788 | c: 703.869.7788
Shooting near Holmes Run on Sunday

The Alexandria Police Department is investigating a shots fired incident that occurred near Holmes Run on Sunday.

At approximately 5:09 p.m., APD responded to a call for service in the 4600 block of Duke Street. On OpenMHZ, a dispatcher can be heard saying that a male subject was shot multiple times, four of which were in the back.

“A female [says] that her baby’s father shot her boyfriend,” another dispatcher can be heard saying at 5:11 p.m. According to OpenMHZ, the suspect Bryan Morris left in a white Mercedes headed to North Van Dorn Street.

Public Information Officer Marcel Bassett said that one person was injured, a 22-year-old male, who was transported to the hospital “with multiple injuries” and is expected to recover.

APD is currently investigating a person of interest in relation to the incident. Anyone with information is encouraged to contact Detective John Bratelli at john.bratelli@alexandriava.gov or 703-746-6699.

Brawl at AMC Hoffman Center

A fight broke out on Sunday evening at the AMC Hoffman Center that involved approximately six individuals.

According to OpenMHZ, an Alexandria Police Department dispatcher can be heard at 10:36 p.m. stating that the brawl included possible weapons. The dispatcher then states that an employee witnessed someone pull out a handgun. The suspect allegedly wore a black shirt, light colored jeans and a face mask.

It is unclear whether or not anyone was arrested.

DPC held new officers ceremony


In honor of its 96th year, the Black fraternal and community service club held the ceremony before a gathering of DPC members, city and state political leaders and city officials.

Former School Board member Christopher Lewis took over School Board member William Campbell’s position as DPC president, and Merrick Malone assumed the position of vice president. Campbell will move to the position of chair of the house committee, which oversees the club’s physical plant.

Longtime DPC member Lawrence Robinson presented a slideshow depicting decades of activities involving club members.

Referring to DPC members and community leaders of the past such as Ferdinand Day, Melvin Miller and Nelson Greene, Lewis said, “We stand on the shoulders of others.”

Meet Ramen!

2-year-old Ramen is a Cane Corso who is a ton of fun—at least 100 pounds of it. He is the ultimate “snugglebug” and just can’t believe that he’s not a “lapdog”. Ramen likes to play with his fellow canines, and loves people too. At the end of the day, however, Ramen is ready to relax and enjoys a good sofa spot to watch his favorite shows. With you, hopefully.

HOT LOLA’S by Chef Kevin Tien is coming to Alexandria!!

We first started out in Ballston Quarter in 2019 where we were named one of the best fried chicken spots in the DMV. We’re fortunate enough to expand to Alexandria, where we hope to find a new community of hot chicken lovers.

Adoptable Pet of the Week

-© King of Canines ©-

2-year-old Ramen is a Cane Corso who is a ton of fun—at least 100 pounds of it. He is the ultimate “snugglebug” and just can’t believe that he’s not a “lapdog”. Ramen likes to play with his fellow canines, and loves people too. At the end of the day, however, Ramen is ready to relax and enjoys a good sofa spot to watch his favorite shows. With you, hopefully.

Meet Ramen!

Alexandria Animals.org/Adopt-By-Appointment
703-746-4774

Proudly presented by

Diann Carlson
Realtor®
TTR Sotheby’s International Realty
dcarlson@tttrsir.com

“Because everyone needs a home.”
Early childhood care facility debuts in city

Celebree School, an early childhood care facility that provides preschool, after school care and summer camp programs, is set to open its newest school in Alexandria, according to a news release.

Located at 2450 Mill Road, the school will provide a “customized program that addresses the physical, social, emotional and academic needs of children while adhering to Virginia’s early education standards,” according to the release.

The entrepreneurs behind the endeavor are local husband and wife duo Mohammad Ali and Ayesha Abdul. Abdul learned he'd be expecting his first child and desired to pursue a new career that provided more fulfillment, which led to the conception of Celebree School.

Celebree School of Alexandria will be open Monday through Friday from 6:30 a.m. to 6:30 p.m. For more information and to learn about the upcoming opening event, visit celebree.com/alexandria-va/.

-oanderson@alextimes.com

Equal Justice Initiative essay contest opens

The Alexandria Community Remembrance Project announced the launch of the Equal Justice Initiative essay contest on Monday, to coincide with Martin Luther King Jr. Day.

In partnership with Alexandria City Public Schools, the EJI contest asks students to “examine the history of a topic of racial injustice and discuss ways in which its legacy endures today in an 800-1,000 word essay,” according to a news release.

In the essay, students may use historical events to explore how injustice persists and how to potentially put an end to it in the future.

The contest will be open through March 17, at which point an EJI judge will review the entries and announce a winner. Prizes include at least $5,000 to the winning entries.

The contest is open to students in grades nine through 12. For more information, visit sites.google.com/eji.org/

draft-alexandria-ejiessay/overview?pli=1.

-oanderson@alextimes.com
Affiliated real estate agents are independent contractor sales associates, not employees. ©2022 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logos are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker System is comprised of company owned offices which are owned by a subsidiary of Anywhere Advisors LLC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.

**OLD TOWN**
400 Madison Street #1903, Alexandria, VA 22314
Active Under Contract
$1,200,000 | 2 Beds | 2 Baths
Lib and Bob Willey 703.362.7206
Lib.Willey@cbmove.com

**POHICK ESTATES**
7612 Pollen Street, Lorton, VA 22079
For Sale
$499,900 | 4 Beds | 2 Baths
Matt White 202.491.7777
MWhite@cbmove.com

**JEFFERSON PARK**
306 Woodland Terrace, Alexandria, VA 22302
For Sale
$2,100,000 | 5 Beds | 4.5 Baths
Catherine Foltz 703.626.6914
Catherine.Foltz@cbrealty.com

**ROLLING VALLEY**
8513 Fairburn Drive, Springfield, VA 22152
Active Under Contract
$699,000 | 6 Beds | 2.5 Baths
Steve Deleyannis 703.966.6062
SDeleyannis@cbmove.com

**POHICK ESTATES**
7612 Pollen Street, Lorton, VA 22079
For Sale
$499,900 | 4 Beds | 2 Baths
Matt White 202.491.7777
MWhite@cbmove.com

**JEFFERSON PARK**
306 Woodland Terrace, Alexandria, VA 22302
For Sale
$2,100,000 | 5 Beds | 4.5 Baths
Catherine Foltz 703.626.6914
Catherine.Foltz@cbrealty.com

**OLD TOWN**
400 Madison Street #1903, Alexandria, VA 22314
Active Under Contract
$1,200,000 | 2 Beds | 2 Baths
Lib and Bob Willey 703.362.7206
Lib.Willey@cbmove.com

**ROLLING VALLEY**
8513 Fairburn Drive, Springfield, VA 22152
Active Under Contract
$699,000 | 6 Beds | 2.5 Baths
Steve Deleyannis 703.966.6062
SDeleyannis@cbmove.com

**NIKITA MONTGOMERY**
Nikita.Montgomery@cbrealty.com
301.395.7078

**JASON LEAVER**
Jason.Leaver@cbrealty.com
703.696.3660

**SARAH ATKINSON**
Sarah.Atkinson@cbrealty.com
703.967.4475

Alexandria Office 310 King Street | Alexandria, VA 22314 | 703.518.8300
ColdwellBankerHomes.com
The Episcopal High School girls’ varsity basketball team (1-7, 0-3 Independent School Basketball) has struggled to find consistency after winning their first game. The inexperienced but gritty team has been working to develop both basketball skills and their overall confidence.

“Silky Sakura

ALL THE WAY FROM KUWAIT, SAKURA CAN'T WAIT TO HAND IN HER PASSPORT AND SETTLE INTO HER FOREVER HOME.

A Cat Welfare Organization
contact@kingstreetcats.org

Alexandria Times
follow us on instagram #alexandriatimes #alextimes #alexandriava #alxva

FOLLOW US ON FACEBOOK
Founded in 2005. We're your local newspaper.

AlexandriaTimes

In Reed’s eyes, the reason for the streak is a lack of consistency. At some points in the season, the girls have shown the ability to not only win games, but they have been unable to convert these flashes of brilliance into wins.

“We're trying to find those contributors who are going to be even-keeled,” Reed said. “We need everybody to do their job.”

However, what the girls lack in consistency, they make up for in work ethic. Although much of the team is inexperienced, the Episcopal girls have a great desire to continue improving, and are willing to do what it takes to get to the next level.

“We have some really, fantastically gritty kids, who are just workhorses,” Reed said. “They come to practice early [and] they leave practice late.”

And Reed believes that because of this, the Maroon will improve moving forward.

“Every day is a day where the girls are getting better,” she said. “We have the best kids in the whole world.”

Looking ahead to the remainder of the season, head coach Calvin Crenshaw believes that limiting additional injuries will be the key to future success.
First and foremost, we need to stay healthy,” Crenshaw said. “Unfortunately, we’ve already had one MCL tear. With the limited amount of players we have, we’re definitely going to need to stay healthy.”

The importance of this is further heightened by the fact that SSSAS was already facing a shallow bench at the top of the season. With only 10 players on the roster — three of whom are underclassmen — the rotation has been fairly limited for the Saints. Despite this, Crenshaw is placing an increased importance on meeting the team’s goals.

“We’re going to go into every game with the idea that we’re going to win, regardless of who we play,” he said. “I think the team has one goal and that’s to win.”

To do this, team members will look to build up their stamina, increase their play-making abilities and develop a small but steady rotation of core players that can match up and triumph over much larger rosters.

“We’re taking each game one game at a time and we’re trying to get better each game,” Crenshaw said. “We need to stay focused; we need to stay locked in and play hard.”

Bishop Ireton

The Bishop Ireton girls’ varsity basketball team (11-5, 1-2 Washington Catholic Athletic Conference) has gotten off to a dominant start this season. Even more impressive is the young group of players who are spearheading the charge.

“[We are] a team full of sophomores and a few juniors,” head coach Kesha Walton said. “They work really hard, basically just kind of buying into what I’m teaching, and the philosophy, and what we’re trying to do.”

“We’re a team full of sophomores and a few juniors,” head coach Kesha Walton said. “They work really hard, basically just kind of buying into what I’m teaching, and the philosophy, and what we’re trying to do.”

“[We are] a team full of sophomores and a few juniors,” head coach Kesha Walton said. “They work really hard, basically just kind of buying into what I’m teaching, and the philosophy, and what we’re trying to do.”

To do this, team members will look to build up their stamina, increase their play-making abilities and develop a small but steady rotation of core players that can match up and triumph over much larger rosters.

“We’re taking each game one game at a time and we’re trying to get better each game,” Crenshaw said. “We need to stay focused; we need to stay locked in and play hard.”

Bishop Ireton

The Bishop Ireton girls’ varsity basketball team (11-5, 1-2 Washington Catholic Athletic Conference) has gotten off to a dominant start this season. Even more impressive is the young group of players who are spearheading the charge.

“[We are] a team full of sophomores and a few juniors,” head coach Kesha Walton said. “They work really hard, basically just kind of buying into what I’m teaching, and the philosophy, and what we’re trying to do.”

“We’re taking each game one game at a time and we’re trying to get better each game,” Crenshaw said. “We need to stay focused; we need to stay locked in and play hard.”

The Cardinals boast a perfect winning record at home and are currently ranked No. 8 in Virginia. They have multiple young standout players who are receiving early attention from colleges. Sophomore Nyla Brooks has already committed to play at the University of Tennessee.

The team is loaded with talent, thanks to Walton, who is responsible for the young recruiting class — her first since taking the job.

“From our last year’s team we pretty much have three players that actually played quality minutes on the varsity team, so we’re pretty much a new team,” she said.

This isn’t slowing them down, something that Walton attributes to a strong sense of camaraderie among the girls — even when they aren’t playing basketball.

“The love that the girls have for each other off the court, it transpires on the court, so it’s pretty fun to watch.”

– Kesha Walton,
Bishop Ireton coach

@PeaceGwen
-gpeace@unc.edu
Mitigating 2023 health concerns

STIs on the rise, hypertension underdiagnosed
BY OLIVIA ANDERSON

With a new year comes new year’s resolutions, new routines and new… health concerns? The COVID-19 pandemic has taken center stage for much of the past few years, and various other serious issues have flown under the radar as an unintended result. In 2023, health professionals are working to spread the word about issues like sexually transmitted infections and hypertension in order to raise awareness and slow the uptick in cases.

The Times spoke with several medical experts to learn more about these issues and steps community members can take to mitigate and treat them.

During the early stages of the pandemic, many people opted for virtual rather than in-person primary care visits, and therefore did not test as often for STIs. This term includes any sort of sexually transmitted infection, some of which turn into diseases, which are then called sexually transmitted diseases.

According to Natalie Talis, population health manager with the Alexandria Health Department, the lack of testing caused case numbers to balloon significantly over the past few years. And now that people are getting tested more frequently, Talis said the numbers surrounding STIs have been “concerning” for AHD, particularly syphilis.

“Things were a little quiet during COVID, but it wasn’t because [syphilis] wasn’t in our community. And so what we’ve seen, now that people are going to get tested again … is a very big jump [in cases].”

In fact, the rate of new early syphilis diagnoses is about 41 per 100,000 people in the city — nearly double the number in 2017, which was 20.9 per 100,000 people.

While Alexandria is higher than Virginia as a whole in terms of cases, Talis said that STI cases — including gonorrhea, chlamydia and HIV — are on the rise overall in the United States.

Alexandria’s level of syphilis infections is not only concerning compared to 2017, but also when examined against Virginia as a whole. Alexandria’s level of syphilis infections is not only concerning compared to 2017, but also when examined against Virginia as a whole. Alexandra’s level of syphilis infections is not only concerning compared to 2017, but also when examined against Virginia as a whole.
dria’s rate of new early syphilis diagnoses in 2021 was approximately 2.5 times higher than Virginia’s statewide rate.

As a precautionary measure, Talis said residents should treat STI testing as part of their regular healthcare.

“When you’re going to the doctor’s office, just as you would get maybe your cholesterol tested, to make sure you’re also getting tested for this … and that if your doctor is not asking you about it, you should be able to ask your doctor about it,” Talis said.

She also advocated for more community-wide education and understanding about readily available resources for testing and treatment. For example, there is a teen wellness center at Alexandria City High School that provides free and confidential STI testing and treatment for any Alexandrian between ages 12 and 19.

Nationwide, about half of the STI infections occur in people between the ages of 15 and 24, Talis said, but AHD emphasizes thinking about “the whole life cycle.”

“We have to talk to everyone. This is something that affects a lot of people, and you can get an infection if you’re sexually active at any age,” Talis said. “… Really, the bottom line is that we want people to talk, test and treat.”

Tackling the issue starts with open and honest conversations, Talis said, noting that part of consent in sexual health is knowing whether someone has an infection, what their testing status is and what method of contraception they’ll be using.

STIs caused by bacteria are treatable, especially if caught early on and antibiotics are administered. There are also treatment options for those whose infections have gone viral to manage symptoms and lead healthy lives.

But it’s not just STIs that have gone under the radar in recent months. Dr. Vivek Sinha, chief medical officer of Belleview Medical Partners in Old Town, said that while he has certainly seen an uptick in the common infections, he’s also noticed that hypertension and diabetes are often underdiagnosed.

Although the COVID-19 pandemic presented a host of challenges, Sinha noted that one silver lining was the sharp rise in mental health awareness.

“The advent of therapy and psychiatry and psychology – we all saw how important it was. It was always important, but now [it] was at the forefront of just how important,” Sinha said.

The need for mental health services has increased, Sinha said, which is exemplified by the wait times to get into see therapists and psychiatrists.

“Getting in to see a specialist is challenging, especially now because so many people are seeing therapists,” Sinha said. “So, I think it’s a double-edged sword. I think it was always there. I think the need...
increased during COVID, but the flip side is that it was just more on peoples’ minds and it was shown how important mental health [is].”

Now that the world has begun spinning again and doctors’ offices have opened back up, Sinha recommended scheduling regular preventative screenings and routine visits as often as possible in order to catch any potential problems early on. He also emphasized finding a primary care doctor, who can point patients in the right direction based on their age, genetics, family history and other risk factors.

“Everybody needs an advocate in their corner when it comes to health care, and the primary care provider, whomever that is, is perfectly poised to know a lot about the patient and be an advocate for them,” Sinha said. “… Having a really good care provider and following up with your preventative visits is by far the most important thing.”

-oanderson@alextimes.com

Rate of new chlamydia diagnoses per 100,000 people (2011-2021).
As Browne Academy students came back to campus after winter break, they saw that the school’s new Lower School playground was open for business. The purpose of the playground is to help children build relationships, solve problems, communicate kindly and effectively through play.

Head of Lower School Kim McCue said the design was inspired by the children’s own work with the design thinking process in innovation classes last school year. “Children need play, actually we all do, to live a balanced and healthy life. Play is how children regulate, communicate, develop, learn and grow,” McCue said. “This new space at Browne is another example of how we are committed to the whole child and cherishing childhood.”

**Out of the classroom**

**Education section**

**ILS celebrates the advent season**

In advance of the holiday break, Immanuel Lutheran School students, families and staff gathered together to celebrate the advent season with an evening prayer service on Dec. 14, 2022. Under the direction of ILS Music Teacher, Lindsay Smith, Lower School students in grades Jr. K-4th grade prepared for many weeks to lead the beautiful congregational singing.

Each class memorized multiple stanzas of advent hymns and joyfully participated. Faculty members joined the opening liturgy and a trio of staff members sang the familiar hymn, “The King Shall Come When Morning Dawns.” Fourth grade students were eager to accompany the singing with hand chimes and handbells.

“My favorite thing about the advent service was the handbells because it was the first time we ever got to do them,” Savannah, a fourth grade Immanuel student, shared. “We had always admired the Upper School students when they did them before so it was fun that we finally got a turn to do those as well.”

Each year, the Immanuel church and school community gathers for three evening worship services during the course of the school year – once during advent, once during the season of Easter and again at the end of the year for a graduation vespers service in honor of graduating eighth grade students. Immanuel’s robust music program prepares students for these programs and other musical opportunities throughout the year.

**Blessed Sacrament grants St. Joseph the Worker awards**

Three times a year at Blessed Sacrament School, one student from each grade in second to eighth is honored with the St. Joseph the Worker Award.

This award is earned by students who exemplify the qualities and strong work ethic of St. Joseph. They are kind to their peers and their teachers, they strive to do better everyday and their faith is a priority.

On Jan. 5, the seven students pictured received a medal of St. Joseph and a certificate celebrating their hard work and achievements at the end of the weekly, all school mass.

**Browne playground opens**

As Browne Academy students came back to campus after winter break, they saw that the school’s new Lower School playground was open for business.

The purpose of the playground is to help children build relationships, solve problems, communicate kindly and effectively through play.

Head of Lower School Kim McCue said the design was inspired by the children’s own work with the design thinking process in innovation classes last school year.

“Children need play, actually we all do, to live a balanced and healthy life. Play is how children regulate, communicate, develop, learn and grow,” McCue said. “This new space at Browne is another example of how we are committed to the whole child and cherishing childhood.”
Sophomores, juniors and seniors got together for a special campus gathering this month to discuss what comes after graduating from Fusion Academy. The school played host to a group of former students for their first annual “Life After Fusion” Alumni Panel, welcoming a mix of recent graduates and tutees who have each explored different post-secondary opportunities.

“When I meet with parents of incoming high school students, they often ask about support for their child for the next step in life, be it a four-year college, community college, a gap year, entering the workforce or some other path. While we always have resources like test prep tutoring and post-secondary counseling available, sometimes kids just need to hear about it from other kids,” Director of Student Development Andrea Shore, who spearheaded the event, said.

Current students in grades 10 to 12 had the opportunity to hear from six alumni about their journey since graduating from Fusion. The schools represented included George Washington University, College of William and Mary, McDaniel College, Radford University, NOVA, and Alfred University.

Panel participants were open and honest about what they have learned in their time since graduation. They discussed everything from reasons to meet the professors to time management tips, to bringing an air purifier to the dorm. Several of these students have changed their path since leaving school and they talked about finding the best fit for them.

“Often what a 17-year-old thinks they want is not what the 19-year-old realizes they need. It was a wonderful event full of insight and laughter, and we plan to make it an annual event,” Shore said.

Commonwealth Academy's varsity boys' basketball team beat Basis Independent School 57-49. The game consisted of many passes, offensive rebounds, coverage and layups, ultimately leading to the win.

Commonwealth boys’ basketball scores big

Commonwealth Academy’s varsity boys’ basketball team brought home their first win of the season on Jan. 11. Commonwealth Academy beat Basis Independent School 57-49. The game consisted of many passes, offensive rebounds, coverage and layups, ultimately leading to the win.

Fusion Alexandria alumni return for panel

Fusion alumni speaking at the panel.

On Jan. 11, the CA varsity boys’ basketball team won their first game of the season.

School Profile

Mount Vernon Community School

Children grow as learners at Mount Vernon Community School, where students, staff and community have cultivated a truly welcoming environment that nurtures creativity, celebrates differences and fosters a culture of respect. Located in the heart of the vibrant and tight-knit Del Ray neighborhood, Mount Vernon is the largest elementary school in Alexandria and the only full dual language school.

Dedicated staff, supportive families and active partners work together at Mount Vernon to actively engage students in meaningful educational experiences that allow for differentiated instruction, extended learning and bilingual language acquisition.

Each day, students learn half of their school subjects in Spanish and half in English. Mount Vernon’s dual language program is simply one of the best forms of enrichment education that supports biliteracy, bilingualism, high academic achievement and sociocultural competence.

Additional special initiatives at Mount Vernon include Bicycling in the Schools, Blessings In a Backpack and after-school clubs such as animation, coding and Mexican cooking.

This is advertorial content.

AT A GLANCE

School name: Mount Vernon Community School
Address: 2601 Commonwealth Ave., Alexandria, 22305
Built: 1906
Grades: Kindergarten to fifth
Number of students: 860
Mission: Our mission is to provide an enriched bilingual, biliterate and culturally competent educational experience for all students.
Mascot: Caboose Conductor
Principal: Dr. Liza Burrell-Aldana
Staff with Post-Grad Degrees: 80%
Website: mvcs.acps.k12.va.us
Contact: 703-706-4460
Alexandria Restaurant Week is from January 20 to 29. Explore nearly 80 restaurants in the City of Alexandria, offering a $25, $35 or $45 per person prix fixe dinner. Special menus will be available for in-person dining at participating restaurants, many with heated outdoor dining options. Please do what you can to support local restaurants.

- 1799 Prime
- Ada’s on the River
- Aldo’s Italian Kitchen
- Augie’s Mussel House
- BARCA Pier and Wine Bar
- Barkhaus
- Bastille Brasserie & Bar
- Bistro Sancerre
- Blackwall Hitch
- Brabo Brasserie
- Bugsy’s Pizza Restaurant & Sports Bar
- Cafe 44
- Cafe Pizzaiolo
- Chadwicks
- Cheesetique
- City Kitchen
- Clyde’s at Mark Center
- Daniel O’Connell’s Irish Restaurant & Pub
- Del Ray Cafe
- Delia’s
- Dishes of India
- Elo’s Italian
- Gadsby’s Tavern
- Hank’s Oyster Bar
- Hard Times Cafe
- Haute Dogs & Fries
- Hen Quarter
- Hops N Shine
- Hummingbird
- Il Porto
- Indochen
- Junction Bakery & Bistro
- King & Rye
- Kismet Modern Indian

**Spice Kraft Indian Bistro**

4-COURSE MENU

**Alexandria Restaurant Week**

DINNER FOR ONE $35 | JAN 20-29TH

PH: 703-836-6363 | www.spicekraftva.com
RESTAURANTS

- Kisso Asian Bistro
- Laporta’s
- Lena’s Wood Fired Pizza & Tap
- Mai Tai
- Market 2 Market
- Mason Social
- Mia’s Italian Kitchen
- Murphy’s Irish Pub
- Myron Mixon’s Pitmaster Barbeque
- Northside 10

SEE RESTAURANTS | 16

Lena’s Wood Fired Pizza & Tap.

PHOTO/Olivia Anderson

RESTAURANTS FROM | 14

- Oak Steakhouse
- Piece Out
- Pork Barrel BBQ
- Rampart’s Tavern & Grill
- Red Rocks Neapolitan Bistro
- Rockland’s Barbeque & Grilling Company
- RT’s
- Rus Uz
- Shooter McGee’s
- Sonoma Cellar

$35 Three Course Dinner

FIRST COURSE
CHOOSE ONE
CHICKEN TORTILLA SOUP
CRISPY BRUSSELS SPROUTS
CRAWFISH FRITTERS

SECOND COURSE
CHOOSE ONE
CREOLE RIGATONI
SALMON ROCKEFELLER
CHILI RUBBED NY STRIP STEAK

THIRD COURSE
CHOOSE ONE
CREME BRULEE
TIRAMISU
SEASONAL BERRIES

VALID FOR DINE-IN ONLY.

Delivery and Carry-Out
5 Cameron Street, Alexandria, VA
703-739-6090
RESTAURANTS FROM  |  15

- The Wharf
- Theismann’s Restaurant & Bar
- Union Street Public House
- Urbano 116
- Vaso’s Kitchen
- Vermilion
- Village Brauhaus
- Vola’s Dockside Grill and Hi-Tide Lounge
- Whiskey & Oyster
- Yunnan by Poto-mac-A Noodle House

For more information, visit visitalexandria.com.

Sweet Fire Donna’s.
Enthralled by ‘Sister Act’

Deloris (Ashley Williams) and the nun ensemble in the Little Theatre of Alexandria’s production of “Sister Act,” playing through Feb. 4.

LTA production is lighthearted, energetic fun

BY MAE HUNT

I went in completely blind to The Little Theatre of Alexandria’s production of “Sister Act,” having never seen the original 1992 film starring Whoopi Goldberg. Before the curtain opened, I overhead two people gushing about how much they admired the original film and feared I wouldn’t be able to appreciate the show without prior knowledge of the source material. My fears evaporated completely halfway through Act I, when the show’s ensemble of nun characters broke into the first of several choreographed dance numbers. “Sister Act” is the type of lighthearted, energetic fun that anyone can enjoy.

The LTA production, produced by Kadira Coley and Alan Wray, stars Ashley Williams as Deloris Van Cartier, an aspiring singer in 1970s Philadelphia who becomes the key witness in a murder case and is placed in protective custody in the convent of a financially struggling Catholic church. Deloris initially detests the rigid lifestyle of a nun, but she finds her calling when she takes over the out-of-tune choir and transforms the nuns into singing, dancing sensations.

It’s undeniable that Williams stole the show with her performance as Deloris. She sparkles at the center of the production, shining like a disco ball even when she trades in her sequin gowns for a nun’s habit. The role is vocally demanding, but Williams glides through her solo numbers without missing a beat – or a note. In the opening number, she sings, “I’m fabulous, baby,” and it rings less like an opinion and more like a statement of fact. Beyond her vocal performance – her vocals alone are reason enough to see the show – Williams imbues Deloris with emotional depth and effortless charisma. I was always rooting for her, even when her hijinks landed her in some sticky situations.

When a show has a scene-stealing protagonist like Deloris, it’s entertaining to watch the other characters attempt to reel her in. Christine Maxted’s performance as the stern, sardonic Mother Superior is the perfect foil for Williams’ diva character. She is completely believable as a hard-headed nun with zero tolerance for nonsense, and her beautiful voice helps drive home the strength of her religious convictions.

Although she spends most of the play making a conscious effort to stop Deloris from shining, Mother Superior still manages to be sympathetic and endearing. The dry humor that Maxted brings to the role made her scenes some of my favorites in the show.

In fact, almost all of the characters in “Sister Act” are likable. Allison Meyer definitively stands out with her charming portrayal of shy novitiate Sister Mary Robert, who finds her voice throughout the course of the story. The ensemble cast of nuns bring an infectious energy to every scene they’re in, and their vocal harmonies, especially during the religious hymns, are impressive. Even the show’s main villains, corrupt club owner Curtis (Paul Caffrey) and his band of goons (Luke Martin, Evan Zimmerman, Odette Gutierrez del Arroyo and Alonzo Cook), are so goofy and over-the-top sleazy that they’re charming.

Other positive aspects of “Sister Act” include the live orchestra, led by music director and conductor Colin Taylor, which was a treat as always. The work of costume designers Jean Schllicting and Kit Sibley impressed me with the细节 they added to each nun’s uniform, distinguishing each as a unique character even though they were all basically wearing the same dress. Excellent choreography by Kathleen McCormack.

The most surprising element of the production was the enormous projector screen that hung upstage, serving as a substitute for a more traditional set build. Still images of interiors and exteriors were projected onto the screen to communicate a scene’s setting. Director Mike J. Baker Jr. also made use of pre-filmed video cut scenes, which moved the story along when necessary, and jazzy animations, which served to complement various songs.

In his director’s notes for the show, Baker explains the difficulty a box set community theater like the Little Theatre of Alexandria faces when staging a production like “Sister Act,” which initially premiered on the West End with more than 50 set changes and four minutes of chase scenes. The screen makes such an elaborate undertaking much easier for the crew at Little Theatre to pull off. So, while I did miss the painted backdrops I associate with live theater, it’s clear the “Sister Act” team made the right choice considering the scope of the production.

Besides, “Sister Act” is about a group of nuns learning to perform disco dance moves so they can perform in sequin-adorned habits for the Pope. I was never in danger of being under the impression I was in a real church anyway. One of the best things about “Sister Act” is that it never takes itself too seriously – it invites the audience to sit back, laugh and enjoy some heavenly vocal performances.

IF YOU’RE GOING

Where:
Little Theatre of Alexandria,
600 Wolfe St.,
Alexandria, 22314
When: Through Feb. 4.
Tickets: Online at thelittletheatre.com or by calling the box office at 703-683-0496.

The writer, a lifelong Alexandrian, works in the fine arts industry. She is an award-winning playwright who was former editor-in-chief and fine arts editor of the Kenyan Collegian.
for the exam. Nguyen said yes. Fast forward several years, and Nguyen has gained both U.S. citizenship and a friend in Connolly. The pair was recently chosen as one of four stories of impact throughout the country to be honored by the Ad Council, a nonprofit organization that works to promote and champion social good, at its 68th annual public service awards gala.

But the journey to get there was hard-won. Connolly was born and raised in a small town 25 miles south of Boston, Massachusetts and attended Cambridge City School of Nursing. She met her husband, Jim, while in school – he was a Boston College graduate student at the time – and graduated from nursing school in 1960. They subsequently married, had three children and moved to Alexandria. Once the couple’s youngest daughter was in kindergarten, Connolly worked in intensive cardiovascular and respiratory care at the Duke Street Hospital on King Street.

Realizing in the late 1970s that she wanted to work in administration, Connolly later took business classes at George Mason University and Northern Virginia Community College. She became an office administrator for a large pediatric practice and worked there for 38 years.

Connolly also served as a eucharistic minister at St. Anthony of Padua Catholic Church, where every other Sunday for six years she would perform a eucharist service on the 12th floor of Goodwin House Bailey’s Crossroads. It was at that point that Connolly learned more about the facility, and because she had a long history of breast cancer and Jim had a heart condition,
the couple decided to make preparations so their children wouldn’t have to worry about them.

After looking up and down the east coast, they decided on Goodwin House Alexandria, where they’ve lived for the past few years. Connolly, who has always been interested in outreach, joined the Goodwin Living Citizenship Program in order to give back to a community that she said “felt like home.”

“This [program] is giving you the opportunity [to learn],” Connolly said. “A lot of people here have probably had a very cerebral and incredible career, but they are reluctant to get out of their comfort level as we become senior citizens. It’s to our advantage to look at something like that.”

Connolly and Nguyen had known each other for about a year at the point of Connolly joining the program as a mentor. At the same time, Nguyen had received an email stating that as a green card holder who had been living and working in the U.S. for five years, she was eligible to apply for citizenship. Originally from Vietnam, Nguyen and her family immigrated to the U.S. in 2016. Her husband worked at the United States Embassy in Hanoi, Vietnam for 20 years and was therefore eligible to apply for a special immigration visa. He applied and subsequently received a green card.

“We didn’t think to come to the United States, because even thinking to travel to the United States is expensive,” Nguyen said. “So, it was a special opportunity.”

After consulting with her friends, Nguyen and her family made the big decision to move. Although she spoke little English, Nguyen was able to secure a job as a cashier at Safeway, where she worked for several years until she became a nail technician at Goodwin House three years ago.

Nguyen said that everything from parking meters to grocery stores are different in the United States.

“Everything is different – even rice. Our main dish is rice. You have at least 20 kinds of rice, we have only three or four,” Nguyen said. “... Every day when I get out, I learn something new.”

Nguyen, her husband and three children have now been in the U.S. for six-and-a-half years. When she saw the email that she could apply for U.S. citizenship, Nguyen said she felt a wave of nervousness but also knew that “it was time.”

After Connolly offered to mentor Nguyen and Nguyen enthusiastically agreed, the pair began meeting every Tuesday at 4 p.m. for six months. Initially, Connolly said she had to dust off and brush up on her own history knowledge.

“When I looked at the brochure, I thought, ‘Oh my goodness. I’m going to have to do a review of my own history that’s taught in the fifth grade,’ and I had to review all of the history. And when I looked at the test, I probably would not have passed it the first time,” Connolly said.

So, she enlisted fellow resident Sue Cook for some extra help. At the beginning of every session, Connolly and Cook would place an American flag on the table and they would recite the Pledge of Allegiance. They covered topics like the early pilgrims, 13 colonies, and the states and their capitals.

Nguyen would often apply lessons learned in the classroom to the outside world. From Washington, D.C. to Baltimore to New York City, Nguyen took trips to better understand what she was learning about in textbooks.

“This woman is a teacher’s dream. She’s so bright and so determined and so [full of] courage that we became the students sometimes. She went on adventures,” Connolly said.

According to Nguyen, this sense of ambition comes from a cultural, deep-rooted desire to learn the lay of the land.

Connolly tutored Nguyen in this room as she prepared for the U.S. Citizenship exam.

“This would come back to us and say, ‘Do you know this?’ and we would say, ‘Well, no,’” Connolly said.

We are proud to be Alexandria’s leading nursing facility with a 50-year tradition of excellence! Top Rated Skilled Nursing Care

- Subacute Rehabilitation
- Ventilator & Respiratory Care
- Next To Home Long Term Care
- Memory Care

Woodbine Rehabilitation & Healthcare Center

2729 King Street, Alexandria, VA 22302
(703) 836-8838
WoodbineRehab.com
wherever she is visiting.

“There’s a saying in Vietnamese that when you stay in a house, accommodate yourself by learning the house rooms. How can you learn the house rooms if you don’t know about the country or traditions?” Nguyen said. “... America is so beautiful and has so many things to see, to learn, to look at and to study.”

Within a month of finishing test prep, Nguyen was appointed a testing slot. Nguyen took the test in December 2021 and passed. Immediately after she found out, Nguyen called Connolly to share the news.

“I was so excited. I knew she would pass because she was so prepared. But so many do not pass, and I think it’s a matter of language, understanding, confidence,” Connolly added. “But I think we had reviewed so much with Ngoc that she aced. And I was just so proud of her.

I cried.”

Since passing the test, Nguyen said that not while too much has changed, she did vote in an election and the rest of her family has become citizens as well.

“It’s a big deal. Such a big deal because something might happen, and if you are a citizen you are protected,” Nguyen said. “So that is an extremely important rule when you come to the United States and you decide to live here.”

Just last month, Nguyen and Connolly were invited by the Ad Council to share their story at its annual award dinner. On a stage in front of more than 1,500 leaders in the advertising fields, the pair shared Nguyen’s journey to becoming a U.S. citizen and how Connolly supported that effort through her mentorship. The Ad Council produced a video on their story that was shown at the gala.

Nguyen said that while attending the gala was somewhat overwhelming, it wasn’t more nerve wracking than any other new experience she’s had since coming to the United States.

“Someone asked me, ‘Are you nervous, for your first time with the Ad Council?’ I [said], ‘Anything I did in the United States is [the] first time,’” Nguyen said with a laugh.

For Connolly, the partnership with the Goodwin Living Citizenship Program is just beginning, as she aims to tutor many more immigrants seeking to become U.S. citizens.

“It’s just that when you put yourself out there to help somebody, we’re the ones who receive. Ngoc is a blessing in my life, and I’ve learned so much from her and about her courage,” Connolly said. “I would never have known her other than having my nails done, [and] I just feel like part of her family at this point.”

-oanderson@alextimes.com


Vibrant Senior Living in All Seasons

At Ashby Ponds® and Greenspring®, weather won’t disrupt your day! Enjoy independent living, plus amenities to help you stay active and secure.

Call 1-800-746-1459 or visit RetirementVirginia.com.
Improvements for independence

Modifications designed to prevent accidents

BY ADMINISTRATION FOR COMMUNITY LIVING

Being safe and comfortable at home is a large part of living well. Home modifications and repairs can help everyone, especially older adults and people with disabilities, prevent accidents and maintain an independent lifestyle.

Many older adults prefer to stay at home for as long as possible, but too often don’t think about whether a home can adapt to their needs as they age. Making improvements before they are needed is a good way to ensure that a home is ready for aging in place. Forward-thinking improvements can also prevent falls, which often cause the need for long-term care.

Changes can be made to improve both the accessibility and adaptability of a home. Accessibility improvements involve tasks like widening doorways and lowering countertop heights for someone who uses a wheelchair. Adaptability changes, such as adding grab bars in bathrooms, are improvements made to assist persons for whom strength and balance may have become a challenge. These changes usually can be done without a major redesign or full-blown renovation.

You can get started making your home ready for long-term living by conducting a top-to-bottom assessment.

Home assessment

Before making any changes, take a look at the entire home. Keep in mind items that may be needed in the future as well as now. This checklist can help identify areas that might need improvement. Everyone has different needs, but in general, a “no” answer may be cause for action.

- Are entrance doors easy to lock, unlock, open and close?
- Does the main floor include a kitchen, bedroom and full bathroom?
- Are doorways wide enough for someone using a wheelchair, walker or service animal?
- Is wall-to-wall carpeting secure, in good condition, and not bunched up?
- Are area rugs secured to the floor with non-slip padding?
- Are walkways free from obstructions and hazards like cords and furniture?
- Do stairways have sturdy handrails on both sides?
- Can bathroom and kitchen cabinets be easily reached?
- Is there a step-free shower entrance?
- Are grab bars available near the shower and toilet?
- Do bathtubs and showers have non-slip mats, adhesive strips or slip-free floors?
- Will smoke detectors provide visual as well as audio alerts?
- Are telephones easily accessible on all floors?

More information about home modifications, including a detailed home assessment checklist as well as information about financial assistance, can be found at eldercare.gov and alexandriava.gov.

Accessibility improvements widening doorways and lowering countertop heights for someone who uses a wheelchair.
GOODWIN,
GREAT CHOICES

Goodwin Living has been redefining aging since 1967. Nonprofit and faith-based, we serve our mission to support, honor and uplift the lives of older adults and those who care for them. We know that every individual has unique needs, wants and desires, so we offer a full range of senior living and healthcare services throughout Northern Virginia.

703.293.5326 | GoodwinLiving.org
VISIT THE VIEW ALEXANDRIA - NOW A GOODWIN LIVING COMMUNITY!

GREAT VALUE
Located in the west end of Alexandria, The View Alexandria by Goodwin Living™ features a seven-acre campus nestled atop a hill with expansive views of Washington, D.C. from the top floors of our buildings. Acquired by Goodwin Living in August, The View Alexandria features a value-priced rental model.

GREAT LIFESTYLE
The View Alexandria features amenities and activities to keep you vibrant and purposeful:
• Wellness and exercise program with access to a heated pool
• On-campus events, activities, programs and clubs
• Special off-campus trips and excursions
• Beautiful indoor and outdoor spaces
• Friendly neighbors and staff

GREAT FLOOR PLANS
We have something for everyone!
• Well-appointed studios
• One bedroom apartments
• Spacious two-bedroom apartments

MOVE IN BY MARCH 31, 2023. UNPACK OVER $3,000 IN SAVINGS.

Contact us today to lock in this limited-time offer.
703.293.5326 | TheViewAlexandria.org
5000 Fairbanks Ave., Alexandria, VA 22311 (conveniently off Beauregard St.)
Trending designs to inspire home design
BY FAMILY FEATURES

Recently, architectural design saw a surge in nature-inspired earth tones, such as calming shades of blue and green. Homeowners can expect this trend to continue into the coming months, but with warmer, richer colors.

This ongoing interest in warm neutrals with earthy undertones and pink and blush shades is likely to be increasingly popular this year as homeowners become more adventurous with their color choices as a form of creative expression.

Trending colors
Selecting the right colors for your home project is often influenced by both your personal preferences and the latest design trends. Some contemporary options to consider include:

- **Earth tones:** Warmer, natural-looking earth tones are versatile, working seamlessly with just about any design or architectural style of home. Some trending hues include muted terracotta, green, yellow and plum.

- **Warm neutrals:** Although they’re not typically used as statement colors, warm neutrals bring a sense of comfort while also offering an inviting, blank canvas to let individuality flow freely. On-trend options include shades of dark brown, caramel, tan or off-white.

- **Rich, dark colors:** These deep, saturated hues can make a house stand out and look

---

**HOME OF THE WEEK**

This crisp blue townhouse in Old Town’s southeast quadrant features four bedrooms, three and a half baths, hardwood floors throughout and exceptional natural light pouring in from three sides. Both contemporary and traditional elements include high ceilings, columns defining living and dining areas, recessed lights and built-ins. The enviable open floor plan offers a spacious kitchen/family room with a gas fireplace ideal for comfortable everyday living. Custom plantation shutters shield the natural light when you wish and allow privacy in the evenings. The stylish primary suite offers two walk-in closets, a gas fireplace and a spacious adjoining primary bath with dual vanities, soaking tub and separate shower. The laundry is conveniently located just a few steps away on the same floor. The three guest rooms are all sizeable with large closets and updated full baths. You’ll be swept away with the private patio/garden area. Walk under the stone arch and make a wish. The garden was professionally landscaped by McHale Landscaping with an elaborate irrigation system. Enjoy the outdoors with ample space for alfresco dining near the water source and pond. Then take a few steps into the deeper slate patio and you can relax in the separate seating area by the fire pit. Completing this remarkable property are two off street parking spaces and a storage shed behind the rear fence.

**Pristine townhome with off-street parking**

Brick is often selected for its functional benefits, but it’s also an appealing building product due to its versatile color, texture and size combinations.
more modern while still offering a nod to warmer hues. Chocolate brown, brick red or dark jade are popular choices for those who prefer rich hues.

- **Pink and blush shades:** Various shades of pink, rose and blush will be increasingly popular choices for homeowners exuding a greater sense of self-expression. In home design, look for these colors to appear in coral, pink, red-orange, raspberry or blush tones.

- **Sweet pastels:** There are signs homeowners are ready to bring colors back into their homes. Expect to see sweet pastel shades like soft pink, mint green and light purple in furniture, decor and accessories.

**Materials with texture**

With warm neutrals and earth tones dominating the color palette, both interior and exterior design will depend heavily on texture to add definition. More design choices will move away from faux finishes and instead focus on natural and authentic looks, many of which can be achieved through brick and stone.

Brick and stone give designers options for adding depth and dimension, integrating a play on light and shadows with a variety of textural elements. Brick carries a sense of tradition, character and timelessness while also serving as a popular choice for homeowners due to its design flexibility. Qualities such as low-maintenance, resilience, durability, sustainability and beauty make brick an option that allows homeowners to balance function with appearance.

**Bring color with brick**

Brick is often selected for its functional benefits, but it’s also an appealing building product due to its versatile color, texture and size combinations. Color can evoke a certain mood and assist in achieving a desired outcome. Often, architects and designers even incorporate multiple colors or create custom looks by using multiple brick colors and styles.

To hone in on the perfect look to match your vision for contemporary design and align with anticipated 2023 color trends, try reflecting contemporary earthy, nature-inspired color trends. Aim for soft, neutral-toned, versatile bricks, ranging from creamy white to earthenone and brown-gray with highly pronounced textural features.
Our View

The power of friendship

Friendship is one of the great blessings of life. Friends come in many forms and can be found in the unlikeliest of places. While some people are blessed with close friends from childhood or meet their best lifelong friends in college, sometimes the path to a life-changing relationship is less conventional.

A church group joined, a random partner in a bridge game, an accidental seatmate on a plane or train — or an innocuous seeming nail appointment — can all lead to a beautiful bond.

Today’s page 1 story, “From mentorship to friendship,” tells the story of two unlikely friends. One, Goodwin House Alexandria resident Sandy Connolly, was looking for meaningful volunteer work, while the other, Ngoc Nguyen, her nail technician at the Goodwin House salon, wanted to become a U.S. citizen. They teamed up and accomplished their goal, providing the U.S. with a bright new citizen and the two women with a lasting connection.

The story of Connolly and Nguyen is a reminder to us all that great gifts can come in unlikely packages and from unexpected places. There’s an old saying that people come into our lives for a reason, for a season — or for life. The key to finding these treasures is to be present in the seemingly small moments of our lives. Because you never know who might walk into your nail salon, and then your heart.

The need for preventative care

Another story in today’s Alexandria Times reminds us that the unanticipated consequences of the COVID-19 pandemic continue unabated. By this point, everyone is familiar with the negative effects of the disease itself: the deaths and the debilitation from long-term COVID. Much has also been made of the mental health crisis that came from many people spending the better part of two years in isolation, and the related spike in drug abuse.

The surge in violence and this past year-and-a-half in Alexandria City Public Schools has shown us how much the lost socialization from losing in-person learning for more than a year cost our students, particularly those in middle and high school. A corollary to that violence is the drop in test scores by Alexandria’s public school students relative to the rest of Virginia.

Another unanticipated consequence of the pandemic is the extent to which underlying conditions that were not life-threatening during the pandemic’s peak are now surging, at least partly due to a lack of screening checkups.

As our page 9 story, “Mitigating 2023 health concerns,” points out, chronic diseases such as diabetes and high blood pressure have been either undiagnosed or undertreated in many people during the past almost three years. Concurrently, new conditions such as sexually transmitted infections are going untreated in many people. The sharp surge in syphilis cases was particularly concerning.

While we all need to continue to be vigilant to prevent the spread of COVID-19 itself as much as possible by getting vaccinated and boosted, and by staying home when sick, the need for preventative care is also apparent. Why not go ahead and schedule that long put off, not-so-annual physical?

Opinion

“Where the press is free and every man is able to read, all is safe.”
- Thomas Jefferson

Photo of the Week

Harborside in January.

Your Views

Keep the name, switch the fame

To the editor:

The following is an open letter to Mayor Justin Wilson, pertaining to his advocacy for tossing the process that was established to rename Confederate streets in Alexandria to one of top-down decrees:

I urge you not to change street names to retroactively punish long-dead Confederates. Instead, keep the name, but switch the fame to someone regardless of race or gender who has provided meritorious service to Alexandria.

Foremost, there is no need to insult the hundreds, maybe thousands of Alexandria taxpayers who share the same surname as one of the 41 Confederates who have a street named after them.

Nor is there a need to force the many taxpayers who reside on one of these streets to endure the enormous inconvenience and cost to change deeds, checkbooks, websites, among other things, much less require that all taxpayers pay to fabricate and install new street signs.

Declaring 41 surnames to be officially reprehensible and, therefore, stricken from street signage and who knows what other official opprobrium is not a step that bonds — just the opposite.

Also, don’t overlook that each of these Confederates were pardoned for their conduct and that some, such as Mosby, once pardoned, provided meritorious service to the nation for many years thereafter.

The simple, sensible solution is to keep the street name but switch the fame.

Task the Historic Alexandria Resources Commission to nominate current, former and deceased residents who share the same surname of one of the 41 Confederate-named streets and who have distinguished themselves in some indisputable meritorious manner. Invite area schools, community groups and Veteran’s organizations to participate too.

Get yourself off the slippery slope you’re on. Castigating 41 surnames will not find favor with taxpaying residents who have one of them. And, if you persist in this cockamamie scheme to punish surnames, then change yours. After all, Wilson is the surname of a virulent racist Virginian who became President of the United States.

-Jimm Roberts,
Alexandria

PHOTO/LEE MOODY

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.
My View | Jenn Stowe

Please attend human trafficking roundtable

By Jenn Stowe

In the United States, January has been designated as Human Trafficking Awareness month. Human trafficking is modern day slavery. It is a serious crime and a violation of human rights. It involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act. Every year millions of men, women, and children are trafficked globally, including in the U.S. and even in our community. Often victims do not get help, for a number of reasons, including language barriers and fear of their trafficker.

In 2015 the Combat Human Trafficking Act was passed (54 U.S.C. § 20709(e)). As a result of that act, the Department of Justice is required to measure and analyze the nationwide incidence of human trafficking, to describe characteristics of the victims and offenders and describe criminal justice responses to the offenses. Human trafficking is a growing problem. According to the DOJ Bureau of Justice Statistics, as of fiscal year 2020 there had been a 62% increase in human trafficking offices since 2011. During that same time, the number of persons prosecuted for human trafficking increased 84%.

Human trafficking is often considered a hidden crime. Many in the U.S. have the common misconception that it does not happen here. This is untrue. Sadly, the U.S. is ranked as one of the worst countries globally for human trafficking. In 2022, Shared Hope International, a nonprofit organization that tracks state laws related to and impacting child and youth sex trafficking, gave the Commonwealth of Virginia an “F” – the lowest possible grade – when it comes to laws protecting children from sex trafficking and providing victims with justice.

It is with this data in mind and in recognition of Human Trafficking Awareness month that the Alexandria Commission for Women will be hosting a panel discussion to help our community understand what human trafficking is, how to recognize it and ways in which to help in our community and beyond.

The Alexandria Commission for Women was created in the mid-1970s to eliminate gender discrimination and encourage equal opportunity for women in all aspects of their lives. Today the commission’s members continue to provide advice and consultation to City Council on issues concerning women. One of those issues is human trafficking.

On Jan. 25, from 7 to 8:30 p.m. the Commission for Women will host an event at the Lee Center Auditorium, located at 1108 Jefferson St. Alexandria Mayor Justin Wilson will kick off the event with opening remarks. There will be an expert panel including representatives from: the Virginia State Police, Stehanie Reyes; a mental health clinician with Trauma and Hope, Brandu Bynum; Program Manager for the U.S. Department of Homeland Security’s Blue Campaign; a national human trafficking public awareness program; and Angela Alvernaz, State Trafficking Response Coordinator, Office of the Director, Virginia Department of Criminal Justices Services.

Following the panel discussion, there will be an open forum for Q&A. Please consider attending to learn more about the issue and what you can do to recognize and stop it.

The writer is a commissioner on the Alexandria Commission for Women.
Alexandria War Memorial updated

On Jan. 6, 2023, the City of Alexandria installed a new sign at Alexandria Union Station commemorating the Alexandria War Memorial. The Alexandria War Memorial was dedicated on Nov. 11, 1940, to honor those Alexandrians who lost their lives in World War I. The Memorial originally omitted the names of African American Alexandrians who fought and died in the Great War. The city corrected those omissions in 2018.

The primary sponsors of the Memorial were Russell Mitchell Post No. 609 Veterans of Foreign Wars, Florence Angelo Cannady and the citizens of Alexandria. Cannady played a crucial role in the story of the War Memorial. The widow of a former executive of the Richmond, Fredericksburg, & Potomac Railroad, she provided both substantial financial support and influenced the Memorial’s construction on what was railway property at the time.

Contemporary news articles credit her with gifting the Memorial’s green granite shaft, which they valued at $4,000. A local legend claims that the shaft was originally intended for the Masonic Memorial at nearby Shuter’s Hill but was damaged during transit from the quarry to Alexandria. However, the Masonic Memorial archives show no records of Cannady purchasing the granite from the Masons or a request for the shaft from the Veterans of Foreign Wars. It is easy to see how the legend came about, as the granite on the War Memorial bears a strong resemblance to the green granite columns in the Masonic Memorial’s Memorial Hall.

The new sign includes photographs of the War Memorial and its surroundings. It also includes images of the men the Memorial commemorates. One photo dated Oct. 6, 1917, poses white draftees in front of Alexandria City Hall with members of the draft board on Oct. 6, 1917. Two men in the photo, Samuel Haynes and Eugene Wilburn died in France in 1918. The sign also includes a photo of William Thomas, the first Alexandrian to die in World War I, and a digital copy of his draft registration card, which notes in multiple ways that he was African American. Other features of the sign include aerial photos of the area during the construction of the nearby George Washington Masonic Memorial and a postcard image of Alexandria Union Station commissioned around 1910. A photo of the World War I-era tank that stood next to the War Memorial from 1941 until the late 1980s when it was moved to a museum also graces the sign.

The interpretive sign on the Alexandria War Memorial is part of the Alexandria Heritage Trail network of interpretive signs. You can view this and all of the other signs virtually at: alexandriava.gov/historic-alexandria/alexandria-heritage-trail.

Out of the Attic is provided by The Office of Historic Alexandria.

Weekly Poll

Last Week
One of the founders of the Contrabands and Freedmen Cemetery Memorial recently died. How aware are you of this site?

42% What is the Contrabands and Freedmen Cemetery Memorial?
28% I’m aware of the memorial, but have never visited.
23% I have visited the site.
7% Very aware and involved with the memorial.

This Week
What do you think is the most serious non-COVID-19 public health issue right now?

A) STIs
B) Hypertension
C) Diabetes
D) Mental health
E) Opioid abuse

Take the poll at alextimes.com
JANUARY 19

SUCCULENT PLANTING WORKSHOP Stop by Made in ALX for this workshop that will teach you how to plant and care for succulents. Choose from a variety of colorful concrete containers for your plant and take it home with you.

Time: 7 to 8:30 p.m.
Location: 533 Montgomery St.
Information: madeinalx.com/product/succulent-workshop/2470

JANUARY 21

ANNE CARLYLE’S BIRTHDAY CELEBRATION John Carlyle’s youngest daughter Ann was born on Jan. 21. Community members are cordially invited to celebrate Ann’s birthday with music, games and hot chocolate. Admission is free but a $5 donation is suggested.

Time: Noon to 4 p.m.
Location: 121 N. Fairfax St.
Information: visitalexandria.com/events/ann-carlyles-birthday-celebration/

LUNAR NEW YEAR CELEBRATION

The Lunar New Year provides an opportunity to acknowledge the diversity and cultural significance Asian Americans bring to Alexandria. The event will be held inside the Atrium Building and will feature live performances, hands-on craft activities, face painting, photography station and raffles.

Time: Noon to 4 p.m.
Location: 277 S. Washington St.
Information: eventbrite.com/e/2023-lunar-new-year-celebration-in-old-town-alexandria-tickets-500782171957

NORTHERN LIGHTS: A SCANDINAVIAN SAVORY SOIREE Enjoy a concert with a multi-course Scandinavian cuisine and wines. The festivities begin with cocktails, before a dinner of Finnish salmon soup, char and rice pudding with blueberry sauce. There will also be music by Nordic composers such as Jean Sibelius, Edvard Grieg and more.

Time: 5 to 9 p.m.
Location: 711 Princess St.
Information: visitalexandria.com/events/northern-lights-a-scandinavian-savory-soiree/

LEGAL NOTICE

NOTICE OF DELINQUENT TAXES AND JUDICIAL SALE OF REAL PROPERTY

On March 1, 2023, or as soon thereafter as may be effected, actions will be commenced under the authority of Virginia Code §58.1-3965, et seq., to begin proceedings to sell the following parcels of real estate for the payment of City of Alexandria, Virginia, delinquent real estate taxes:

<table>
<thead>
<tr>
<th>Property Owner(s)</th>
<th>Account Numbers</th>
<th>Property Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Robert L. Dawson</td>
<td>Tax Map No. 038-04-06-35</td>
<td>501 North Pickett Street; Lot 16; Block 4; Section 2; Seminary Valley; Lot 9,353 Square Feet, More or Less</td>
</tr>
<tr>
<td>Faye Effie Dawson</td>
<td>Account No. 32720000</td>
<td>110 Baggett Place; Townhouse; Lot H; Grove Street R/S; Lots 52 Thru 59; Lot 1,333 Square Feet, More or Less</td>
</tr>
<tr>
<td>Purcell Garnett</td>
<td>Tax Map No. 063-04-08-29</td>
<td>3107 Mosby Street; Townhouse; Lot 27; Block 10; Warwick; Lot 3,001 Square Feet, More or Less</td>
</tr>
<tr>
<td>Mac P. Garnett</td>
<td>Account No. 10326000</td>
<td>400 North Fayette Street; Townhouse; Lot 252; Square of Fayette, Princess, Payne, and Oronoco Streets; Lot 3,088 Square Feet, More or Less</td>
</tr>
<tr>
<td>Charlotte A. Graham</td>
<td>Tax Map No. 015-03-04-03</td>
<td>205 Yoakum Parkway #1126; Hi-Rise Condo; Unit 2-1126; Watergate at Landmark; Plus Parking Space 348</td>
</tr>
<tr>
<td>Lucille W. Hubbard</td>
<td>Account No. 10785000</td>
<td>112 East Glendale Avenue; Townhouse; Lot 150; Section 1; Brenton; Lot 2,500 Square Feet, More or Less</td>
</tr>
<tr>
<td></td>
<td>Tax Map No. 064-01-07-26</td>
<td>5025 Murtha Street; Townhouse; Lot 6; Phase 3; Cameron Station; Lot 1,510 Square Feet, More or Less</td>
</tr>
<tr>
<td></td>
<td>Account No. 14433000</td>
<td>1309 East Abingdon Drive; Condo; Unit 1309-3; Harbor Terrace of Old Town</td>
</tr>
<tr>
<td>Rose Mimano</td>
<td>Tax Map No. 068-02-01-06</td>
<td>702 Upland Place; Lot 27; Block 3; Section 4; Glenmore; Lot 5,342 Square Feet, More or Less</td>
</tr>
<tr>
<td>Charlotte Mutsiya</td>
<td>Account No. 50671450</td>
<td>203-211 Duke Street; Townhouse; Lot 133; Phase 4; 1Stoer; Lot 2,400 Square Feet, More or Less</td>
</tr>
<tr>
<td>Royce Dean Shark, et al.</td>
<td>Tax Map No. 045-03-0B-1309.3</td>
<td>201-213 Duke Street; Townhouse; Lot 133; Phase 4; 1Stoer; Lot 2,400 Square Feet, More or Less</td>
</tr>
<tr>
<td>Martha S. Wood</td>
<td>Tax Map No. 062-02-10-13</td>
<td>201-213 Duke Street; Townhouse; Lot 133; Phase 4; 1Stoer; Lot 2,400 Square Feet, More or Less</td>
</tr>
<tr>
<td>Martha W. Hendley</td>
<td>Account No. 16972500</td>
<td>203-211 Duke Street; Townhouse; Lot 133; Phase 4; 1Stoer; Lot 2,400 Square Feet, More or Less</td>
</tr>
</tbody>
</table>

Property subject to delinquent real estate taxes may be redeemed by paying all accumulated taxes, penalties, interest, costs and fees. Payments should be made payable to the City of Alexandria and mailed to Taxing Authority Consulting Services, PC at the address shown below. Interested bidders and inquiries regarding the above-listed property should be directed to Taxing Authority Consulting Services, PC by telephone to (703) 880-1078 or (804) 545-2500, by email to questions@taxva.com, or by mail to:

John A. Rife, Esq.
Taxing Authority Consulting Services, PC
Post Office Box 31800
Henrico, Virginia 23294-1800
Re: City of Alexandria RE Taxes

PUBLIC HEARING, Second Reading and Final Passage of an Ordinance to Permanently Move the Polling Place in the Chinquapin Park Recreation Center Precinct to Alexandria City High School and
The Alexandria City School Board will hold a budget public hearing on the FY 2024 Combined Funds Budget during the School Board Meeting on January 19, 2023, at 6:30 p.m. in the School Board Meeting Room located at 1340 Braddock Place in Alexandria.

Public comments regarding the FY 2024 Combined Funds Budget may be submitted in the following ways:

- Sign up to speak at the January 19 public hearing at: https://acsweb.wufoo.com/forms/wf1upe0e02qz4wi/
- Email written comments to the Clerk of the Board at: boardclerk@acps.k12.va.us
- U.S. Mail: Clerk of the Board Alexandria City School Board 1340. Braddock Place Alexandria, VA 22314

Only comments related to the FY 2024 Combined Funds Budget will be heard at the public hearing. Requests to speak or to submit written comments must be submitted by Noon on January 18, 2023.

For more information, please contact the Clerk of the Board at 703-619-8316.

### POTOMAC WINDOW CLEANING

Residential window cleaning inside and out. Serving the local area for 35 years. Family owned and operated. (703) 356-4459. Licensed, Bonded, Insured. The Montgomery family thanks you for your interest.

### CHEVY CHASE FLOOR WAXING SERVICE

Wood floor polishing, buffing, waxing, old floor specialists Servicing local area 30 years Licensed, bonded & insured (301) 656-1810 We do not repair damaged floors

### AUCTIONS

ATTN. AUCTIONEERS: Advertise your upcoming auctions statewide and in other states. Affordable Print and Digital Solutions reaching your target audiences. Call this paper or Landon Clark at Virginia Press Services 804-521-7576, landonc@vpa.net
Not Just Real Estate.

A SENIOR MOVE OR DOWNSIZE IS MUCH, MUCH MORE THAN THAT

A senior move or downsize is reliving memories. Passing down heirlooms. Changing a long-term lifestyle. It is not easy!

Out of 1.2 million Realtors nationwide, we were awarded the “Outstanding Service Award” for work with Northern Virginia Seniors by the The Seniors Council of The National Association of Realtors.

Call, email, or text us for a free decluttering and downsizing guide. Let us be your partner for a smooth transition.

Peter B. Crouch, Associate Broker

Senior Real Estate Specialist®
NVAR Lifetime Top Producer
“National Outstanding Service Award” Recipient, NAR Seniors Council