Analysis: A deep dive into residential zoning changes

Controversial initiative slated for City Council consideration this fall
BY MARK EATON

There may be no city process that potentially affects more Alexandrians than the Zoning for Housing/Housing for All that the City Council will deliberate this fall.

This initiative to revise the city’s zoning code and housing policies is intended to increase housing:

- Accessibility, with more choice of housing types;
- Affordability, resulting from expanded supply and price reduction, and
- Availability, with expanded types and locations of housing options.

The text of proposed changes to the zoning code, and other housing policy recommendations, are expected to be released in early September. This will be followed by additional community engagement meetings in September and October and public hearings in November, presumably with a vote by City Council to follow.

What’s under consideration

Zoning for Housing/Housing for All’s potential housing reforms are more extensive than the two topics that have attracted the most public comment: the proposal to permit increased building height and the impact of revised zoning on single family residence zones. The proposal would lower the threshold for increased building height to zones with height limits of more than 45 feet, from the current 50 feet, in return for additional affordable housing.

The proposal also includes potential revisions to the standards for office-to-residential conversions, analyses of industrial, residential multi-family and townhouse zones and a transit-oriented development analysis.

Housing presents difficult issues at every level of government. Housing policy often involves efforts to counter market – macroeconomic – forces with microeconomic tools, such as subsidies for developers or renters/homebuyers or public-private development projects.

Housing and education are public responsibilities that are never over: unlike infrastructure improvements, neither has a project completion date. Where issues involving education often have commonly agreed upon goals – student welfare and growth are generally shared essential goals – many people view housing issues almost entirely through the lens of their personal experiences and lifestyle preferences.

Impact of housing shortages

Housing and affordable housing shortages exist in Northern Virginia, not just in Alexandria. At a May 23 community meeting, Alexandria’s Director of Planning and Zoning Karl Moritz attributed the shortage to a dramatic slowdown in housing construction brought on by the pandemic.

Moritz estimates that Alexandria needs to add about 2,200

See HOUSING

40 Under 40
The Alexandria Chamber of Commerce presents its eighth class of honorees.

Foodie
One woman’s quest for the perfect pizza.

Little League All-Stars shine

Team stays undefeated to win the district title
BY JIM MCGRATH

Alexandria’s Intermediate Little League All-Star baseball team rambled through a long series of victories at the district and state levels before bowing out of the Virginia tournament last Saturday, with a 3-2 season ending loss to Richmond in the semifinals.

It was the first state appearance for the intermediate team in four years. The Alexandria squad won the Virginia crown in 2017.

The district tournament, also called the 50/70 to note the distances from home plate to the pitcher’s mound and bases, saw an auspicious start for Alexandria as they cruised to 19-4 and 12-1 wins over Vienna and Arlington American. Their next contest was a nail biter, an 8-7 win over Arlington National. A 12-3 decision over McLean followed, as did another squeaker win of 9-8 over Mason District. Their 5-0 record in the pool pitted
In town DETACHED home with GARAGE and ELEVATOR, is tucked away and secluded. Located 1 block off the River and blocks to King Street shops, restaurants and parks in the SE Quad! Enjoy all Old Town has to offer: parades, parks, Farmers Market and festivals, or relax at home and enjoy light filled spacious rooms, open floor plan with approx. 5,900 sq ft of living space! Serene setting, custom patio with water feature and expansive outdoor living space and ROOFTOP DECK on double lot (5,500 sqft). Six spacious bedrooms, 4.5.5 baths, 2 home offices, 3 gas fireplaces and a studio with separate entrance, breakfast room, LR & DR, huge LL recreation room and wet bar with custom wine storage! Open and airy, refreshed and many recent updates make this a MUST SEE! Come on in, stay awhile!

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Suspicious sausages stuffed with fish hooks

On July 7, a local resident walking her dog near the intersection of Duke and Ingram Sts. alerted authorities after finding discarded sausages with fish hooks scattered along the sidewalk.

“Thankfully the owner was vigilant and the dog was not seriously injured,” Tony Rankin, Chief Operating Officer for the Animal Welfare League of Alexandria, said in a written comment to the Alexandria Times.

The Alexandria Police Department officer who responded on the scene found eight other similar sausage pieces around the area.

Per a statement from the AWLA, “The only motive would be to cause harm to an animal. There really is no other reason for someone to do something like this. If a dog were to swallow one of the sausage pieces, they would likely experience internal laceration and would need to be taken to an animal hospital.”

The APD is investigating and the perpetrator could be charged with attempting to maim or kill animals which is a Class I misdemeanor.

The AWLA is offering a $5,000 reward for information leading to an arrest. If you have any information, please contact 703-746-6000 or email AnimalServices@AlexandriaAnimals.org.

Local man murdered in D.C.

The Metropolitan Police Department’s Homicide Branch is asking for the public’s help in identifying and locating individuals involved in the murder of an Alexandria man on July 3 in the 400 block of 11th Street, N.E. in Washington, D.C.

Local resident Nasrat Ahmad Yar, 31, was shot while serving as a rideshare driver.

According to a report from WUSA 9, “Ahmad Yar and his family moved to the U.S. through a volunteer organization in 2021. The family first settled in Pennsylvania before relocating to Alexandria in recent years. Yar served as an interpreter for the U.S. government and was considered a target for the Taliban.”

The MPD is currently offering a $25,000 reward for any information that leads to the arrest and conviction of the individual(s) responsible. Please contact 202-727-9099 with any information.

Meet Mickey!
AlexandriaAnimals.org/Adopt-By-Appointment
703-746-4774

- Summer Afternoons -
Are best spent in the shade, if you ask Mickey. It’s too hot in July to run around; Mickey prefers relaxation at any time of the year. This mild-mannered 4 year old, about 85 pounds, prefers resting indoors. Leash-trained, Mickey walks slowly, and knows his cues for “sit”, “down”, “stay” and “shake”. Easy-going, Mickey is hopeful for a home with laid-back humans.

Meet Mickey!
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“Because everyone needs a home.”
Alexandria listed as a fan favorite city

Readers of "Travel + Leisure" magazine have once again ranked Alexandria as one of their top 15 favorite cities. This is the second year Alexandria has landed on the list. According to the publication, “Alexandria offers the charm of a small town alongside the buzz of the nation’s capital... You’ll find red-brick sidewalks, 18th and 19th-century homes and taverns and the country’s oldest continuously operating farmers market... keep the Port City very much in the present.” For more information, visit travelandleisure.com/best-cities-in-the-united-states-2023-7501553

$38 million grant awarded

The City of Alexandria and the Alexandria Transit Company were awarded a $38 million grant from the Federal Transit Administration. The city received $24 million from the FTA through a Low/No Emission Buses and Bus & Bus Facilities Program. According to a release, “The grant will be used to purchase 13 battery-electric buses and to install charging infrastructure at the City’s bus maintenance and storage facility. The grant will also provide funding to upgrade the DASH facility with additional electrical capacity and to cover the cost of additional training and workforce development programs related to fleet electrification.”

The remaining $14 million grant funds will be used to “maintain high frequency service levels on DASH Lines 35 and 36A/B through Fiscal Year 2025. DASH was also awarded funding to purchase two 60-foot articulated electric buses to increase capacity on Line 35, the busiest route in the entire DASH system” according to the release.

Holistic Hair Studio celebrates their CEO as a "40 under 40" awardee. Her mission to remove toxic chemicals from the beauty industry lead her to build an environmentally sustainable salon using organic & biodynamic products.

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housing units during the next 10 years to address the city’s share of the regional housing shortage of approximately 75,000 units over the same period. About 75% of Alexandria’s 2,200 units would need to be affordable to meet the city’s goals. P&Z estimates that 15,000 Alexandria households with annual incomes up to $75,000 are housing cost-burdened, meaning they pay 30% or more of their income for housing costs. In the Arlandria and Be-
The well-documented use in Alexandria of residential real estate transaction documents with restrictive covenants into the early 1960’s can be explained as an intentional but futile effort to maintain past discriminatory practices or as the laziness of lawyers and title company employees who were slow to change their forms or as some of both.

Macro-vestiges – the composition of the city’s neighborhoods – are potentially changeable but the changes may take decades. Some of Alexandria’s past major redevelopment efforts, such as the redevelopment of the Chinquapin Park and adjacent Alexandria City High School property and the relocation of families from Fort Ward – are now recognized as disproportionately impacting communities of color.

Emerging themes

1) Adding affordable housing is worth the effort.

The consensus of City Council and the Planning Commission is that increasing the supply of affordable housing is essential to maintain a diverse Alexandria. Affordable housing advocates argue that it is critical that public employees who protect the community and teach its children have an opportunity to live in it. A forward-looking vision of affordable housing as wise policy and a civic benefit seems to be the most compelling argument for increasing the supply of affordable housing.

2) Preserve historic development patterns.

Alexandria has an existing stock of affordable, or at least more affordable, housing. Ironically, some of the historic development patterns that provided affordable housing, for example, the apartments and row houses along Commonwealth Avenue, are housing types that would be precluded under today’s zoning code.

The city’s challenge is how to stimulate the construction of similar affordable housing types without triggering the redevelopment of those that exist. For example, the redevelopment of the Lacy Court apartments, which date from the 1950s, on West Nelson Avenue into luxury townhouses would reduce the number of affordable housing units.

3) Alexandria is not Arlington.

Arlington County’s robust debate over the “missing middle” or “upzoning” took place in a county in which 70% of the housing is single-family dwellings. Alexandria has far less area zoned exclusively for single-family detached dwellings, 34%, than the county to our north.

Additionally, some of Alexandria’s single-family neighborhoods actually contain a greater mix of housing units than is commonly assumed. For example, Rosemont is 59% single family dwellings, with 1,115 units; 28% duplex or townhouse, with 525 units; and 12% multifamily, with 227 units.

"This is just greed, cloaked in a thin pretense of social justice activism.”

– Alexandria resident

“I’m a Del Ray homeowner and fully support the initiative ... I welcome more neighbors in and lowering our insane housing prices. We need more density and this is a sensible approach.”

– Alexandria resident
Arlington’s discussion ultimately came down to fine distinctions, for example, whether six units or eight units would be permitted on sites that would otherwise have been used for single-family dwellings. The effects of changes to housing policies in Alexandria may also be gradual.

4) ADUs are a small step to more affordable housing.
In January 2021, the City Council approved an Accessory Dwelling Unit plan. ADUs are detached, think “granny flat,” or internal, such as an “English basement,” separate entry mini-residences on the site of an existing single-family home.

The addresses of the city’s 43 approved ADUs can be seen at publish.smartsheet.com/ae234610e17143eb8731e0ad9a6c4c4c.

City officials argue that even if many of these units are “granny flats” initially built for the convenience of the owners of the main or host properties they are likely to become affordable housing units at some point in the future.

5) Use may be more impactful than size.

The construction of the largest possible residence or residences permitted by the lot area is an economics-driven phenomenon that will probably continue.

For example, a very large project, which was discussed at the June 26 joint City Council/Planning Commission meeting on Zoning for Housing/Housing for All, is under construction at the corner of Commonwealth Avenue and East Uhler Avenue.

This project, which was discussed at the June 26 joint City Council/Planning Commission meeting on Zoning for Housing/Housing for All, is under construction at the corner of Commonwealth Avenue and East Uhler Avenue.

7) The effects of zoning changes will be scattered.
At the City Council–Planning Commission meeting on Zoning for Housing/Housing for All there was no discussion of outlawing, or precluding, the construction of detached single family homes.

Councilors and Planning Commission members said that existing zoning standards – square footage, height and floor area ratio standards may preclude expanding the number of units in what would otherwise be a single family dwelling. P&Z, with the assistance of consultants, is examining the number of units that could be built on a typical single-family lot.

There are no substantial tracts of open land in Alexandria that await development. The city’s future residential development will consist of infill projects or redevelopment projects with substantial commercial aspects – like West End Alexandria and the GenOn power plant site – that have townhouse or multi-family residential components.

Alexandria’s density and expensive land present constraints and drivers. If the single-family zones are changed to permit the construction of additional units such as duplex homes, these infill projects are likely to be as scattered as ADUs.

In the end, Alexandria’s homeowners and neighborhoods will determine the extent that additional affordable housing becomes available in the city’s established single family residential areas.

aboutalexandria@gmail.com

CHEERS TO CRYSTAL FRALEY, our Director of Production and Quality, for being chosen as a 40 Under 40 honoree by the Chamber of ALX!

PORT CITY BREWING CO.
Alexandria, Virginia
A drenching downpour did little to quell festivities celebrating Alexandria’s 274th birthday on July 8. Partygoers of all ages came out after the deluge to secure a spot on the grass of Oronoco Bay Park. The Alexandria Symphony Orchestra serenaded spectators, volunteers distributed birthday cupcakes and the celebration capped off with a spectacular fireworks display. Happy Birthday, ALX! You don’t look a day over 200.
BISMAH AHMED

Bismah is the Vice President of Government Affairs, VA for the Apartment and Office Building Association. She has a decade-long background in politics within the region, serving as a lobbyist to the Virginia General Assembly, executive agencies, and local governments. She is a member of the Virginia Housing Commission’s workgroup. She received her master’s in Public Administration from Villanova University. She made history by becoming the first South Asian woman to win the title of Miss DC for America 2022 and was featured in ABC7, WUSA9, NBC12, FOX5, FOX45, DCW50 and TV Asia.

BETEL AKLILU, D.C.

Dr. Aklilu is the founder of Kelayi Chiropractic & Wellness Boutique, a practice in Alexandria, with a special focus on moms and kids. Dr. Aklilu, better known as Dr. A, utilizes evidence-based research and specialized techniques to reduce labor times, improve postpartum recovery, support milestone achievement and deliver stellar customer service. In addition to certification by the Academy Council of Chiropractic Pediatrics, Dr. A has a master’s degree in Applied Clinical Nutrition which allows her to provide families with holistic support. Dr. A is on a mission to educate and spread healing to the greater Alexandria community.

LISETTE ALVAREZ

Lisette (they/them) is the founder and executive producer of Stormfire Productions and an active member of the Del Ray Business Association. Lisette is the creator of award-winning fantasy podcast “Kalila Stormfire’s Economical Magic Services,” and co-producer of Black Friday and the upcoming The Ortiz Twins are Coming Home. Aside from evangelizing the magic of audio drama in Alexandria, Lisette is a freelance digital strategist working with local businesses and is an enthusiastic globetrotter.

JOSHUA BAGLEY

As Executive Director of The View Alexandria by Goodwin Living, Joshua manages a senior living community that is home to more than 120 older adults and employs more than 100 team members. Previously, he served as Administrator of the Small House Health Care Center at Goodwin House Alexandria. In addition to supporting many other nonprofit organizations, Josh serves on the Senior Services of Alexandria Board of Directors and the LeadingAge Virginia Public Policy Committee. Josh earned his B.A. in health, society & policy from the University of Utah and his M.S. in health administration from George Washington University.

MATT BELL

Matt is a transportation work who has dedicated much of his professional career to providing government affairs for various transportation industries - planes, trains, ports, electric vehicles and now two Virginia airports. Matt currently works at the Metropolitan Washington Airports Authority as a Government Affairs representative. Previously, Matt worked for a NTSB chairman, a national transportation government affairs firm, and as the executive vice president of a national railroad association. Matt has also worked for numerous political candidates, including Alexandria City Council and delegate campaigns. Matt has lived in the Alexandria area of Fairfax County for almost ten years.

CHRIS BERSET

Chris earned seven varsity letters at the Heights School in Maryland: four in baseball, three in basketball. Chris was drafted in the 20th round in 2010 by the Cincinnati Reds and played at every level for seven seasons, including AAA Louisville. Berset graduated from the University of Michigan with a bachelor’s degree in psychology. During his senior season, Chris was captain of the Big Ten Champions, Regional, and Super Regional teams. Chris also played for Great Britain Baseball in the WBCQ. Chris managed the Alexandria Aces during their first championship win in 2022. He continues to coach the Aces and is also the manager of the PrimeTime Aces 15 under National Travel Team.

DERON CAMPBELL

Since 2003, Deron has worked tirelessly to impact community and population health in the DC Metropolitan area. He began his journey mobilizing to increase harm reduction services and judicial policy on human and sexual rights. Moved by his passion for community health equity and capacity, Deron joined Inova Health System to improve the delivery of HIV care services and programming in 2012. Over the years, Deron has enjoyed progressive growth and success as a healthcare leader, currently leading Inova’s equity journey to improve health outcomes within Inova’s Eastern Region which includes Inova Alexandria Hospital and the residents within Alexandria.

ALISON COLEMAN TOKARZ, MSW

Alison is a bilingual social worker who advocates for underrepresented populations through fostering relationships, ensuring community input and implementing data-driven programming. Her passion for community health stems from growing up in the Dominican Republic and seeing firsthand the impact poverty has on households. Her career has focused on addressing health disparities, racial inequities and housing instabilities throughout the Washington, D.C. area. She received a master’s in macro social work from Boston University and a bachelor’s degree in psychology and Spanish from the University of Mary Washington. Alison has enjoyed living and working in Alexandria for two years and counting.

XUE CONNELLY

Xue is an up-and-coming attorney in Alexandria. Born in Bogota, Colombia, she moved to Alexandria when she was six years old. She is an alum of The Basilica School of Saint Mary in Old Town. She first fell in love with law during an internship at the U.S. Department of Justice. Today, Xue is one of Alexandria’s few Spanish-speaking attorneys. She mentors local high school students and volunteers for the elderly. Xue was named the 2021-2022 LRS Attorney of the Year by the Alexandria Bar Association. Xue is committed to giving back to the community.

KRISTIN COWAN

Following almost a decade in federal law enforcement and intelligence, Kristin founded Mount Purmon Cat Café and Wine Bar in 2020. Mount Purmon is Virginia’s first business of its kind, providing a home for adoptable rescue cats as well as a welcoming environment for the community to engage in “cat therapy”. Kristin received a BA in political science and psychology from Boston University and an MA in forensic psychology from Marymount University. She is certified as a Fear Free Professional and is a member of the International Association of Animal Behavior Consultants.
Marilyn has dedicated her career to serving Alexandria’s residents and legal community by providing superb service that is accurate, timely and always friendly. As the manager of the Civil Division in the Office of the Clerk of Court, she oversees thousands of legal matters covering everything from marriage licenses to expungements of criminal records. Her education in criminal justice enhances and deepens her performance at the Clerk’s Office where she worked her way up from entry level clerk to division manager by effectively serving all who come to court, regardless of background or circumstance.

Regis is a passionate and innovative leader who is changing the game of technology in Alexandria. He began his career as an AT&T Retail Sales Manager, then as a PepsiCo district sales leader, all the while producing outstanding sales and receiving honors and recognition. Regis earned a master of business administration from Duke University’s Fuqua School of Business, with an emphasis in entrepreneurship and finance. He opted to follow his entrepreneurial goal and co-founded GroToGo Inc. and opened a location in the heart of Alexandria.

As Director of Communications for Visit Alexandria, Rebecca shares strategic communications across media relations, digital content, promotions, events, visitor guides and more. Her press coverage includes best cities accolades from “Travel + Leisure,” “Condé Nast Traveler,” “Money” and “Southern Living,” features on Alexandria’s black history and a shopping segment on NBC Nightly News. Rebecca previously worked at Ketchum and Destination D.C. where she was named a Twenty in Their Twenties honoree by the Professional Convention Management Association. She serves on the Alexandria Archaeological Commission and Northern Virginia Tourism Partnership.

Quardricos is dedicated to improving the human condition. He has devoted his career to education, religion, and politics, serving as pastor, policy expert, educator and lobbyist. Quardricos used his expertise in U.S. health policy for people with chronic diseases to champion legislation at the federal and state level. He is the Director of Government Relations at the Health Management Academy and adjunct professor at George Washington University. He lectures on politics, human sexuality, race and religion. Reverend Driskell continues the tradition of service as the fourteenth pastor of the historic Beulah Baptist Church in Alexandria, Virginia.

Throughout her five years with the Alexandria Fire Department, Senior Public Information Officer Raytevia has lent her communications expertise to developing and maintaining the reputation of the organization. She has built relationships with various media representatives, created a voice for the department and shared stories about the humanity of our hardworking first responders. These initiatives have narrated a consistent voice on social media, increased community engagement, and enhanced organizational media coverage.
PHILOMENA FITZGERALD
Born and raised in Alexandria, Philomena is a connector, coach, entrepreneur, leader and older sister. Her role as the small business program manager with the Alexandria Economic Development Partnership calls on her to bridge the information gap between businesses and essential services. Her evenings and weekends are spent coaching Alexandria’s next generation on soccer and field hockey turfs. She recently combined these experiences to co-found her own small business, AVA Magic Field Hockey Club. Philomena is a graduate of the College of the Holy Cross with a major in economics, minor in dance, and a concentration in Africana studies.

CECILIA KERN FIX
Cecilia is the Senior Development Manager for the National Center for Missing & Exploited Children where she oversees fundraising for key programs which help to bring missing children home, reduce child sexual exploitation and prevent child victimization. She also launched NCMEC’s first nationwide volunteer program. Cecilia holds a bachelor of arts in business management from James Madison University and a master of science in international development and public policy from the University of Manchester, where she studied as a Rotary Global Grants Scholar. In her free time, she focuses on her family and their adventure travel blog Lovicarious.com.

EBONY CHAUNTÉ FLEMING
Ebony serves as director of communications for the City of Alexandria. Her focus is connecting the government and the community through storytelling. She amplifies the work of the more than 2,500 employees who serve on behalf of Alexandria residents, while also uplifting the voices of community members. Previously, Fleming was the director of communications for BakerRipley, the Houston region’s largest social services nonprofit serving nearly a million Texans annually. Her early career started at WTKR NewsChannel 3 in Norfolk, VA. She earned her journalism degree from Norfolk State University and her MPP from the University of Houston.

CRYSTAL FRALEY
Crystal is the director of production and quality at Port City Brewing Company. She has over ten years of quality assurance experience and has become a leader in the brewing industry. She has participated in industry panels and has mentored peers in quality measures. Recently, she took on a more formal teaching role with the University of Richmond’s Northern Virginia Brewing Certificate Program. Crystal leads Port City’s diversity, equity, and inclusion focus group and plans to use her knowledge and experience to continue fostering an interest in brewing and to encourage more females to enter the brewing field.

KASEY HENDERSON
Kasey is a connector and advocate for gender equality and reproductive rights. At the Global Situation Room, Kasey leads major philanthropic accounts by addressing clients’ most complex communications challenges. She develops communications and advocacy campaigns for mission-driven projects around the world. Before joining GSR, Kasey was the communications lead for A360, Population Services International’s adolescent contraceptive program. She previously coordinated the Self-Care Trailblazer Group and spent two and a half years working with the Ministry of Education in Namibia. Kasey received her bachelor’s degree in policy, planning and development from the University of Southern California.

COLLEEN HUGHES
Colleen brings her passion for healthcare philanthropy to the Inova Health Foundation as the director of philanthropy, where she focuses on building donor relationships in the Alexandria community. As the new Inova Alexandria Hospital at Landmark takes shape, Colleen enjoys partnering with the Inova Alexandria Hospital Foundation Board, local leaders, and donors to ensure Alexandrians are aware and involved with Inova’s expansion in the community. Colleen is a certified fundraising professional graduate of Leadership Alexandria class of 2023 and a resident of Del Ray.

DR. KRINA JASANI, DMD
Dr. Krina is passionate about creating beautiful smiles and bolstering the confidence of the patients in her private dental practice in Alexandria. She is known for going above and beyond with high anxiety patients by using a gentle and compassionate demeanor. She loves to give back and pay it forward with community service as much as possible. Dr. Jasani spends most weekends serving our country as Captain in the U.S Army Reserve. She has resided in Northern Virginia since graduating from Boston University with a doctor of dental medicine degree with honors.

ARIEL JOHNSON-PEREDO
Ariel uses her passion, drive, and love for problem solving to lead and motivate her teams and clients. She helps multinational organizations in the commercial, federal and financial services sectors to navigate ambiguity and provides them with the confidence to manage new and emerging matters of risk. She develops seamlessly integrated cross functional teams to help accelerate high quality results for her clients, Ariel graduated cum laude, receiving a bachelor of business administration from the Fox School of Business honors program at Temple University.

Rakin is a trial lawyer who represents those who have been injured due to no fault of their own. Rakin has obtained millions of dollars for his clients and works diligently to help them rebuild their lives with commitment, compassion, and character. He is extremely active in the legal community as Chair-Elect of the Young Trial Lawyers Section of the Virginia Trial Lawyers Association and Chair of the Young Lawyers section of the Alexandria Bar Association. Rakin has worked in Alexandria since he graduated law school in 2018 and has lived in Alexandria since 2020.

DR. JOSHPAUL JOLLY, MD
Born and raised in Alexandria, Josh understands how important the city is to the Northern Virginia region. After obtaining his undergraduate degree in psychology at Virginia Commonwealth University, he went on to medical school at St George’s University and did his training in the Mount Sinai health system in NYC, specializing in internal medicine and subspecializing in pulmonary and critical care medicine. He always had a vision of practicing high quality medicine in his hometown and is achieving this long-term goal working for the Mid-Atlantic Permanente Medical Group, where he serves as the chief of pulmonary medicine.
MORGAN JONES

Morgan has spent more than 15 years helping companies and government entities shape their communications and project management strategies. She serves as the director of operating and communications at Convene Architecture, a local residential architecture firm. Morgan is passionate about telling the firm’s story and making an impact while engaging clients and partners. She is grateful to work within the community she loves and calls home. Alongside her team, she supports a local food program and Habitat for Humanity. Her favorite role is mom to her children and dog. Morgan earned her undergraduate degree from American University and graduate degree from Johns Hopkins University.

GRACE E. KIM

As a partner at Oblon, McClelland, Maier & Neustadt, Grace helps clients protect their inventions. She prosecutes patents in highly technical areas such as biotechnology, cosmetics, polymers, semiconductors, batteries, pharmaceuticals and more. She prosecutes cases at the U.S. Patent and Trademark Office and advocates for clients before the U.S. Court of Appeals for the Federal Circuit and Patent Trial and Appeal Board. Fluent in Korean, Grace generates a significant international firm clientele and is a dedicated mentor in addition to her legal skills and successes. She earned her J.D. from George Washington University Law School and B.S. from Loyola University Maryland.

TIMOTHY R. LADERACH

Tim continuously seeks opportunities to improve the lives of those around him. He began his career as a pharmacist in the Navy. Upon moving to Alexandria in 2017, he jumped right in to serve the many local organizations that make Alexandria special. His passion for service led him to join the city’s Economic Opportunities Commission, where he works to advocate for more equitable access to housing and healthcare throughout the city. An avid student, Tim holds a doctor of pharmacy degree, an MBA and will graduate with a law degree in December 2023.

LEAH LATTS

Leah started her cosmetology career in 2002. She graduated from the University of Massachusetts’s Isenberg’s School of Management with a bachelor’s degree in marketing. Her volunteer efforts include the Boys & Girls Club, Rescue Mission, working with hospice patients and organizing fundraisers for children with hair loss. Her favorite club is Rotary International, whose mission is in line with her resolve to put service above self. Her passion, enthusiasm and vision to own a non-toxic sustainable hair salon drove her to build Holistic Hair Studio, an organic and certified Eco-friendly Green Circle Salon in Alexandria.

JAMES C. LEWIS, JR.

As senior director of policy and advocacy for the American Society of Consultant Pharmacists, James is the Society’s representative to legislative and regulatory bodies. He advances policy positions that impact pharmacists’ clinical and professional practices of supporting older adults internationally. Previously, James worked on Capitol Hill as a senior staffer to Congresswomen Barbara Lee and Robin Kelly. James also chairs the Alexandria Traffic and Parking Board. He holds a bachelor of science in biology and international relations from the College of William and Mary and a master of strategic studies from the U.S. Army War College.

ALEXANDRA M. LYDON, ESQ.

Alexandra is a senior staff attorney at Legal Services of Northern Virginia. She represents survivors of human trafficking in their civil legal cases, trains organizations on human trafficking issues and leads local groups advocating against human trafficking. In her spare time, Alex is a member of Alexandria’s LGBTQ Task Force and LGBTQ Navigator, helps run Virginia Equality Bar Association’s legal clinics throughout Virginia and acts as the Asian Pacific American Bar Association’s Virginia’s vice president. Alex received a law degree from the University of Richmond School of Law and bachelor of arts in communication and information sciences from the University of Alabama.

RACHEL MARQUEZ, MD

As a family medicine physician, Dr. Marquez emphasizes preventive care and dedicates herself to helping her patients achieve their health goals. She is tireless when advocating for her patients. Recognized for medical excellence by her patients and peers, she has been named a Top Doctor in Washingtonian and Northern Virginia magazines. Dr. Marquez also shines as a leader. She successfully manages twenty physicians and was responsible for opening multiple medical centers in Northern Virginia – including Kaiser Permanente’s largest multidisciplinary medical center on the East coast: Caton Hill Medical Center. This center serves patients in Prince William and Fairfax counties.

EMILY MILTON

Emily is a 2023 graduate of Alexandria City High School and recently completed her second term as the student representative to the ACPS School Board. Emily has spoken on Capitol Hill and many city-wide events to promote the success of youth in Alexandria. She was the first youth member of the Community Services Board Advisory Council. She is a member of the Student-Law Enforcement Partnership Advisory Group, was editor of the student newspaper and interned with the U.S. State Department. Emily will attend Pennsylvania State University and believes student voices need to be represented wherever decisions are being made.

DAQUISE MONTGOMERY, BSHRM

Daquise is an assistant vice president at M&T Bank in the greater Washington area. Daquise has served as a volunteer, mentor, member and a chairperson of multiple organizations. They have been involved with the Community Financial Literacy & Knowledge’s Diversity & Inclusion Board, The Chamber ALX, the Equality Chamber of Commerce and the DC Chamber of Commerce. Daquise has degrees from the University of South Carolina and Johns Hopkins University and is pursuing a master’s degree in human resource management. They utilize their gifts and love of music by singing and teaching flute, building their event planning business, wardrobe styling and giving back to the community.

JENNA RAE PERKINS, WHNP-BC

Jenna is a board-certified women’s health and gender-related nurse practitioner, specializing in complex urology, urogyn, sexual health and pelvic floor disorders with almost 15 years of expertise. Jenna is the founder of DiscovHER, opening its doors in Old Town in February of 2022. Her goals are to deliver quality, evidence-based care and to prioritize patient education and time. With undergraduate and master’s degrees from the University of Pennsylvania School of Nursing, Jenna is also an adjunct faculty member at Georgetown School of Nursing, a published author and teaches clinicians at national conferences. Outside of work, she lives in Alexandria with her husband and two young children.
SUZAN IMAD RABABE
For more than 14 years, Suzan has proudly served Alexandria, providing a wide range of legal services including assisting families with their lost loved ones’ estate administration. She has made momentous contributions to her clients in all legal aspects. Suzan also serves as CEO of her family’s business, Hamzah Slaughter-House, which actively works with the USDA and provides Halal meat to the Muslim community. She received her master’s in international taxation and financial services from the Thomas Jefferson School of Law and her bachelor’s in law and society from Hood College.

MARTA SCHANTZ
Marta brings a fervor for climate action to both her professional work life and personal activities in Alexandria, her home since 2015. She is the co-executive director of the Urban Land Institute’s Center for Sustainability, where she makes the business case for green buildings and leads the real estate industry in creating buildings and places where people and the environment thrive. Marta holds a B.S. in biological engineering from the Massachusetts Institute of Technology. She volunteers on the City of Alexandria’s Environmental Policy Commission and served as a member of the City’s Energy and Climate Change Action Plan Task Force.

CASEY SHARPERSON
Casey, known as The Confidence Cultivator, is an international speaker, brand strategist and CEO of Sharperson Solutions. Sharperson Solutions serves entrepreneurs and organizations seeking to clearly connect with and communicate with their ideal client through expert brand positioning, communications coaching and personal branding. Casey serves as an account manager at EON, a SaaS company focused on sustainability and creating more traceable and intelligent products within the fashion industry. She is also the author of the book, “Dream, Build, Repeat: Harness Fear to Confidently Pursue Your Biggest Dreams” and the podcast host of a show by the same name.

AMAIA PILAR STECKER
Amaia is the senior director of development at Millennial Action Project. She is responsible for leading MAP’s fundraising strategy, including donor relationships, grant proposals and special events. Amaia has worked extensively in development, fundraising for nonprofits and associations. She has supported the fundraising work of the Alzheimer’s Association’s National Capital Area Chapter, National Association of Community Health Centers, and National PTA to name a few. Amaia graduated from the University of Idaho and received her MA/MBA from Johns Hopkins University while working full time in the U.S. Senate. In her spare time, Amaia can be found living in the present on her yoga mat.

MOLLIE THORSEN ANDREWS
Mollie is the COO of The Little Burros, a family run tool line. She oversees operations and has placed The Burro Buddy in over 5,000 brick and mortar stores. In addition to being an Amazon Best Seller, she has appeared on Fox Business, Fox and Friends, Maria in the Mornings and ABC’s Shark Tank. Mollie’s work parallels her passion to honor her family, which she continues to do through her work with A21, battling Human Trafficking. At A21 she helped raise over $300,000 through their Walk for Freedom D.C. and implemented public awareness campaigns in the USA that have reached millions of people.

HEATHER M. WOJTON
Heather is the director, research quality and chief data officer for the Institute for Defense Analyses, a role she assumed in 2021. In this position, Heather provides strategic leadership and direction for the corporation’s data strategy. She is focused on advancing IDA’s ability to produce trusted insights from data to address our nation’s most challenging national security and science policy questions. Additionally, Heather oversees research quality management processes for IDA, maintaining the policies and processes required to produce rigorous, objective analyses.

CHLOE YOKITIS (YOUTH HONOREE)
Chloe is an Alexandria student whose passion for student voices began in middle school when she and a group of students, after realizing their school was infiltrated with mold, successfully advocated for a statewide policy to protect schools. As a City of Alexandria Peer Advocate, Chloe mentors and leads workshops for middle schoolers about topics like healthy relationships. She also volunteers with the environmental nonprofit Earth Force. Chloe is an active member of ACHS’s Garden Club, Asian Pacific Islander Student Union, and newspaper. She plans to study at a four-year college after graduating in the spring of 2024.

Congratulations to all...
them against the second-place team, Arlington National (4-1) in the final, and for the second time, a single run separated the two teams, but Alexandria prevailed 7-6.

After winning their state opener, the team brought hot bats into the Richmond game after out-slugging West Springfield 13-3 in the quarterfinals for their ninth straight win – six to capture the District 4 title and the first three within the state bracket.

Still, for the Port City’s Boys of Summer, their nine-game postseason winning streak gave manager Andy Reid and his team a reason to be proud.

There was another built-in advantage for the team, according to Alexandria Little League president Sherry Reilly.

“For the first time our home district hosted the intermediate tournament, so the games were all taking place right in Arlington,” Reilly said. More specifically, the fields at Gunston Park in Shirlington were used for state play, which also allowed local businesses an opportunity to offer first hand support to the local representatives.

Simply being chosen for the All-Star team, as a player or coach, is an arduous process. The starting point is a committee which consists of Reilly and all Alexandria Little League board members. According to the organization website (alexandrialittleleague.org), there are currently 12 potential active voters.

Before being considered for any of the All-Star teams (there are also teams for the 8-10, 9-11, and Major age groups), the Board wants to make sure that each participant understands the commitment of time and the expectations involved. Players are asked to be available to practice five days a week, possibly twice a day, for the two weeks leading up to the district tournament. The game commitment lasts from June 16 through July 15, and possibly longer if the team advances past the State tournament, which could extend the season into August if a team reaches the Little League World Series in Williamsport, PA.

Reid spoke of his team’s preparation.

“We had practice five days a week for three hours a day for about three weeks. When it rained, we went to an indoor facility and had batting practice. There were no days off. We had a team dinner graciously hosted by one of the awesome families to bond off the field. Next, we had two scrimmages to get the boys tuned up for the start of the district tournament. We won both handily.”

There is also the potential cost of playing for the All-Stars. While participation is voluntary, players understand that there may be expenses similar to the ones incurred by athletes on traveling teams, if the team leaves Northern Virginia. Several local sponsors were instrumental in helping to defray the team’s costs and keep the players well fed.

Reilly said, “Little league baseball is all about community, and wow did we see our community come together to support this special team as they battled for the state title.”

SEE ALL-STARS
Other expectations include awareness that play rules may be different, and each player’s family is “required to agree to respect and accept all coaching decisions concerning line-ups and playing time without complaint.”

Finally, there is the volunteer rule. Each all-star family is responsible for volunteering once for one of the following jobs at another Alexandria Little League All-Star game hosted at Little Simpson Park. The positions include groundskeeping, counting pitches, announcing, scorekeeping, operating the scoreboard and working for shifts in the concession stand.

Once the rules are accepted, the pool of players and managers is developed. First, the committee puts out a call for managers to all eligible managers and coaches of record. They conduct interviews of prospective team leaders and pass along their recommendations to the League Board.

Among the criteria considered are:

- Regular season performance;
- Ability to communicate with players and parents;
- Ability to develop players at a specific age group;
- Knowledge of baseball and Little League rules;
- Sportsmanship;
- Cooperation with Alexandria Little League and its Board of Directors.

The process for selecting the players is no less grueling. It starts with a vote of all managers in each division. Each manager votes for seven players who are not on his/her team and recommends his/her own players. It is from this list that the All-Star team manager selects the team, but not without having the opportunity to conduct his/her own scouting.

The criteria considered for addition to an All-Star team include:

- Overall ability, in the current and past seasons;
- Regular season performance;
- Sportsmanship;
- Demonstration of a special skill that will assist the performance of the All-Star team in All-Star competition;
- Availability for All-Star competition

Reid, and assistant coaches Tom Sawyer and David Zand culled through the list of potential players carefully.

“We collectively selected 12 players that fit the bill for what it means to be an all-star for ALL. Excellent sportsmanship, respect for the game, and its officials, the ability to play ball at a high level, and their commitment to be a part of the team throughout the duration of the tournament. This isn’t easy with everybody’s summer schedule,” Reid said.

Among other ALL teams, the juniors’ All-Star team is going to be competing in the state tournament in Purcellville beginning on Thursday. There are no other teams at that age level in District 4, so the Alexandria team goes straight to states at that level.

- 8-10-year-old All-Star team (3-2 in District 4)
- 9-11-year-old All-Star team (2-3 in District 4)
- Majors (12-year-olds) team (0-4 in District 4)

The team celebrating their district championship win.
‘Mission: Impossible – Dead Reckoning Part One’

BY RICHARD ROEPER

If the Academy had an Oscars category for Best Stunt Ensemble, this year’s front-runner would have to be “Mission: Impossible – Dead Reckoning Part One.” I don’t know if you’ve heard about this, but 61-year-old Tom Cruise has dedicated years of his life planning and rehearsing feats of daring ranging from scaling a 2,000-foot-high cliff for “Mission: Impossible 2” (2000) to holding his breath underwater for an unsettling amount of time in “Rogue Nation” (2015) to jumping across rooftops in London in “Fallout” (2018) to the breathtaking sequence in “Dead Reckoning” in which Cruise as Ethan Hunt drives his speeding motorcycle off a Norwegian cliff, dismounting and BASE jumping into the gorgeous and terrifying valley.

They’re calling this “the biggest and most dangerous stunt in cinema history,” and that might well be the case. It’s such an outrageously audacious and beautifully executed feat of daring that on one level it takes us out of the movie, because we know that’s TOM CRUISE doing that -- and what’s the plot of this story again?

Ah, yes. The movie. We must discuss the movie.

When it comes to the plot of the seventh chapter in the franchise that kicked off in 1996, director Christopher McQuarrie (who co-wrote the screenplay with Erik Jendresen) and producer-star Cruise aren’t all that interested in anything particularly original. As has been the case in countless action thrillers and superhero movies, the quest in “Dead Reckoning” is to take possession of an all-powerful device – this time known as the Entity – that will give its owner ultimate power. In “Dead Reckoning,” there’s an Artificial Intelligence wrinkle, with the Heroes and the Villains and the In-Betweeners Who Could Go Either Way all vying to obtain two halves of a key to the Entity. ( Didn’t we just have a “two halves of the puzzle” quest in “Indiana Jones and the Dial of Destiny”? I think we did!)

Speaking of self-aware, this is probably the wink-wink-nudge-nudge of the “M:I” movies, as the exposition scenes and the numerous and always impressive action sequences are offset by a sprinkling of humor, e.g., one character awkwardly pressing and tugging at another character’s face to make sure they’re not wearing a rubber mask (HA), and an exhilarating car chase through Rome (didn’t we just have a crazy car chase through Rome in “Fast X”?)

in which Ethan is handcuffed to a world-class thief (Hayley Atwell) and they wind up in a cartoonishly tiny, banana-yellow Fiat, zigging and zagging and spinning about as if they’re in a video game. There’s even a discussion about the madness of the aforementioned BASE jump stunt before they go ahead with it.

While the “M:I” franchise has essentially given Cruise the chance to play an American James Bond -- and he has delivered big-time in every film -- “Dead Reckoning Part One” once again reminds us Ethan is actually (albeit quite loosely) a part of a team: the Impossible Mission Force. The perfectly cast Henry Czerny returns as Ethan’s boss, Eugene Kittridge, while Ving Rhames and Simon Pegg are back as the loyal Luther and Benji, respectively, and Rebecca Ferguson resurfaces as Ilsa, the former British MI6 secret agent who still has a piece of Ethan’s heart. Also returning: Vanessa Kirby’s White Widow, an arms dealer who is not to be trusted (they never can be) but always looks stylish and classy along the way.

For all its action, “Dead Reckoning” does an admirable job of juggling a myriad of supporting characters; in addition to the aforementioned group, we get Pom Klementieff as a French assassin named Paris (why not?) who seems addicted to danger; Esai Morales as the cunning and ruthless Gabriel, who played an integral role in a key event from Ethan’s past, and Atwell as a high-class thief named Grace, who comportst herself as if she’s in a Hitchcock movie. (The entire ensemble is terrific.)

Which brings us to one of the coolest things about the film: the set pieces that remind us of various genres within the thriller game. A prologue set aboard a Russian submarine is like something out of “Crimson Tide” or “The Hunt for Red October.” An extended cat-and-mouse chase sequence set inside and eventually on the roof of the Abu Dhabi airport is worthy of a Soderbergh “Oceans” movie. The cloak-and-dagger stuff with the appropriately named Grace is reminiscent of a mid-20th-century Cold War film. Director McQuarrie and his team are experts at staging these types of sequences.

We’re told “Mission: Impossible – Dead Reckoning Part One” will be released in June of 2024. I’m going to go out on a limb, Tom Cruise-style, and predict that not only will Ethan Hunt defeat that arrogant and seemingly unstoppable Entity, but he’ll also find himself choosing to accept a new mission at the end of this one. Tom Cruise has enjoyed one of the longest runs as a global superstar in motion picture history, and he shows zero signs of slowing down.

Paramount Pictures presents a film directed by Christopher McQuarrie and written by McQuarrie and Erik Jendresen. Running time: 163 minutes. Rated PG-13 (intense sequences of violence and action, some language and suggestive material). Now showing in theaters.
Foodie
RECIPIES, TRENDS and TIPS

Let's Eat

Le Refuge Restaurant

Le Refuge, which was started by Anne-Claire Chaufour-Fregnan’s parents, has maintained its reputation for serving delicious, fresh, genuine French country cuisine in an inviting setting. One is instantly transported to Paris from the moment they cross the threshold to Le Refuge. This September 2023 Le Refuge will be celebrating its 40th Anniversary and with Bastille Day (July 14) right around the corner, what better way to start the celebrations early!

Alexandrians as well as tourists have always gravitated to Le Refuge to sit at one of their sidewalk café tables and enjoy delicious French cuisine and watch the world walk by.

Chaufour-Fregnan said, “My late parents and husband, and now my daughter Savanna and I are so happy to continue the family traditions that we have brought to Alexandria. We love that we have customers of all ages who frequent Le Refuge because they want genuine French country cuisine. Many have spent a great deal of time in France and have high expectations. Le Refuge is beyond thrilled that we can please their palettes. While we love our regular customers, we are always eager to welcome new customers!”

Bon Appétit and à bientôt!

The perfect slice of pizza is all about balance.

Pie me to the moon

A quest to find the perfect slice of pizza
BY RACHEL MORRISON

My love for pizza runs deep. Despite being a native New Yorker, I don’t have a favorite type. To me, the perfect slice is not just about the food but also the place where it’s served and the people who are there to enjoy it with you.

Nearly a decade ago, I challenged myself to find the best pizza in the DMV and include as many friends as possible. To keep people in the loop, I set up a Tumblr account to record my thoughts. What started as a casual excuse to break up the work week eventually led to more than 70 pizzeria visits and reviews over the course of one year, each time with friends in tow.

Now I’m an Alexandria resident and my quest to find the perfect pizza continues.

To me, the perfect slice of pizza is all about balance. The sauce, cheese and toppings should be an even ratio, one without overpowering the other, while the crust, whether it is thin or deep dish should align evenly with whatever you choose to have on top. I think it’s easy to find balance in all types, whether you fancy a Chicago-style or Neapolitan.

Food always tastes better when the experience is enjoyable. Adding a “family style” setting when devouring the pies only makes the experience that much better.

With real estate as my full-time gig, it’s easy to come across new locations in my line of work, and luckily for us, Alexandria has tons of great pizza options.

My friends are back too, visiting pizzerias with me and scoring them on a 5-level scale based on cheese, crust, toppings, and location which includes price, uniqueness,
Red Rocks set a high bar. Below is an excerpt from our review:

“This was the first stop of the year and the people, place and of course the pizza, did not disappoint. First and foremost, we have to give huge kudos to the staff. They were friendly and efficient and made it a breeze to host more than 30 people in their downstairs bar area. Overall consensus? Order the specialty pizzas (mushroom pizza for the win) and throw an order of garlic knots in there. You won’t be disappointed.”

While 2014 brought us to Alexandria favorites such as Valentino’s, Del Ray Pizzeria and Café Pizzaiolo, this round of pizza tasting adds in some entirely new places to check out. In the next few months, we plan to visit Andy’s, Stracci, Frank Pepe’s and Emmy Squared, with more Alexandria pizzeria locations to be added into 2024.

We look forward to reviewing as many as possible and highlighting Alexandria favorites along the way.

The writer is a real estate professional. You can read more of her reviews of Alexandria pizza at https://www.instagram.com/piemetothemoondmv.
Aging gracefully at home

BY FAMILY FEATURES

While aging is inevitable, it doesn’t mean you can’t do so with grace and style. For many seniors hoping to look and feel their best, there are plenty of options. From the clothing they wear to products they use every day, choosing more stylish safety accessories is one way to go.

Stylish safety

Securely-attached bath mats, grab bars and chairs allow you to sit while showering.

The right mobility aid can help you navigate your home.

Sophisticated center-hall colonial located in sought-after Malvern Hill

This beautiful home features a large living room, formal dining room, remodeled kitchen and a cozy family room with one of the 3 wood-burning fireplaces. The upper level offers 4 spacious bedrooms, 2 full baths, and access to a walk-up attic. The lower level includes a recreation room with built-in bookcases, fireplace, office, additional storage, and laundry.

This happy home with fabulous curb appeal has been exceptionally well-maintained including a new roof in 2020. Tucked away in a quiet neighborhood with easy access to Old Town, Metro, Washington, D.C., Reagan National Airport and major commuter routes.

The brand-new Douglas MacArthur Elementary school is blocks away and scheduled to open in August 2023.

Address:
500 Canterbury Lane,
Alexandria 22314

Neighborhood:
Malvern Hill

Price: $1,349,000

Bedrooms: 4

Bathrooms: 3 full, 1 half

Year built: 1962

Contact:
Lauren Bishop
McEnearney Associates
Realtors, Old Town
lbishop@mcenearney.com
laurenbishophomes.com
202-361-5079
The right mobility aid can help you navigate your home. A rolling walker has renowned functional features to help you easily stand and walk safely and independently. Choosing an aid with smooth-rolling, all-terrain wheels make it easy to get around in or outside of your home. Find a device that easily folds for travel and storage with adjustable easy-grip handles for a custom fit and fashionable function.

For the bathroom
The most essential purpose of bathroom safety aids is to prevent falls on wet, slippery surfaces. Securely-attached bath mats, grab bars and chairs allow you to sit while showering for extra peace of mind. A backrest for comfort and rust-resistant chair materials will add protection to resist mold and mildew.

In the bedroom
Maximize rest, relaxation and safety in and around your bed. To help you get in and out of bed, an adjustable assist bed bar can slide around the side of the mattress to offer support. There are many stylish designs and neutral colors available to seamlessly blend in with bedding and linens to provide both function and flair.

SAFETY
with mobility and bath safety products that are fashionable and modern. Consider these supportive care products to maximize style and safety.

Around the home
The right mobility aid can help you navigate your home. A rolling walker has renowned functional features to help you easily stand and walk safely and independently. Choosing an aid with smooth-rolling, all-terrain wheels make it easy to get around in or outside of your home. Find a device that easily folds for travel and storage with adjustable easy-grip handles for a custom fit and fashionable function.
Editorial

Fresh eyes and a fresh look

Three people stand at the edge of a lake as a gentle breeze causes light ripples on the water’s surface.

The first person, a marine biologist, notes the species of fish, insects and algae within view. The second person, a kayaker, notes the direction of the wind and current and calculates how long it would take her to reach the far end of the lake. The third person, a philosopher, smiles happily as the beautiful scene confirms his hunch that he does exist.

The three people are viewing the same scene, but they’re focused on radically different aspects of the vista. And of course, there are many ways to view the lake other than through the lenses of philosophy, math, physics or biology.

Our imaginary lake scene is similar to how the various employees of an organization, through their disparate areas of expertise and responsibility, contribute to understanding the whole. When each person is doing their job well, the organization adapts and stays current as each employee carries out their tasks with an eye on maximizing current performance while also mapping out future innovations.

All of that is a lengthy way to say: take a look at the small changes on our Opinion pages in the Alexandria Times.

The discerning reader may have already noticed that our old section headers/identifiers on these pages – Our View, Your Views and My View – last week were changed to Editorial, Letters and Commentary. In addition to changing the words, the fonts and colors have changed. Additionally, the headers on our standing columns on the second op-ed page have been streamlined.

We thought readers might be interested in the “sawage-making” process behind these tweaks.

Our new editor, Leslie Golden, has cast a fresh eye on the Times since joining us this spring. She recently suggested that we reconsider the old Opinion headers. Times publisher Denise Dunbar, who manages the editorial pages, agreed and researched what other publications do. We collectively decided to move from the two-word headers to the streamlined “Editorial(s), Letters and Commentary.”

Enter Times graphic designer Jessica Kim, who goes through a meticulous planning process when designing any Times product, be it an ad, branding materials or, in this instance, section headers. Kim considers the size, the location, the color and how the change fits with the overall look of the paper in making recommendations. She took the words that Golden and Dunbar selected and designed the visual components of the changes.

And that’s why and how our Opinion pages underwent their recent changes.

Like the fictional biologist, kayaker and philosopher by the lake, our Times team continues to think deeply about things within our areas of expertise. Our goal is to keep improving the product in the paper each week, in ways small and large.

We thought you might find it interesting to gain a window into the processes we follow before making even seemingly small changes.

Opinion

Photo of the Week

Majority supports Duke Street in Motion

The Tail Ship Providence at the John Warner Maritime Center in the early morning sunlight.

Letters

‘Victimless’ crimes

To the editor:

When tourists and local citizens become worried about their safety, they will cease frequenting shops, bars and restaurants in Old Town Alexandria. The distance between a thriving community and urban blight is only a few ‘victimless’ crimes.

-Alex Goyette, Alexandria

To the editor:

When I signed up to speak at the City Council hearing on Duke Street in Motion, I expected to be one of just a few voices supporting the project. Coverage of the transit-focused project has consistently called it “controversial,” and the Times’ opinion section has been dominated by people with concerns or who oppose it outright.

Imagine my surprise when supportive speakers formed a clear majority: by my count 41 people spoke in favor while 26 voiced concerns or opposed the project.

In hindsight, I shouldn’t have been surprised. There’s a long history of support for BRT on Duke Street. Multiple City Councils have envisioned Duke Street as a high-capacity transit corridor. Public feedback gathered over the last two years pointed to significant public support for the project’s goals. Most speakers supported the project at the Transportation Commission, and the Times’ reader poll in May found most respondents wanted multi-modal transportation options prioritized on Duke Street, aligning with the project’s goals.

In a city of more than 150,000 people there will always be differences of opinion. That’s healthy! But a clear and vocal majority of Alexandrians are excited to get Duke Street in Motion.

-Alex Goyette, Alexandria

To the editor:

When tourists and local citizens become worried about their safety, they will cease frequenting shops, bars and restaurants in Old Town Alexandria. The distance between a thriving community and urban blight is only a few ‘victimless’ crimes.

-Peter Michel, Alexandria
Commentary

It takes time and resilience

To the editor:

“You’ve ever been in a minefield ... not a fun place to be,” General Norman Schwarzkopf said to a reporter who questioned how intense Iraqi fortifications had really been when Desert Storm began. I can tell you it isn’t fun, having walked through a suspected minefield one dark night to join up with a SEAL team at the beginning of the Afghan war while head of the Navy’s anti-terrorism unit.

So, it’s good to remain mindful of Schwarzkopf’s comments when measuring Ukraine’s ongoing counter-offensive: “All there’s got to be is one mine, and that’s intense. There were plenty of mines ... barbed wire ... fire trenches ... booby traps ... and consider that while you’re going through it clearing it, at the same time you’re probably under fire by enemy artillery.”

When media outlets opine Ukraine’s advance is “… not the pace we hoped for,” it’s important to remember the late Schwarzkopf’s words. “... to attack a position, you should have a ratio of approximately 3 to 1 in favor of the attacker. And ... [if] heavily dug in and barricaded ... you should have a ratio of 5 to 1 in the way of troops ...” At best, it’s near 1:1 in Ukraine.

As in World War II, America is again the arsenal of democracy providing Ukraine technologically superior weaponry that moderates conventional attacker-defender troop ratios. But we have been slow in providing Patriot air defense missiles and F-16s, unhurried on Abrams tank delivery, and still dawdling on long range strike missiles that, with other experiences dined advanced weapons, technologically change the 1:1 ratio by smart sophisticated warfare and arguably could have avoided providing cluster munitions.

A greater concern is domestic resilience to stay the course: not Ukraine’s, but America’s. It’s why Ukraine’s president told ours how the storied histories of the Battle of Saratoga and the Battle of the Bulge embody the meaning of Ukraine’s own battles today – each one was a courageous step in a long war for freedom.

It took seven years to win our War of Independence, and then four to protect our freedom in World War II. In each war, it was our citizens’ resilience that mattered most. But we also received outside help, from the French at Yorktown and the Allies in WWII.

The Ukrainians need resilience from us in their own long war. Negotiated peace? Would America have done that in the seven years before Yorktown, or in the Second World War, when our very freedom was at risk?

Putin is a weakened thug, but still dangerous atop a rotten, abusive state creation that under him will always threaten American interests and values as he waits hopefully for Western support to tire and fracture.

It’s again up to us, resilient American citizens, to appreciate what we share in common with Ukraine – as others previously did for us – and then stay the course as if it is our own, for it is. At day’s end, it’s our domestic resilience that is the bedrock of U.S. statecraft, from foreign policy to war.

-Joe Sestak, former U.S. Congressman, Alexandria

The writer is superintendent of Alexandria City Public Schools.
Alexandria’s birthday (sort of)

For centuries, Native Americans lived in and traveled through the land that now makes up Alexandria. Today’s indigenous groups, state and federally recognized tribes and nations of Virginia include the Cheroenhaka (Nottoway), Chickahominy, Chickahominy Eastern Division, Mattaponi, Upper Mattaponi, Monacan, Nansemond, Nottoway, Pamunkey, Patawomeck and Rappahannock.

The English who colonized Virginia claimed ownership of that occupied land (or of those ancestral homelands). In 1654, Dame Margaret Brent received a patent for 700 acres which included a large part of today’s Alexandria. In May of 1749, the town received a charter from the House of Burgesses. John West, Fairfax County surveyor, and by tradition assisted by a 17-year-old George Washington, laid out 60 acres of plots. The plots were auctioned off on July 13 and 14, 1749. This led to the tradition of celebrating Alexandria's birthday on July 13.

Washington created a new map of the lots sold between July and September 1749, which is shown below.

The map lists 58 lots and their owners on the right side of the map. Some of the prominent names on the map include Washington’s brother Lawrence, John Carlyle and John Alexander. Washington also listed the price paid for each lot.

Interestingly, the prices were in Spanish “pistoles” rather than English currency. The pistole was a gold coin worth almost a pound, but common in Virginia before 1760. Since English colonists weren’t allowed to mint their coins, Spanish currency was common on this side of the Atlantic.

Alexandria, which dropped the name Belhaven, is very different from the map of lots auctioned off 274 years ago. How different will a map of our city look even 75 years from today?

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

Weekly Poll

Last Week

Has the poor air quality from the wildfires these past few weeks affected you or someone you know?

48% It irritated me a little but nothing major.
37% No one I know has been seriously impacted.
13% Yes, I know someone who’s had to go to the doctor or hospital.
2% Wasn’t “Wildfire” a 70s song?

This Week

What do you think about the zoning changes proposed in “Zoning for Housing/Housing for All?”

A) I support them.
B) Don’t make zoning changes.
C) I support parts of it but not all.
D) I have no idea what you’re talking about.
### Weekly Words

ACROSS

1. *Dime's value
2. Actor Oliver of "The Bear"
3. *What X can represent, in Roman numerals (see 1-Across, 32-Across, 1-Down and 14-Down)
4. French fathers
5. Quill users of the Middle Ages
6. Hilarity
7. Drive's contents
8. Goes back to square one
9. Goes back to square one
10. Goes back to square one
11. Goes back to square one
12. *Grid of numbers that students must learn
13. Southern soup using female crustaceans
14. Foundation of the decimal system
15. Portion of company ownership
16. Darwin or Dickens
17. Feudal workers
18. "Real Wild ___" (hit song covered by Joan Jett)
19. Machinist's items
20. Many a road bike
21. Pull out all the ___
22. Footwear
23. Many a road bike
24. Early PC platform
25. "1854 Dickens novel about a difficult era"
26. Flips out
27. Stillering creature
28. *Measurements of how quickly one can respond to a stimulus
29. Angola expedition
30. "Land ___ alive!"
31. "Linger Over Coffee" Nail polish company
32. *Stick mentioned in a common saying
33. "Present!"
34. Meander
35. ``Wrong?"
36. "Lingering Over Coffee"
37. "Land ___ alive!"
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90. "Land ___ alive!"
91. "Land ___ alive!"

DOWN

1. *Many a road bike
2. Darwin or Dickens
3. Lace made from sea creatures
5. In the Iliad setting
6. "Land ___ alive!"
7. Sifting creature
8. Michelin star product?
9. Nail polish company with colors like "Linger Over Coffee"
10. "Linger Over Coffee"
11. Some Japanese scooters
12. *Grid of numbers that students must learn
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100. Some Japanese scooters

Solutions from last week:

- CURTIS CUPP
- JEREMIAH DECK
- JAMES FULTON
- LEE HOLCOMBE
- JAMES SHORES
- CHARLTON STEWARDSON
- JAMES SMITH
- VIRGINIA SMITH
- WILLIAM THOMPSON

DEATH NOTICES

- CURTIS CUPP (60), formerly of Alexandria, June 24, 2023
- JEREMIAH DECK (21), formerly of Alexandria, June 23, 2023
- JAMES FULTON (88), of Alexandria, June 14, 2023
- LEE HOLCOMBE (82), of Alexandria, June 20, 2023
- JAMES SHORES (60), of Alexandria, July 6, 2023
- CHARLTON STEWARDSON (54), formerly of Alexandria, July 9, 2023
- JAMES SMITH (79), formerly of Alexandria, June 29, 2023
- VIRGINIA SMITH (79), of Alexandria, July 3, 2023
- WILLIAM THOMPSON (76), of Alexandria, June 26, 2023
LEGAL NOTICE

NOTICE OF INTENT TO REQUEST RELEASE OF FUNDS

July 13, 2023

City of Alexandria
Office of Housing
421 King Street, Suite 215
Alexandria, Virginia, 22314
Telephone: 703.746.4990
Hearing Impaired: 703.838.5056

On or about July 26, 2023 the City of Alexandria will submit a request to the Department of Housing and Urban Development (HUD) for the release of Community Development Block Grants funds under Title I of the Housing and Community Development Act of 1974 (Public Law 93-383), as amended, to undertake a project known as the Senior Housing Development at 511 Square at 511 Apartments at 511生气街, with a total cost of $5,000,000. The activities proposed are replacing boilers and pumps at 511 Square, windows, and repairing and/or replacing elevators, improving the exterior of the building and providing a new elevator. The City of Alexandria certifies to HUD that James F. Parajon in his capacity as City Manager consents to accept the jurisdiction of the Federal Courts and that these responsibilities have been satisfied. HUD’s approval of the certification satisfies its responsibilities under NEPA and related laws and authorities and allows the City of Alexandria to use Program funds.

OBJECTIONS TO RELEASE OF FUNDS

HUD will accept objections to its release of funds and the City of Alexandria’s certification for a period of fifteen days following the anticipated submission date or its actual receipt of the request (whichever is later) only if they are on one of the following bases: (a) the certification was not executed by the Certifying Officer of the City of Alexandria; (b) the City of Alexandria has omitted a step or failed to make a decision or finding required by HUD regulations at 24 CFR Part 58; (c) the grant recipient or other participants in the development process have committed funds, incurred costs or undertaken activities not authorized by 24 CFR Part 58; or (d) another Federal agency acting pursuant to 40 CFR Part 150 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the procedures (24 CFR Part 58, Sec. 58.76) and shall be addressed to HUD, 820 First Street, N.E., Suite 450, Washington, DC 20002-4255, Attention: Mr. Michael D. Rose, Director, Community Planning and Development Division. Potential objectors should contact HUD at (202) 775-6266, to verify the actual last day of the objection period.

James F. Parajon, City Manager

LEGAL NOTICE

Board of Architectural Review
LEGAL NOTICE OF A PUBLIC HEARING

A Public Hearing will be held by the Board of Architectural Review on Wednesday, July 26, 2023 beginning at 7:00 p.m. in the City Hall Council Chamber, room 2400, second floor of City Hall, 301 King Street, Alexandria, Virginia 22314 on the following applications:

BAR#2023-00220 OHAD Request for new construction at 899 and 999 N Henry Street Applicant: Alexandria Redevelopment and Housing Authority, by its agents Samuel Madden Fairstead Developer, LLC, and MCRT Old Town LLC

Old and Historic Alexandria District (OHAD); Parker – Gray District (PG)

Public comments will be received at the Public Hearing. The public may submit comments in advance to Lanning Blaser at lanning.blaser@alexandriava.gov or make public comments on the day of the Public Hearing.

For reasonable disability accommodation, contact Alicia Chase at alicia.chase@alexandriava.gov or 703.746.3810, Virginia Relay 711.

For further information, call the Department of Planning & Zoning at 703.746.4666 or visit alexandriava.gov/dockets

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- MARTINE & ALEX IRMER