George Washington Birthday Parade

“George Washington” waves to the crowds celebrating his birthday atop the Hard Times Cafe’s steed. See more on page 8.

ACPS approves 2023-24 budget

Meeting also includes weapons abatement pilot update

BY OLIVIA ANDERSON

The Alexandria School Board approved its combined funds budget request for the 2023-24 school year, which includes $359.9 million for Alexandria City Public Schools, and received an update on the proposed weapons abatement pilot at its Feb. 16 meeting.

The budget focuses on staff compensation, student learning supports and security services. It also allocates funding for the upcoming August opening of the new Douglas MacArthur Elementary School and renovation of a building on North Beauregard Street to be used as a swing space for future modernization.

The grants and special projects budget totals $17,850,779, while the nutrition services budget totals $13,600,871 for both revenue and expenditures. The total also encompasses the operating budget, which is a 4.2% increase from last year’s budget.

Board member Abdel Elnoubi called the budget process collaborative and expressed appreciation and gratitude for staff, community members and parents.

“Sometimes there’s still going to be someone who feels they didn’t get what they wanted, but when we’re working within constraints and have to balance the budget, I don’t think anyone’s going to get everything they want and we’ve got to make some tough decisions. But I think we did make the right decisions and I think this is a really good budget, and I really appreciate everyone’s work on it,” he said.

Vice Chair Jacinta Greene made a motion to approve the budget request, which board member Michelle Rief seconded. The item passed unanimously.

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Alexandria City Public Schools

SEE METRO
A timeless home filled with modern conveniences, coupled with the charm of yesteryear, Hunter Mews is one of Old Town Alexandria's few single-family homes nestled on one of its oldest streets. A true rarity that is seen through two conventional lenses—the classic look and feel of Old Town from the exterior, yet young and new throughout the interior—this home awaits you as you pass through its gates.

Upon entering the home you will be welcomed by the entry foyer, the main living room radiates from the natural light that shines through a full bank of windows across the room. The gourmet kitchen has been renovated with brand-new high end appliances, quartz counters & center island. The light-filled breakfast/family room has a 20ft wall of floor to ceiling windows which look out to meticulous gardens with plush plantings. The primary bedroom offers the perfect space to unwind, as it has a gas fireplace, floor to ceiling wall of windows, vaulted ceilings with built-in speakers and cove lighting. The luxury primary bathroom has a jacuzzi tub and spa shower. The upper level also includes four additional bedrooms that have been extensively renovated. A well appointed roof deck is accessible from 2 rooms and overlooks the private gardens.

A beautifully crafted staircase takes you to the lower level that is an entertainer's dream. A mahogany wet bar with wine storage for over 400 bottles is the centerpiece of the room, along with a gas fireplace with double arched brick hearth, and well-edged windows for natural light. Custom studio/home office is perfectly designed for a workout/craft room. The lower level also features a large bedroom suite with a built-in daybed, and a full bathroom, an area that could serve as an additional guest bedroom or an au-pair suite. Dedicated laundry room. 

Step outside and you are transported into your very own sanctuary, giving you the luxury of entertaining and privacy. The backyard has a built-in gas grill, a pond, irrigation, lighting and beautiful brick patio. Enjoy outdoor entertaining and al fresco dining! Attached garage with additional storage and custom floor finish. Additional off-street parking.

So come in, stay awhile, and fall in love as this gracious piece of charm, elegance and history welcomes you home.

Christine Garner (703) 587-4855

It’s not just my business, it’s my neighborhood.

For additional information & photos, go to: www.ChristineGarner.com
Leslie Golden becomes Times managing editor

Alexandria Times has hired Leslie Golden as managing editor. Golden, a native Virginian, previously worked as a publishing associate at Little, Brown Books for Young Readers in New York. She holds a bachelor's degree in English from the University of Virginia and a master's degree in literature, culture and modernity from the University of Southampton. She lives in Old Town with her husband and two children.

-Alexandria Times Staff

Homicide on East Reed Avenue

Alexandria’s Medical Examiner has ruled that the Feb. 17 sudden death incident on East Reed Street was a gun-related homicide. The Alexandria Police Department arrested Alexandria resident Junior Espinal Calix, 19, and charged him with involuntary manslaughter in connection with the incident.

The victim was 21-year-old Nabel Chávez.

A sudden death was reported on East Reed Avenue in an Alexandria eNews alert sent out at 3:31 p.m. on Feb. 17. This announcement came about 40 minutes after multiple police and emergency messages began referring to a shooting at 28 E. Reed Ave. The messages can be heard on the public site openmhz.com.

The first dispatch message came at 2:52.29 p.m. and referred to a shooting at 28 East Reed Ave, stating the cross street was Wilson Avenue.

At 2:53.07 p.m. An Alexandria police dispatch referenced a weapons violation, with one shot fired. “We possibly have a victim shot,” dispatch said. “Caller is being uncooperative at this time. We’re trying to get further information.”

A dispatch call at 2:53.33 said the caller on that line was unsure if there was a victim and reiterated that the original caller was being uncooperative.

A 2:54.17 dispatch stated that a caller “is advising that his brother got shot in the head. We’re still trying to get further…”

A 2:54.30 dispatch stated that “a 21-year-old male possibly shot a friend of his in the head.”

A 2:54.59 dispatch warned units responding to the East Reed Avenue shooting that the caller “is advising there are guns in the house. Use caution when responding. There’s supposed to be a 21-year-old male shot in the head.”

A 2:56.04 dispatch stated that a suspect in the shooting was in custody. “They have one in custody at this time. CSI unit to respond.”

A 2:56:32 dispatch said, “Units responding for East Reed, continue to stage. We’re still waiting for police response to arrive on the scene. It appears they were playing with a gun and it went off.”

At 2:56:44 a dispatcher asked, “Just confirm you have the suspect.”

At 2:58:09 p.m. a dispatcher said, “We need a trauma kit and medics can come in.”

At 2:58:29 p.m. a dispatcher said “Alexandria units for 28 East Reed, per police the scene is cold. You can respond in.”

The investigation is ongoing and APD asks that any witnesses with information regarding this incident to contact Detective Christine Escobar by phone at 703-746-6819, email: Christine.Escobar@Alexandriava.gov or call their non-emergency number at 703-746-4444.

-Marie Osmond

Marie Osmond sings beautifully but no one has ears like our little “Marie.” Our Marie is ready to listen to you. This 2-year-old grey and white mixture-pup is a petite and happy girl who’d love to walk all over Alexandria with you. At 40 pounds, Marie is slim & trim. Smart and eager to learn more tricks, Marie will be your new best friend.

Meet Marie!
AlexandriaAnimals.org/Adopt-By-Appointment
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Contact Andrew Dunbar directly at awdunbar23@gmail.com or at Alexandria Music Company at 703-660-6025.

ADOPTABLE PET OF THE WEEK

Marie Osmond

Beginner Guitar & Piano Lessons
$50 per half hour | $90 per hour
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Meet Marie!
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“Because everyone needs a home.”
Black Conservative Federation holds gala

The Alexandria Republican City Committee and the Commonwealth Republican Women's Club joined the Black Conservative Federation for a gala in Old Town on Feb. 17. Annetta Catchings, chairman of Alexandria’s Republican party, said “The event was a moment for the room to reflect on the contributions made by Black Americans.”

Connie Cantrell, president of CRWC, called the event inspiring. “To hear our conservative principles so eloquently expressed by all the participants made it a great evening,” she said.

- lgolden@alextimes.com

Suspect in dog poisoning attempt surrenders

On Feb. 6 a resident in the Del Ray neighborhood contacted police and the Animal Welfare League of Alexandria after witnessing a neighbor toss a suspicious substance into their yard.

“Our officer arrived and collected enough evidence to open a potential poisoning investigation. With the help of a security camera video, our animal services officer identified a suspect and an arrest warrant was issued. The suspect turned himself into police on Feb. 20 without incident and is now pending trial on a misdemeanor charge,” Tony Rankin, chief of animal services for the AWLA, said.

According to Rankin, pieces of meat, possibly tainted with a potential toxin, have been sent to the state animal health lab for further testing. Rankin added, “The pets were not home at the time and we believe that this was an isolated incident and no other properties were targeted.”

The maximum penalty for this charge is up to a year in jail and/or up to a $2,500 fine.

- lgolden@alextimes.com

BI hosts Special Olympics tournament

Bishop Ireton High School hosted a Special Olympics Basketball Tournament on Feb. 19. The tournament featured teams from around the region in their last tournament of the season. Committed volunteers organized the event.

- lgolden@alextimes.com

New ACPS school nutrition director

Dr. Eric K. Coleman has been selected as the new director of School Nutrition Services for Alexandria City Public Schools, according to a news release.

He will be responsible for the management and administration of all functions of the ACPS school nutrition office. A veteran of the U.S. Navy, Coleman has more than 20 years of experience related to food service and hospitality and is also a certified chef with the American Culinary Federation.

- lgolden@alextimes.com
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The Potomac Yard Metro Station is slated to open in May, following a series of delays.

On Jan. 23, Jerry Monroe Foley, beloved brother, uncle and friend, passed away unexpectedly at age 66 in Alexandria. Jerry was born and grew up in Savannah, Ga. He received his bachelor’s degree from Young Harris College in Georgia. He served in the U.S. in the Navy on active duty from 1983 to 1985 and as a civilian from 1989 to 1992. Most recently, Jerry worked as a security guard at the National Gallery, where he enjoyed sharing his love of art with visitors. Jerry was a man of deep faith. He had an extraordinarily big heart and touched many lives. He had a broad and diverse group of friends, no doubt drawn to him by his authenticity and total lack of pretense. If anyone needed help, Jerry would reliably and selflessly show up to provide it. He volunteered frequently, serving many in his community. Jerry loved learning new things. In his free time, he went to museums and attended lectures. Jerry also loved to travel. He lived in Korea for several years where he taught English and made lasting friendships.

Jerry was preceded in death by his mother, Jewel Horne Foley and father, James David Foley. He is survived by his brother Larry E. Foley and his wife Kim Foley, nieces Sara Foley Prisk and Emily Foley Reynolds and their families, and numerous cousins. Services for Jerry will be held at Washington Street United Methodist Church, located at 109 S. Washington Street at 10:30 a.m. on Feb. 25.

Jerry Monroe Foley

Obituary

Reinforcing the ground below the tracks required removing any work already completed, excavating additional soil beneath 1,400 feet of track and installing new subgrade materials to provide the required stability,” the statement reads.

Off explained to the Times that the unsuitable soil did not provide the necessary compaction to support a stable foundation, so WMATA delayed the shutdown for another two weeks.

“We took that extra time, i.e. this two weeks in extending the shutdown, to fully dig out all those old soils, add some special geotextile materials and then backfill with better soils,” Off said.

When asked about preliminary analysis of the site, Off said that WMATA conducted many studies before any work began – just not under the current tracks.

“Obviously it’s a huge site, and we did extensive geological evaluations and borings before we started, but we didn’t do any under our existing tracks. Of course, those tracks were built upwards of 35 years ago and certainly have taken a pounding over the years. And typically those types of things are just not going to rear their head – it’s like remodeling your house and you pull apart the wall and find out you have some bad copper pipe. There are just some things you’re not going to dig up until you really get into it.”

According to Off, the remediation efforts happening now will likely prevent future work at the site.

“We don’t see that being a problem in the future. It did cause a two-week delay, but hopefully in the long run it was the right move and we think we got it taken care of,” Off said.

Prior to the most recent delay, WMATA announced on July 26, 2021 that original plans of opening in spring 2022 would...
be pushed back five months to fall 2022. At the time, WMATA cited safety concerns with the design of the automatic train control systems.

“The ATC system did not meet all of the important safety requirements to ensure the safe operations of trains. The ATC system prevents trains from getting too close to one another and ensures trains always maintain a safe distance,” the statement reads.

Although the various delays are far from ideal, Off said, it’s not a terrible outcome in the grand scheme of things. “We’re looking at roughly a year to 14 months delayed for the station, which is not obviously where we want to be, but we have worked through a host of issues and through a lot of challenges over the course of the past five years that we feel pretty good about that,” Off said.

However, Simmons contended that problems with the Potomac Yard Metro are part of a larger and deeper regional issue with environmental destruction. “Whether it be stream construction projects or putting inappropriate projects on slopes that are unstable, putting structures in wetlands, it’s all the same problem,” Simmons said. “My main concern is that sound science is just ignored as an inconvenient truth.”

As the scheduled opening date inches closer, the City of Alexandria is winding down some of its Metro monitoring committees. For instance, the Potomac Yard Metrorail Implementation Work Group, which meets regularly to discuss issues related to the Potomac station, held its final meeting last month.

But according to Mayor Justin Wilson, city staff is still constantly meeting with WMATA to check in on the status of the station, and has so far not observed any derailments. “It was a preventable, frustrating and very, very expensive delay. That’s why we have been working very, very closely with WMATA to not repeat some of those mistakes and make sure that at least on this very delayed schedule, we meet the schedule,” Wilson said.

With a budget of $370 million, Potomac Yard Metro Station is expected to finally open this year, but Wilson said that conversations will not end when it does. “Our expectation is that they meet the timeline they’ve provided to the residents and businesses of our community, and that’s what we’re going to hold their feet to the fire to do,” Wilson said. “There will be a substantial amount of time when this is done to go through what went wrong, why it went wrong and who is accountable for what went wrong, but I think at this point our focus is [to] get this station open as quickly as we possibly can.”

-oanderson@alextimes.com

WMATA crews found issues with underlying soil that affected the ground’s structural stability.
George Washington Birthday Parade

Thousands of visitors, residents and Freemasons took to the streets of Old Town on Monday to participate in the largest George Washington Birthday Parade in the country. The event featured bands, local merchants, city officials and General Washington and Martha Washington. The parade also dovetailed with the 100th anniversary of the George Washington Masonic National Memorial, which included a cornerstone laying ceremony commemorating the 100th anniversary of the cornerstone dedication.

Curious about AlexRenew’s Tunnel Project? Let’s dig in.

RiverRenew Community Listening Sessions

March 6
Pendleton Street

March 7
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March 9
Royal Street

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The School Board also received an update on the proposed weapons abatement pilot program, originally shared by the Office of Safety and Security Services on Feb. 2 as a way to mitigate the weapons entering city schools. That presentation yielded a spirited discussion, with the board ultimately directing staff to return with an updated proposal.

According to Chief of Facilities and Operations Alicia Hart, the general weapons abatement screening process would require everyone to walk through screening equipment upon entering the facility. Negative alerts would allow visitors to enter the facility, while positive alerts would result in a second, more thorough screening. If a weapon violation is found, no further access would be authorized and items would be confiscated.

Hart suggested the pilot take place at the city’s Alexandria City High School King Street campus and Minnie Howard campus, as well as George Washington Middle School and Francis C. Hammond Middle School.

“The rationale for selecting these locations includes the fact that the overwhelming majority of our weapons-related incidents to date have happened at the secondary school locations,” she said, adding that these particular locations are staffed with school resource officers for security support.

Affixed units would cost approximately $60,000 per unit, and mobile systems would cost approximately $15,000 per unit. Both types will likely be used at all pilot locations in order to provide flexibility based on activity use. Hart said the pilot program would be funded with CIP security funds and possible grants.

Some have argued that the equipment’s outward appearance would “change the culture of the schools,” board member Christopher Harris noted, but he countered that this would actually not be the case. There is a space in the middle of the design of the equipment for ACPS school logos, in order to blend in with the school aesthetic.

“Knowing and seeing and reading about this, the impact on that would be minimal,” Harris said.

During deliberation, board member Kelly Carmichael Booz asked how many units will be needed for the campuses. Hart said that staff is still finalizing plans, but three or four units would likely be needed at ACCHS and two or three at Minnie Howard barring any changes.

Rief asked if additional personnel would be needed, particularly during high traffic events, to which Hart said the outcome of the pilot program would likely reveal that answer.

“We’ll be looking to see how it works once it’s actually implemented,” Hart said. “... We do think there would need to be some adjustments to our current staffing right now, not necessarily in terms of adding but maybe in positioning during arrival to be able to support this.”

Student School Board representative Torenzo Ricks pointed out that many students take classes in trailers at the ACHS King Street campus, questioning whether those students would have to go through the weapons abatement process all over again when reentering the building. Hart said students would indeed have to go through the affixed units every time they enter the building, regardless of taking classes in trailers.

“Hopefully it won’t pick up anything between going to one class or another,” Hart said. “… That’s the structure currently of our programming, that’s just the nature of people visiting and leaving and entering buildings. We just want to make sure that equipment allows us to scan throughout the day and really be able to prevent anything that is unsolicited coming into our buildings.”

When asked how the success of the program would be measured, Hart said that staff is still “working on the parameters of what defines success.” Along with talking to neighboring school divisions, she said staff is examining whether the equipment actually reduces weapons-related incidents, whether as a deterrent or by catching weapons before they enter the buildings.

She also stated staff will look at how the pilot program impacts student arrival and the welcoming culture, which student and administrator feedback will help determine.

“I don’t necessarily think it’s a program where we couldn’t have opportunities to improve it, but really using the pilot process to see, ‘Okay, how is this working? How are people getting adjusted to it? What is it that we are seeing? What is it that we are catching? Do we really feel that this would be a deterrent and a worthwhile investment across the division?’” Hart said.

Stakeholders interested in sharing their thoughts are encouraged to respond to a survey opening tomorrow specifically about the pilot program. It is slated to close on March 8 and will be shared at the March 16 School Board meeting.

“We look forward to moving forward, further updates and we’ll see how this goes,” Chair Meagan Alderton said.

-oanderson@alextimes.com
FEBRUARY 23

BLACK HISTORY COOKING DEMONSTRATION The creator and chef of Black Folk Food will prepare a handful of dishes, share a brief history and demonstrate what makes the cuisine so amazing.
**Time:** 5:30 to 7:30 p.m.
**Location:** 5005 Duke St.
**Information:** alexlibraryva.org/event/7440584

FEBRUARY 24

OUR FACES IN FILM SERIES All month long for Black History Month, Charles Beatley Central Library will show films featuring African American lead characters. Join for great films and snacks. The selection will be “Harriet” (2019, PG-13, 125 min). Some films may not be suitable for all ages.
**Time:** 2 to 4:30 p.m.
**Location:** 5005 Duke St.
**Information:** alexlibraryva.org

FEBRUARY 25

FREE TAX PREPARATION TO QUALIFYING RESIDENTS Services will be offered Saturdays and Wednesdays from 6 to 8 p.m., Feb. 18 through April 19, at the Department of Community and Human Services.
**Time:** 9 to noon
**Location:** 4850 Mark Center Dr., 5th Floor
**Information:** alexandriava.gov/DCHS or call 202-830-1480 (English) or 202-869-2999 (Spanish).

LETCHIE AND LOVAGE AT THE LITTLE THEATRE OF ALEXANDRIA Written by the author of Equus and Amadeus, this comedy satire, which runs through March 18, centers around an exuberant tour guide who loves to embellish the history behind an English country house. All patrons are required to wear a mask, even if vaccinated.
**Time:** 8 p.m.

FEBRUARY 26

PRESERVING THEIR NAMES: THE BLACK LIVES REMEMBERED COLLECTION The Office of Historic Alexandria invites you to the reopening of the Alexandria Black History Museum and the new exhibition documenting the community’s response to the murder of George Floyd and the ongoing work of preserving the names of those Black lives lost and ensuring that they are remembered.
**Time:** 2 to 5 p.m.
**Location:** 902 Wythe St.
**Information:** R.S.V.P. by February 23 at 703-746-4356 or blackhistory@alexandriava.gov

MARCH 1

ANNUAL NEEDLEWORK SHOW Woodlawn celebrates 60 years of the Annual Needlework Show with the theme of comfort and joy. The show has become the largest judged show of needle arts in the nation, displaying thousands of embroidery pieces by artists from all over the world. Returning this year will be in-house seating in Nelly’s Café and the needlework demonstrations. Special exhibits and on-line events are returning with new embroidery subjects and needlework displays.
**Time:** 10 a.m. to 4 p.m.
**Location:** 9000 Richmond Highway
**Information:** visitalexandria.com/events/60th-annual-needlework-show/

MARCH 4

ST. PATRICK’S DAY PARADE For more than 40 years and held annually on the first Saturday in March, the parade has grown to be the largest one-day event in Old Town. Featuring pipe bands, Irish dance schools, community groups, and a host of other musicians and performers.
**Time:** 12:30 p.m.
**Location:** 300 King St.
**Information:** visitalexandria.com/events/2023-st-patricks-day-parade
Alexandria Celebrates Women

The Legacy of Annie B. Rose

BY GAYLE CONVERSE AND PAT MILLER

The daughter of a once enslaved laborer was instrumental in turning what was once an infamous Alexandria site – where liberty had been denied to thousands of individuals – into a museum of freedom.

Annie Beatrice Bailey Rose was born 130 years ago, in 1893. Her father, Rev. Henry Bailey, had been sold as a youth by the owners of the slave jail at 1315 Duke St. Before the American Civil War, the Franklin and Armfield Slave Pen was one of the largest human trafficking enterprises in the United States, exporting almost 4,000 enslaved persons to plantations in the nation’s southern-most states. The jail was later operated by C. M. Price and John C. Cook. On May 24, 1861, the Union Army liberated the slave jail complex.

In 1863, an emancipated Henry Bailey managed to return to Alexandria where his mother lived. He laid track for the railroad between Washington and Richmond, learned to read and earned a degree in education.

Inspired by her father’s achievements, Annie chose a career as a school teacher in the Alexandria vicinity and worked at the U.S. Bureau of Printing and Engraving. She married William Henry Rose of Alexandria.

She immersed herself in many causes and would work for the next 40 years to improve the lives of others. In the 1940s, Annie encouraged African Americans to register to vote. She helped establish the city’s first Commission on Aging and was a founding member of the Senior Citizens Employment Services of Alexandria. She was also one of the founders of the Society for the Preservation of Black Heritage.

Annie fought for civil rights on a national scale. In 1965, she helped organize, and along with 200 Alexandrians participated in, the March on Washington. Annie never forgot that 1315 Duke St. was where her father had been sold. In 1978, her work ensured that the atrocities committed there would never be ignored when the site was granted National Historic Landmark status. It is now the Freedom House Museum. Re-opened in 2022 under the stewardship of the Office of Historic Alexandria, “the Museum honors the lives and experiences of the enslaved and free Black people who lived in and were trafficked through Alexandria.”

Annie helped to create a second life for the Robinson Library. Built in 1940 on North Alfred Street, the facility served as the city’s first public library for African Americans. The Robinson Library was the first 20th century building to occupy the site. In 1983, with the vision and assistance of Annie, the location became the Black History Resource Center, now the Alexandria Black History Museum. Today, the Alexandria Black History Museum includes the Museum, the Watson Reading Room and the Alexandria African American Heritage Park.

“Annie B. Rose is an excellent example of a citizen activist. It was her love of history and her hatred of injustice that propelled her to fight for the preservation of African American landmarks around Alexandria,” Alexandria Black History Museum Director Audrey Davis said. “African American women are often left out of America’s preservation narratives. We owe a debt to citizen preservation activists like Annie B. Rose and Lillie Finklea whose commitment to Black History and preservation made Alexandria more inclusive.”

In 1987, Annie was honored by the National Caucus and Center on Black Aging Inc. for her efforts to register voters, obtain housing for the poor and improve services for the elderly.

Soon after her death in 1989, the former Pendleton House was renamed The Annie B. Rose House and now serves as a modern private residence for aging, limited-income Alexandrians.

What this Alexandria woman, the child of a former enslaved person, accomplished in her 96 years is an inspiration for all of us.

Long live freedom, Annie B. Rose.

The writers are founders of Alexandria Celebrates Women, a nonprofit that highlights influential women throughout the city’s history. Contact them at AlexandriaCelebratesWomen@gmail.com.

Obituary

Paul Harrington Kenney

August 13, 1960 - January 26, 2023

Paul Harrington Kenney, known to his many friends and family as P.K., passed away suddenly on Jan. 26. He was the son of the late Col. Paul Harrington and Catherine Stever Kenney. He is preceded in death by his loving wife of 37 years, Sally, and sisters, Cathy Funk and Karen Hill. Paul was born in Alexandria, Va. on Aug. 13, 1960. He is survived by his sons, Gunnar and Parker Kenney; his sister, Susan Dent (Rick); his brother-in-law, John Fickenscher (Sandra); his brother-in-law, Jim Fickenscher (Jessica); his brother-in-law, William Funk and many nieces and nephews. He attended Mount Vernon High School and graduated from Roanoke College, where he discovered his love of rugby. Paul was a founding member of the Charlotte Rugby Club and a volunteer rugby coach at Davidson College. He recently retired from the scaffolding and shoring industry. Paul was an avid outdoorsman, a devoted husband and father and a loyal friend. A celebration of life will be held at a later date.
Dementia is a condition that affects more than 55 million people worldwide. The financial strain of this progressive condition is matched by the emotional toll it places on family members and caregivers. Last week we learned the unfortunate news that actor Bruce Willis was diagnosed with a type of dementia, called Frontotemporal Dementia.

The diagnosis of dementia is a difficult burden for anyone to bear, and given the actor’s fame and popularity, there have been many questions about FTD. What is it? How does it differ from other types of dementia? How is it diagnosed? And is there treatment?

Dementia is defined as a decline in cognition. Cognition determines how our brain obtains and processes information. In dementia, we find a decline in one or more aspects of cognitions – language, learning and memory, executive function, complex attention, perceptual-motor or social cognition. This decline must be severe enough to interfere with day-to-day functioning and independence.

There are multiple types of dementia. The five most common are: Alzheimer’s Dementia, Dementia with Lewy Bodies, Parkinson Disease Dementia, Frontotemporal Dementia and Vascular Dementia. These have broadly overlapped symptoms, but there are some specific features associated with the varying types.

Approximately 60% to 80% of older individuals with dementia have Alzheimer’s Dementia. It is important to note that it is also possible to have more than one type of dementia, also known as Mixed Dementia.

How do patients with dementia present clinically? There are common features that we see in all patients and then there are features that are more common depending on the types of dementia the person may have. The most common symptom that can be found across the board is usually related to difficulty with memory such as remembering events or retaining new information.

Other common features are difficulty with handling complex tasks such as managing finances, getting lost in familiar places, trouble finding the proper words or difficulty in coping with unexpected events. Family members are usually the first to notice the change but since these changes can be subtle and are often chalked up to “normal aging changes,” it may be months or years before the symptoms are truly addressed and medical care is sought.

In addition to the common signs noted above, certain features that may be more specific to the particular type of dementia:

**Alzheimer’s Dementia** – This type of dementia typically occurs in people older than 65, although there is an early onset variant that can affect people in their 40s and 50s. Short term memory impairment is the most common initial symptom as well as impaired executive functions, and reduced insight. As the condition progresses, sleep disturbances, anxiety and emotional lability become more common.

**Dementia with Lewy Bodies, Parkinson Disease Dementia** – Both of these types of dementia present with a gradual decline in cognition associated with specific movement disorders. Specifically, for Parkinson’s Dementia, patients present with movement problems approximately five to eight years prior to showing cognitive decline. Some of the movement changes seen are an abnormal leaning-forward gait when walking, small quick shuffling steps, reduced swinging of arms while walking and difficulty in initiating or continuing movement. Patients diagnosed with Lewy Bodies usually exhibit cognitive decline and movement disorders as well as sleep behavior changes, hallucinations and fluctuations in levels of alertness.

**Frontotemporal Dementia** – Different parts of the brain are responsible for various body functions. For example, the frontal lobe in the brain is responsible for emotional expressions, reasoning, thinking and problem solving. The side of the brain, temporal lobe, is responsible for speech and hearing. In FTD, both lobes are affected. The typical onset usually occurs in patients in...
There are several types of FTD. The two main subtypes that we will mention here are: (a) Primary Progressive Aphasia FTD and (b) Behavioral Variant FTD.

In Primary Progressive Aphasia FTD, symptoms early on are usually a slow and insidious onset of speech and language impairment. This includes word finding difficulty, word usage difficulty, word comprehension difficulty, and sentence construction difficulty. Per media reports, this is the subtype that Willis was diagnosed with.

In the Behavioral Variant FTD, we see symptoms of the frontal lobe being impaired. Since the frontal lobe is responsible for the emotional aspect of our personality, we start to see a loss of control of emotions.

Vascular Dementia – This type of dementia is usually associated with small blood-vessel disease caused by cardiovascular problems. Patients with long-standing uncontrolled high blood pressure, patients with a history of strokes or mini-strokes, heart disease or anything else that causes decreased blood flow to the blood vessels in the brain are at risk for this type of dementia. Symptoms are initially associated with cognitive impairment and a slowing of overall processing speed.

How do doctors diagnose dementia? Unfortunately, there is not a specific blood test or imaging study that can be used to diagnose dementia. The first step is a visit with your primary care provider. Since most patients with dementia do not complain about memory loss, a family member or a close contact of the patient must be available to give a history and talk about the behavioral changes. A thorough medical history should be taken, including a review of every prescription and non-prescription medication that the patient is taking. A complete past medical history and family history should also be taken.

An assessment of someone’s Activities of Daily Living and Instrumental Activities of Daily Living should be taken. The ADLs consist of basic self-care activities such as walking, feeding, dressing, toileting, bathing and transferring and the IADLs are the self-care tasks that include more executive function tasks. Any decline or change in ADLs or IADLs should be carefully evaluated and monitored.

A careful mental status examination should also be performed. There are various screening tests that can be utilized to give a history and talk about the behavioral changes.
Dementia is also important. While people with dementia can have depression as well, it is important to know that in some cases depression in the older patient can mimic dementia.

Afterward, a thorough physical examination should take place followed by lab work. The lab work is performed to ensure that other conditions that can mimic signs and symptoms of dementia are not present. For example, untreated thyroid problems and vitamin B-12 deficiency can present with symptoms like dementia.

A consideration for brain imaging should also be considered at this point. Often the imaging is performed to ensure that any anatomical abnormalities or any other conditions are not causing the patient’s symptoms.

Different findings on the imaging and lab work may help guide the clinician towards a specific diagnosis. However, it is important to note that a presumptive diagnosis of dementia can only be made by taking all factors into account. For certain patients, further neuropsychological testing may be indicated. Often, specialists such as neurologists can help primary care physicians decide if this is the best step to take.

Unfortunately, dementia is a progressive condition, which means that it will always progress and worsen. Currently, a cure for dementia does not exist. However, there are certain treatments that can help either slow the progression down or can help with some of the symptoms of dementia, such as anxiety, aggression and insomnia. Medications can be helpful for some but may be potentially harmful for others, so a detailed conversation about risks versus benefits should take place prior to starting any new treatment.

Dementia is a daunting condition but luckily there are many resources available for caregivers. The Alzheimer’s Foundation of America, the Alzheimer’s Association, and the Centers for Disease Control and Prevention all have valuable on-line resources and guides.

As a primary care and house call physician who has had both personal and professional experience with this disease process, it is important to know that you are not alone. Find a good support team, find out about medical and community resources and most importantly, go to your doctor to talk about your concerns and situation.

There are many resources available for caregivers, such as the Alzheimer’s Foundation of America, the Alzheimer’s Association and the Centers for Disease Control and Prevention.
What to keep, toss or sell

BY MARY ELLEN ROTONDO

I recently packed up several rooms in my house to get ready for a big kitchen renovation. I can’t help but think about my clients who are planning a household change this year, either going to a larger house, downsizing, furnishing a second home or renovating their existing space.

Moving means that many hours of decluttering and packing are in store for you. When going through years’ worth of items you’ve collected, you may start to realize you either can’t or don’t want to take it all with you. Parting with some items can be difficult, especially if you’ve held onto them for ages.

Even if you aren’t moving, you and your home can benefit from a good spring cleaning, decluttering and organization. Spring cleaning can be a great opportunity to declutter your home and get a fresh start. If you approach it as if you were moving, you can make the most of the process.

Find below my list of helpful tips that I typically provide to my clients as they prepare for this sometimes overwhelming task:

1) Start with a plan: Make a list of all the areas in your home you want to clean and declutter, and prioritize them based on their level of clutter.

2) Tackle one room at a time: Rather than trying to clean the entire house all at once, focus on one room at a time. This will help you stay organized and avoid feeling overwhelmed.

3) Sort and declutter: Start by sorting through all of your belongings back in their proper place and consider storing items that you don’t need in a storage unit or attic.

When moving or decluttering, you may realize you can’t or don’t want to take all your belongings with you.
6) Maintain your clean space: Once you’ve finished your spring cleaning, make a plan to keep your home organized and clutter-free. Consider implementing new habits, such as cleaning up after yourself each day and regularly going through your belongings to get rid of anything you no longer need.

If you are planning to move any time soon, you will want to approach things with more definitive parameters, such as deciding what to keep, toss or sell.

What to keep

Let’s start with the easiest category – things you should keep. When planning your move, taking everyday items with you will save you time and money once you are settled in your new space. Taking complete bedroom sets, favorite pieces of furniture such as tables and couches and any dining room chairs and high tops is a smart move. You’ll also want to keep any chargers for new electronic devices and manuals to go with them.

Pack your frequently used clothing, accessories and toiletries. Basic cleaning supplies are a must, too. These items can be expensive to replace and you will likely want to give your new space a good clean before unpacking your items. Kitchen supplies such as basic cookware should also be taken with you.

What to sell

You can make a lot of money from selling your gently used items. Posting items on sites such as Facebook Marketplace, Mercari or taking goodies to your local thrift store can help you make some extra cash to spend on your new space. Start by getting rid of redundancies. For example, if you have five cooking skillets, you could probably spare one or two. Office supplies can be difficult to travel with, so this is another area where you can shed clutter.

Keeping a pair and a spare of sheets is wise, but any extra towels or linens that are taking up space in your closet should be donated. The same goes for luggage. Keeping one travel tote and suitcase will help you ensure a smooth transition into your new home and selling gently used items will make someone’s day.

You can also explore selling furniture that no longer matches your style and taste or that doesn’t fit into your new home.

What to toss

Deciding what to toss can be the most challenging part of this process. This is especially true if you are someone who holds onto items for many years.

Start by decluttering your old magazines and home decor. Any seasonal pieces that don’t fit into your new life can be donated at your local Savers or thrift market. Broken items that can’t easily be fixed should go and stained or ripped clothing can be tossed or turned into rags for cleaning your new space.

Take a look at your medication and cosmetic collection and check the expiration dates on these items. You’d be surprised by the short shelf life of many of these products. Start fresh in your new home and toss any expired items.

By approaching your spring cleaning as if you were moving, you can make the most of the process and create a fresh, organized and clutter-free home. Make an effort to spring clean at least once a year and you’ll be prepared for the next move or home renovation. February is a great month to tackle spring cleaning.

The writer is a realtor with Compass, located at 1004 King St., Alexandria, 22314.
Our View

The big station that might

More than four years passed between City Council’s approval of a Metro station on the “Alternative B” site at Potomac Yards in May 2015 and the station’s Dec. 19, 2019 groundbreaking. Virtually every day for those four years, environmentalists of all stripes argued repeatedly and loudly that destroying more than five acres of wetlands for this site – with less damaging alternatives available – was environmentally immoral. We wholeheartedly agreed.

The wetlands site moved forward despite this chorus of dissent.

Then came the announcement last October that the station, which had been scheduled to open in April 2022, was being further delayed into 2023 because existing tracks at the Metro site were found to be unstable.

This finding does not inspire confidence that the almost $400 million station is going to be anything but a long-term lemon going forward. Even children understand that it’s unwise to build structures on soft soil.

Consider the history of this project:

• City officials admitted that Alternative B, the wetlands site, was chosen largely because it’s where developers wanted the station placed. “Alternative B was the best fit for the overall project purpose, according to city staff. The project purpose was amended in the final Joint Permit Application to be ‘in support of currently proposed and anticipated development in the area over the next several decades.’” Nov. 28, 2019 Alexandria Times, “Potomac Yard Metro proceeds on wetlands site”

• In April 2018, a $50 million cost overrun was announced. This followed numerous prior cost escalations from the original estimates on the project in the late 2000s.

• In June 2018, the city’s narrative surrounding the removal of the project’s south entrance changed after a resident-filed FOIA was released. According to the June 7, 2018 Alexandria Times: “The emails reveal that city officials worked behind the scenes to suppress a rendering that showed the Metro’s southern entrance had been removed from the plans and tried to keep this knowledge from the public even after a WMATA official told them it wasn’t necessary.”

• And, of course, the current delay because of unstable soil at the site.

“Construction crews discovered underlying soil issues that affected the structural stability of the ground beneath the tracks which prompted them to stop, create a remediation plan and implement the proposed remediation plan,” the Alexandria Times’ Oct. 6, 2022 story “Construction crews discovered underlying soil issues that affected the structural stability of the ground beneath the tracks which prompted them to stop, create a remediation plan and implement the proposed remediation plan” said.

Will the “proposed remediation plan” actually permanently resolve the structural instability of the wetlands location of the Potomac Yard Metro station? Or is this location an endless money pit from day one? Despite assurances from WMATA officials and the city, the answer to that question is unknowable right now.

Choosing to build a massive train station in a marsh was not only environmentally unconscionable – it was also foolish. Alexandria’s leaders, past and present, own this. No one is going to get a pass if the station has continued problems with instability.

An unintended consequence is something that’s largely unforeseeable. This situation is utterly predictable.

“The foolish man built his house upon the sand. The rains came down and the floods came up. And the house on the sand went SPLAT!”

*Abridged “Wise Man and Foolish Man” lyrics

Opinion

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

- Thomas Jefferson

Photo of the Week

A mallard recently in Founder’s Park.

Your Views

Ignore the COG’s flawed demands

To the editor:

Mayor Justin Wilson and the city have been promoting a draft report on housing prepared by the Metropolitan Washington Council of Governments. Only eight of the 24 members of the COG participated in the report and only Alexandria is promoting it without qualification.

The COG complains that its affordable housing ambitions based upon mass density are hindered by “community pushback” from mythical residents whose goal is to “maintain their self-segregation.” The COG report describes the community as a “problem” and concludes that “mere policy changes may not be enough to dis-
showing it engaged interest groups and officials, largely from outside city boundaries, but not the people their solutions would impact. The report claimed that Alexandria’s City Council held a public hearing to take input on the COG report on April 17, 2021. A review of the docket for that date shows nothing relating to the COG report.

Within the report, Alexandria’s leaders stated their top priority is to “prioritize public land for affordable housing,” which would include school sites and parks. None of the other seven regional governments are targeting its schools and parks to convert to more dense housing.

Many might have believed Wilson’s past claims that council was not planning to dismantle neighborhoods and co-locate housing on school sites and parks. Under his watch, but if he is serious about committing to the COG report we are back to “wait and see.”

Other regional governments, like Arlington, prioritized preventing the displacement of low- and moderate-income residents in the inevitable gentrification these hyper-density policies bring. Alexandria says nothing about displacement in the report, despite COG’s expressed concern about the “relatively low number of affordable units” approved in new Alexandria developments and the displacement threat of Amazon.

The COG report inaccurately states “Alexandria has a large amount of single family homes,” incorrectly citing as its source the city’s accessory dwelling unit webpage, which says nothing about the amount of single family homes. In fact, the Census Bureau found that only 15% of Alexandria’s housing units are detached, single-family homes. This is lower than virtually every other locality in the United States: the national level is 63%. Conversely, 51% of Alexandria’s overall housing units are found in multi-family buildings of 10 or more apartments: the national level is 14%.

The COG report also complains that “historic areas in the city make it difficult to build multifamily housing,” again citing the city’s ADU webpage, which says nothing about historic districts, as its source. It is true that Alexandria has a rich history and as a city we value that. COG clearly does not, and complains that our historic districts are an impediment to unchecked density.

Other revealing statements in the COG report include:

• “In Alexandria, there is a fairly low concentration of households with housing burdens when compared to other jurisdictions.” Unfortunately, this “low concentration” is trending in the wrong direction, likely due to gentrification and the over building of luxury housing.

• Alexandria is significantly above the rest of the region in access to low cost transit today, “with minimal disparities based on race, ethnicity, or poverty status.” That verifies there is no desire or need to spend up to $116 million for dedicated bus lanes on Duke Street.

• Alexandria’s rating on environmental health is poor, well below the region, stating that “access to environmentally healthy neighborhoods in Alexandria is relatively low for all racial, ethnic, and economic groups.” COG attributed this poor environmental health rating in Alexandria to “urban areas tending to have lower air quality.” More urbanization will only worsen our already bad environmental health.

• The COG report stated that “access to proficient schools is significantly lower than in the rest of the region for all racial and ethnic groups, with only negligible differences among racial groups.” COG said this is because “low performing schools are more likely to be in urban areas” and named Alexandria.

The COG report may contain nuggets of wisdom somewhere, but there’s much in it that’s flat out wrong. Despite these obvious flaws, Wilson has endorsed the report without qualification, and the city has been promoting it.

While city leaders may find the COG report useful as talking points to promote its urbanist agenda, those who are truly serious about pursuing affordability and diversity know future decision-making for Alexandria must be done by Alexandrians, not by a non-elected, regional entity.

The COG’s offensive language in this report – labeling those who view hyper-density as a threat to affordability and diversity as “segregationists” and hinting at strong-armed tactics to “dismantle opposition” – seems unlikely to address housing issues or lead to equitable outcomes.

We should follow the rest of the region and ignore the COG’s flawed, one-size-fits-all demands.

-Frank Putzu, Alexandria

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Alexandria Black History Museum reopens

The Alexandria Black History Museum will return to normal business hours the first week of March. The museum has been closed for almost three years due to the COVID-19 pandemic and some much-needed renovations. The museum is located in the historic Parker-Gray District, and the buildings as well as the exhibits are tributes to Alexandria’s rich African American history. The main building contains the Robert H. Robinson Library, which was built as a segregated library after the 1959 sit-down strike led by Samuel Tucker highlighted the fact that the Alexandria Library services excluded Alexandria's African American residents.

The Robert H. Robinson Library opened in April 1940 and served the needs of Alexandria's African American residents until July 1962. In the winter of 1959, the Alexandria Library quietly integrated its services for adults and high school students. The Robinson Library continued use as a segregated children's library until 1962, when the Alexandria Library system was fully integrated.

In 1983, thanks to the efforts of the Parker-Gray Alumni and the Alexandria Society for the Preservation of Black Heritage, the former library was repurposed as the Black Alexandria and Parker-Gray Alumni Historic Resource Center. The building was later renamed the Alexandria Black History Resource Center before it received its current name in 2004.

City Council put the Office of Historic Alexandria in charge of operating the Resource Center in 1987 and funded an addition to the building that opened in 1989. In 1995, the Alexandria Black History Museum added the Alexandria African American Heritage Park and the Watson Reading Room to its portfolio. The Heritage Park is on the site of an African American cemetery. The Watson Reading Room houses a non-circulating collection of books and periodicals on African American life, history and culture.

Despite the temporary closure of the museum buildings during the last three years, the Alexandria Black History Museum continued to serve city residents and visitors during the pandemic by hosting concerts, workshops and lectures virtually. Some highlights include concerts by the Washington Revels, Kwanzaa How-to Workshops and a behind-the-scenes look with the African American Heritage Trail Committee on their establishment of the African American Heritage Trail.

The committee unveiled the Trail's southern route on Feb. 4. During the closure, the Alexandria Black History Museum also played a pivotal role in establishing the Alexandria Community Remembrance Project, including the pilgrimage to Montgomery, Alabama that took place from Oct. 6 to 10, 2022.

The reopening of the Alexandria Black History Museum will also unveil a new exhibit titled: Preserving Their Names: The Black Lives Remembered Collection. The new exhibit documents Alexandria’s response to the murder of George Floyd and the continuing work to preserve the names of Black lives lost. We look forward to welcoming guests back in person to the Alexandria Black History Museum!

Starting on March 2, the Alexandria Black History Museum's hours will be Wednesdays to 5 p.m. and Sundays from 11 a.m. to 5 p.m. and Saturdays from 5 p.m. to 5 p.m.

Out of the Attic is provided by the Office of Historic Alexandria.
Weekly Words

ACROSS
1 Formerly
2 Attire
3 Intensity, with "up"
4 Dashingly?
5 Dashingly?
6 Formerly
7 Attire
8 Intensify, with "up"
9 Intensify, with "up"
10 Biblical birthright seller
11 Sophisticated
12 "The singer of 'That'll Be the Day' was a ___ of mine ..."
13 "The singer of 'That'll Be the Day' was a ___ of mine ..."
14 Face part to stroke
15 Sounded, as a train whistle
16 Uncomfortably full
17 "... we hung out regularly with the movie stars in ___"
18 GPS suggestions
19 Cab charges
20 Pop up out of nowhere
21 Is a cast member of
22 Vulgar
23 Like a runt
24 "u blew my mind"
25 Device to help with signing
26 "Lookie here!"

DOWN
1 "... she also helped me unwind. It was therapeutic to watch the sparrows in her yard at their ___"
2 Gaming novice
3 "Neat!"
4 "... we chatted about music while we took in the ___"
5 "... we chatted about music while we took in the ___"
6 "... we chatted about music while we took in the ___"
7 "... we chatted about music while we took in the ___"
8 "... we chatted about music while we took in the ___"

NAME-DROPPING by Emet Ozar and Will Nediger, by David Steinberg

DEATH NOTICES

CAROL CARTER (65), of Alexandria, Feb. 15, 2023
JERRY MONROE FOLEY (66), of Alexandria, Jan. 23, 2023
PAUL HARRINGTON KENNEY (62), of Alexandria, Jan. 26, 2023
MARY KUZNIAR (81), formerly of Alexandria, Feb. 20, 2023
WILLIAM MARTIN (62), formerly of Alexandria, Feb. 6, 2023
ELEANOR MCDougall (76), of Alexandria, Feb. 4, 2023
MARGUERITE SCHEFFEY (96), of Alexandria, Feb. 9, 2023
BARBARA TONE (69), of Alexandria, Feb. 11, 2023

Solutions from last week

CAROL CARTER (65), of Alexandria, Feb. 15, 2023
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MARGUERITE SCHEFFEY (96), of Alexandria, Feb. 9, 2023
BARBARA TONE (69), of Alexandria, Feb. 11, 2023
FULL NAME(S) OF OWNER(S):

RUI Management, LLC

TRADE NAME:

Shawn

5100 Follansbee Ave.

Alexandria

VA, 22311-3048

TRADE NAME:

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a wine, beer on and off premises and mixed beverage license to sell or manufacture alcoholic beverages.

William Fralin, Jr., Chief Executive Officer

Date of filing application: February 15, 2023

Date notice posted at establishment: February 23, 2023

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or (800) 552-3200.

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Instruments. [ROLL-CALL VOTE]

PUBLIC HEARING, and
Consideration of a Lease Agreement
Between the City and Neighborhood
Health, a Non-profit Healthcare
Organization Serving the City of
Alexandria to Lease Space at 4850
Mark Center Drive.

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MAY BE MADE TO PROPOSED
ORDINANCES WITHOUT
FURTHER PUBLICATION. IT
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AT CITY HALL (LIMITED
COPIES AVAILABLE). If the
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weather or other conditions are such
that it is hazardous for members to
attend the meeting, this meeting
will be continued to the following
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family thanks you for your interest

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waxing, old floor specialists
Servicing local area 30 years
Licensed, bonded & insured
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We do not repair damaged floors

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Classifieds
Helping seniors and their families is a passion of HayesWood Homes. Gordon and Chris have helped more than 40 families downsize and move to a condo or a local retirement community. They have a deep understanding of what is required to take the stress out of moving from the home in which they raised their family, and in some cases spent the majority of their lives.

Chris has the National Association of Realtors designation of Seniors Real Estate Specialist (SRES) and works with seniors and others in the local community who need assistance getting to appointments through the organization At Home In Alexandria (AHA). Gordon and Chris have helped their own families downsize and move to retirement communities, and put the same care into helping others.

Understanding everything that goes into the process, from going through countless files, to selling or donating furniture and household items, to making necessary repairs to the house or condo, is what enables them to provide the helping hand and compassionate service that helps make the process as carefree as it can be.

CHRIS HAYES & GORDON WOOD
Licensed in VA & DC | Chris: 703.944.7737 | Gordon: 703.447.6138
Team@HayesWoodHomes.com | HayesWoodHomes.com
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