Welcome back ACPS students

Stay at school

New ACHS principal emphasizes school’s ‘closed campus’ policy in parent email

BY AARON KOPP

Alexander Duncan III, who became the principal of Alexandria City High School on July 1, told parents last week that ACHS’ “closed campus” policy will be enforced this year. Duncan also emphasized the need for consistent student attendance in an email and post on the school’s parent portal.

Duncan’s message, which went out four days prior to Monday’s start of the 2023-24 school year, said the closed campus policy applies to all four ACHS locations: King Street, Minnie Howard, Satellite and Chance for Change.

“As we approach the beginning of the school year, I wanted to take this opportunity to remind all of our students, families, staff and community that our high school campuses are ‘closed campuses,’” Duncan said in the email.

Duncan, who is entering his 16th year in ACPS, has stepped into the post most recently held by the well-regarded Peter Balas. Duncan was previously administrator of the Minnie Howard campus, which has been beset with student behavioral issues since reopening following the COVID-19 shutdown.

From speech therapist to award-winning author

Mary Calvert aids early language development with her children’s book

BY WAFIR SALIH

On a gentle Thursday morning in August, Mary Calvert stood beside the pond in her backyard, peppering flakes of fish food into the water. Ripples formed as exotic, tiny fish gathered around the food, sticking their heads out to eat. Sometimes Calvert brings her young patients here to feed the fish. She points out how the fish pucker their lips as they notice the falling flakes, a sight that aids those struggling with articulating “puh” sounds.

In Calvert’s home office, she talks about her award-winning children’s book, “Bailey Speaks! Book One: Sounds and Gestures” and her career as a speech-language pathologist.

Mary Mayo Balfour Calvert is a leading pediatric speech-language therapist and has been in private practice for the past 35 years in Alexandria. She primarily deals with grade school children with speech and/or language delays.

Before going into private practice, Calvert worked at the Children’s Hospital Hearing and Speech Center in Washington, D.C.

“I provided evaluation and...
Christine Roland Garner

I sell more, because I do more.

Let me put my 35 years of experience to work for you!

Christine Garner (703) 587-4855

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

For additional information & photos, go to: www.ChristineGarner.com
On Wednesday, the Alexandria Fire Department Recruit School 54 welcomed and celebrated 19 new firefighter/EMTs.

In a release, Fire/EMS Chief Corey Smedley lauded the new graduates. “The fire and emergency service industry must be more creative in attracting candidates to this career as recruitment becomes more challenging. The Alexandria Fire Department’s Recruit School 54 proves there are still motivated individuals out there who are capable of overcoming obstacles, critically think about innovative ways to provide quality emergency service and have the desire to give something more to their communities. We’re proud of their accomplishments and look forward to them having a rewarding career with our department,” Smedley said in the release.

The new firefighter/EMTs will begin reporting to their first assigned stations starting Saturday.

- lgolden@alextimes.com

AFD’s academy welcomes and graduates 19

PHOTO/AFD

19 new firefighter/EMTs graduated from the Alexandria Fire Department’s 54th Recruit School.

PHOTO/IGNA WARNER

Hilco Redevelopment Partners in partnership with Firefighters & Friends and Alexandria Redevelopment Housing Authority gave away more than 700 backpacks with school supplies on Saturday, ahead of the start of the school year.

City receives arts grant

According to a release, the City of Alexandria’s Office of the Arts was awarded a grant from the National Endowment for the Arts to fund its community Artist Residency Program. The Artist Residency Program integrates visual and performing artists in the community to conduct interactive art engagements at the Waterfront Park public art initiative “Site See,” the City’s Mobile Art Lab, as well as new locations including hospitals, libraries and senior centers and expands the Torpedo Factory Art Center’s Post Graduate Residency Program.

-lgolden@alextimes.com

New women’s group formed

A new organization seeking to shine a light on local nonprofits through innovative fundraising events was recently formed in Alexandria. The Alexandria Women’s Group’s mission is to shine light on those in need by supporting select local organizations. AWG will join forces with Old Dominion Bocci in hosting its official launch event on October 14 in support of Stop Child Abuse Now. For more information, please go to birdease.com/odbocce.

-lgolden@alextimes.com

Dishes of India

Join us for Restaurant Week! Curbside pick-up or delivery available. Call or order online.

Belle View Shopping Center, 1510-A Belle View Blvd. 703.660.6085 • dishesofindia.com

Innovative Indian Cuisine

BOYS NO MORE

INSURANCE

NO MATTER WHERE YOU GO. NO MATTER WHAT YOU DO. WE’LL BE THERE FOR YOU.

Introducing Boys No More presented by AAA Insurance. Four legendary boy band members bundled together to create one massive hit about everything that makes AAA Insurance so incredible—dedication, loyalty, trust, and commitment. Single out now. Scan the QR code to watch the music video.

Visit AAA.com/Insurance or call 866–PICK–AAA to get a quote.

Insurance provided by CSAA Insurance Group, a AAA insurer © 2023 CSAA Insurance Group
Students leaving campus have caused problems at both the main King Street campus and at Minnie Howard – which is right next to Bradlee Shopping Center – in recent years.

Most notably, ACHS senior Luis Hernandez was murdered on May 24, 2022 in a large-scale fight between students who were off campus during school hours. Another student, Ryan Vega, was tried as an adult in Circuit Court and convicted of felony charges for second degree murder and murder by mob earlier this summer.

Duncan elaborated what a “closed campus” means in his email.

“A closed campus means that students are not allowed to leave school grounds during the school day. ... The expectation is that all students will arrive by the start of the school day and remain on school grounds through dismissal unless a student has specific permission, in accordance with school procedures ... for leaving at a certain time,” Duncan wrote.

The new principal emphasized that there will be consequences if students leave school grounds without permission.

“Any students leaving the school campuses without permission will be given administrative consequences,” Duncan wrote. “The consequences can include – but are not limited to – loss of privileges (such as attending after school events), detention, parent meetings or suspension.”

Duncan also reminded families of the importance of consistent school attendance.

“Remember, student attendance matters. Alexandria City Public Schools (ACPS) encourages all students to be in school every day and ready to learn. The Department of Student Services and Equity has information online about the ACPS attendance policy,” Duncan said in the email.

In an interview earlier this summer, Duncan spoke about his long career within ACPS and how it has prepared him for this new role.

“My first year was the first year [T.C. Williams was] in this building,” Duncan said. He has served as English teacher, dean of students, assistant principal, summer school principal and, most recently, as the campus administrator of ACHS’ Minnie Howard Campus.

His time in the community has allowed him to make important connections within the school system. One such connection is with ACHS history teacher Luis Gonzales, who worked at Minne Howard while Duncan served as campus administrator.

Gonzales said Duncan’s experience translates well to his new role as principal.

“From all intents and purposes, he was the principal of the Minnie Howard campus. He was basically fulfilling all the same duties. ... He ran the day-to-day and acted as administrative lead,” Gonzales said.

Gonzales also commented on the strong relationships Duncan has built in the school system.

“Everyone knows him, he
98% of our clients refer us to their friends & family and continue to work with us year after year. Here’s why ...

“I’ve bought and sold multiple properties and Elizabeth is the best realtor out there. She genuinely cares and takes care of you entirely - with excellent referrals, from dog walkers to landscapers to hair stylists to dentists, and other contractors.”

TRUST. REPUTATION. EXPERIENCE.
Duncan has very good relationships with the staff and administrators,” Gonzales said.

Duncan also touched on his relationship with students. “I was just thinking about a group of young men I worked with at Minne Howard, and I’m excited to see them and work with them now as upperclassmen,” Duncan said.

The new principal also elaborated on how the skills of his former job transfer to his current position. “Working with our Alexandria community as I led a community, a campus, has prepared me to serve this role. While I may have served the ninth grade community for many years, I am now fortunate enough to serve the entire community,” Duncan added.

Duncan said his entire career of leadership has prepared him for his biggest job yet. “Leadership is leadership, whether you are leading one person or a school of thousands,” he posited. “A part of that, I feel, is effective communication.”

Duncan brings a varied career in education to his new post. “I approached this work with sixth grade through collegiate experience. Now that I’m serving as a high school executive principal, as we’re talking about instructional initiatives, as were talking about various programs that we will offer here at the school, I’m able to lead with an awareness of a young person’s earlier maturation years, as well as where they may be headed,” Duncan said.

Duncan emphasized the opportunity ACPS has to derive strength from its diversity. “I love working with young people, I love working with diverse populations. I celebrate diversity and think it’s a strength we have here,” Duncan said.

Gonzales discussed the same topic. “There are a lot of people in this city that are new to the country. We are a very multicultural area. They’ve done a lot of good things this year addressing those issues,” Gonzales said.

Gonzales specifically cited the administration’s efforts to give students a school break for the Muslim holiday of Eid. Gonzales also stressed the importance of hiring a Black educator for this role. “It’s very important, given our population, that students see themselves reflected in such a high level position. In my schooling in New Jersey, I had no teachers of color in my entire schooling. As a person of color, that is huge. It’s important for kids to see that so they can say, ‘Hey, I can do that too,’” Gonzales said.

One tension in the hiring process for the new principal was the choice between hiring inside or outside the system. Gonzales spoke to the benefits of hiring a long-time member of the community. “When it comes to higher up administrative jobs, having someone who knows the community is important. He knows students, staff and parents, and he knows norms. There’s not as
The Community Lodgings Summer Appeal is still in full swing and ALL donations of any size are appreciated!

A portion of early donations went to the children’s summer camp, but the current summer appeal donations go towards:

- Our food pantry ($25)
- College application fees ($50)
- Weekender tote bags filled with nutritious food for the school year ($250)
- Backpacks and school supplies for 10 students ($500)
- A college field trip for 25 students ($1,000)

For more information or to make a donation, go to communitylodgings.org or send a donation to: Community Lodgings at 3912 Elbert Ave, Suite 108, Alexandria, VA 22305

2050 Jamieson Avenue #1216

$855,000

A sleek three bedroom, two bath corner unit at The Jamieson bursting with light, airy rooms offering the best in secure turn-key living. Conveniently located between two Metro stops, walkable to shopping and restaurants and providing two garage parking spaces and a storage unit, this stunning condo is a must for cosmopolitan living.

Enjoy Fall Color from this Vantage Point.
much of an on ramp,” Gonzales added.

Duncan also referenced the power of choosing a principal from within the school, particularly as the rebuild of the Minnie Howard campus of ACHS nears completion.

“One of the strengths I bring to this role is historical knowledge. That’s a strength that can help as we are entering a new season of transition,” Duncan said.

“Our work to build bridges with the community is at the top of my mind. Because I believe that it takes a village,” Duncan said.

In his time at Minne Howard, he tried to build relationships between the school and the broader community.

“We want our students to participate as engaged, positive members of the community,” Duncan said.

One example of this relationship-building is the creation of a lunchtime soccer club.

“Supporting [the students] with academic enrichment and providing them with activities that would allow them, as long as they were successful in school, to engage in an activity, during lunch, that they would really enjoy. We worked with the community to provide coaching and teaching to the boys,” Duncan added.

He also cited job interview simulations and internship partnership programs as enrichment innovation.

One challenge ACHS faces in the upcoming school years is uniting the King Street and Minnie Howard campuses, especially as the Minnie Howard redevelopment comes to its conclusion. Gonzales outlined some of the issues the school faces.

“Currently the campuses feel very separate, given the mile of literal distance between them. Scheduling tends to largely favor the main campus at King Street. That tended to control what happened at the Minnie Howard campus,” Gonzales stated, emphasizing that the issue tends to be most problematic during testing season.

Gonzales said Duncan’s experience at Minne Howard can help him close this gap.

“He has committed to maintaining a presence in both buildings, which is quite a challenge to do,” Gonzales said.

Duncan said he plans to bring his experiences at Minne Howard into his principalship to bear into this challenge.

“One of the things I think Minne Howard does well is building a community among the staff and students … [Community] is something I decided I wanted to make a part of my work …”

– Alexander Duncan, ACHS principal

“Some people believe that in high school, the kids are big now, they’re ready to make their own choices, and while they are, they’re also still impressionable. You can make a positive impression on a young person, you can be a voice saying ‘No matter where you started you can go farther than this’. You can tell them ‘dream, be all you can be.’”

-Denise Dunbar also contributed to this story.
therapy for children and was the coordinator for the learning disabilities school. I was also a consultant on the learning disabilities clinic. I have worked in both the Alexandria City and Los Angeles County schools providing diagnostic and placement for students as well as a classroom teacher for children on the autism spectrum,” Calvert said.

Calvert leads most of her therapy sessions from her home office.

“My home office provides a warm and comfortable environment,” she said as she opened a closet to showcase an array of toys. Nearly everything in her office is there to help children with speech and language delays.

“All play is based on language.”

This is also a core theme

Mary Calvert reading a copy of her book “Bailey Speaks” in her office with the cover model.
A lot of parents don’t realize that body language, facial expressions, gestures, waving – all of that is language communication.”

— Mary Calvert, author and speech-language therapist

Obituary

Janis Beyer Pepper

Janis Beyer Pepper (86) of Alexandria departed this life on August 16, 2023 after a long battle with colon cancer. She is survived by her daughter Kathleen Pepper, of Alexandria and numerous family and friends. She was preceded in death by her son Mark Pepper of Williamsburg, VA and her parents Henry C. and Kathryn (Meehan) Beyer of Yucca Valley, CA. Although Jan, as she was known, was born in Kansas City, Missouri, she was raised in Los Angeles after her family moved to California where her father worked for the fledgling Walt Disney Studios.

Jan married soon after high school and lived in the Hampton Roads area of Virginia for two years while her husband was in the military. Following his service, they returned to the Los Angeles area and started a family. Following her divorce, she moved to Virginia and graduated at age of 60 from the College of William and Mary and was proud to have persevered in her desire to have a college education.

Throughout her life, she had a varied career. From her first job on the perfume line at Max Factors in Los Angeles to working for Colonial Williamsburg first as a docent and then as a secretary in the archaeology department. She also worked for the Virginia Department of Historic Resources as a grants and contracts manager and the College of William and Mary Law School as a fundraiser. While in Williamsburg, she was an active dog watcher and community volunteer including three years as co-president of the Virginia Shakespeare Festival Volunteer Guild.

Jan lived most of her life in Virginia but moved to Yucca Valley in 1999 and spent the next three years taking care of her parents. While there she was active in the community including fundraising work. She also had the opportunity to connect with her niece Kelly Blankenship with whom she forged a close relationship and was proud to consider her a “daughter of her heart.”

Upon returning to Virginia to live with her daughter, she quickly became integrated into the neighborhood where she was a favorite dog watcher. Jan adopted several senior dogs over the years, including two from the local Alexandria shelter, whom she enjoyed spoiling and regularly donated to dog charities.

Jan was always an optimistic person who saw the good in everyone. She was the type who didn’t just see the glass as half full but assumed it was tasty too.

Jan was an Energizer battery bunny who was always busy with family, work and volunteer opportunities. She instilled in her children her work ethic and the importance of giving back to the community. She will be sorely missed by everyone who knew her. No services will be held at this time.

Jan wanted friends and family to share their thoughts and memories in the online Tributes page at Everly-Wheatley Funeral Home in Alexandria, so that everyone could say as much, or as little, as they wanted.

In lieu of flowers, consider making a donation in Jan’s memory to the Animal Welfare League of Alexandria at 4101 Eisenhower Avenue, Alexandria 22304 or via online at alexandriaanimals.salsalabs.org/donate/index.html or by just going to alexandriaanimals.org and selecting “donate” and indicating on the donor form that it is “in memory of” or “in honor of” Jan Pepper.

CALVERT

FROM | 9


While the book mirrors the simplicity of other children’s books with its rhymes and watercolor illustrations, it stands apart with its scientific foundation. Centered around a boy named David, inspired by Calvert’s son, and Bailey, modeled after her dog, the book interweaves evidence-based speech pathology research into its narrative, serving as an invaluable resource for parents.

“This book is on sounds and gestures. So, this is before the child can talk. A lot of parents don’t realize that body language, facial expressions, gestures, waving – all of that is language communication,” she said.

This message becomes even more pivotal considering recent findings. Research indicates that the pandemic-induced social isolation might have caused a surge in speech and language delays in children.

According to a report from the Wall Street Journal, researchers at Truveta, a healthcare data company, found that delayed speech diagnoses for first time patients “increased by an average of 1.6 times between 2018 through 2019 and 2021 to 2022,” with one-year-old children being the most affected.

A recent poll done by the American Speech-Language-Hearing Association also points to this alarming trend. Almost 80% of speech pathologists say they’re dealing with more children suffering from language delays now compared to before the pandemic.

“I would have voted yes,” Calvert said as she held up an article about the poll.

“Parents [weren’t] doing anything out of the stress of COVID and the stress of everything. And so, I understand that. Now they’re just starting to come back,” Calvert added.

In addition to winning an award for “Bailey Speaks! Book

SEE CALVERT

| 17

A child points at one of the illustrations in “Bailey Speaks!”
**“BS HIGH”**

**Three and a half stars**
BY RICHARD ROEPER

Are you ready for some football?
Bishop Sycamore High School from Columbus, Ohio, clearly wasn’t – but that didn’t stop its head coach and co-founder from somehow finding a way to get his team on the field against the storied national powerhouse IMG Academy on Aug. 29, 2021, in a game that was televised nationwide as part of the ESPN High School Kickoff Series.

What happened next in this HBO Films Documentary will go down in infamy as one of the most bizarre, disturbing and inexplicable debacles in recent high school sports history. IMG destroyed Bishop Sycamore 58-0, but that just begins to tell the story. From the opening kickoff, it was clear there was a huge talent chasm between the blue-chip prospects at IMG and the disorganized bunch from Bishop Sycamore to the point where the ESPN announcers expressed concern for the health and safety of the Sycamore players who were getting laid out all over the field.

When a Bishop Sycamore player went down with a torn ACL, the team’s trainer knelt next to him to assess the extent of the injury. Bishop Sycamore’s “trainer” was the mother of a team member. She literally had the word “MOM” emblazoned across her T-shirt.

There were no trainers. Sadly consistent with a team representing a phantom school.

The Sycamore-IMG game spelled the end of Bishop Sycamore High School, the high school that never was. Watching the solidly packaged HBO Sports documentary “BS High” (never was there a more perfect title), I was stunned by the series of events that led to that nationally televised disaster, and I found myself shaking my head time and again at the outrageous and infuriating audacity of one Roy Johnson, the glib and pathologically dishonest con man/coach who orchestrated the whole thing.

Like many an egomaniacal narcissist who thinks of himself as the smartest person in the room – any room – Johnson is his own worst enemy. He foolishly agreed to sit down for a series of interviews with the filmmakers, and if he thought he could win us over with his double-talking, passive-aggressive, weirdly upbeat and self-serving justifications, well, he’s one clever idiot.

“Are you sure I look cool?” Johnson asks the documentary crew as they settle in for his first interview. “Do I look like a con artist? Or do I look like a regular, normal person?” The fact Johnson would even ask that is the beginning of the answer to his own questions.

Johnson initially aligned himself and his nascent football team to a Columbus school called Christians of Faith Academy in 2018. There was grand talk of building a state-of-the-art, multi-million-dollar facility, but when Johnson held a “media day” for COF’s football team, the lone reporter who showed up found a disorganized “practice session” taking place in an indoor training facility called Super Kick, which Johnson had rented out for the occasion. As for the players: They were high schoolers, and in some cases former high schoolers, who were looking for one last chance to make it to the next level. Some were 18; some were older. Many came from tough backgrounds.

They arrived at COF believing that Roy Johnson had created a program that could help them overcome the bad grades and the bad breaks, and get them into a D-1 school.

“We played 11 games with no financial backing,” boasts Johnson. What that means is Johnson kept figuring out ways to not pay for anything, including the bills for the various hotels where his players stayed, before everyone would get evicted and move to another hotel. There was literally no school to attend.

When COF was shut down after the Ohio Department of Education found it was “not open for instruction and had no pupils in attendance,” Johnson simply pivoted and changed the name to Bishop Sycamore Academy, which sounded official but was fictional. “There’s nothing Roy won’t lie about,” says Ben Ferree, the former investigator for the Ohio High School Association who tried to warn the world about Johnson for years before the IMG slaughter shined a national spotlight on the mess.

After the IMG game, the ruse fell apart, with Johnson finally acknowledging, “We are not a school,” and all the teams on BSH’s remaining schedule canceled their games. The hotel where the team stayed for the IMG game accused Johnson of using counterfeit checks to pay the bill. It was learned that dozens of PPP loans were found in the names of BSH students.

“BS High” directors Travon Free and Martin Desmond Roe do a splendid job of alternating between present-day interviews with Johnson as well as a number of former Bishop Sycamore players, who will break your heart as they talk about the realization the dream Johnson was selling to them was almost all illusion. We also benefit from the vast array of footage from the COF days, as Johnson had “hired” two videographers to chronicle the story. Those videographers spent about six months on the job, and say they were paid a total of $60.

HBO Original Films presents a documentary directed by Travon Free and Martin Desmond Roe. Running time: 100 minutes. No MPAA rating. Premieres Wednesday on HBO, and streaming afterward on Max.
A Grammatical Approach to Downsizing!

BY DIANE MURPHY

Working with seniors in their housing transitions for the last 20 years has led me to conclude that one of the best “formulas” for success entails a three-part process: from gerunds to verbs to nouns! Initially, that may sound a little too academic, but my clients have agreed that this is a successful triage process and one that will bring the most desired goal to anyone in the housing search, whether it be your first purchase or your last.

The first step involves gerunds: verbs acting as nouns. This involves: listening, educating, realizing, evaluating, assessing and finding. It is always my goal to listen to my clients: I need to hear their story and their wishes and goals. But in order to fulfill those desires, educating is the medium: how much can you afford, what are the best financial plans, what genetic and health factors may influence my health requirements for the next 10 years. Will you need assistance that family or friends cannot provide? Assessing that support for the foreseeable future is very important. What if something unexpected happens? None of us has a crystal ball but we can learn a great deal about ourselves and ways to improve our chances of living life as fully as possible during this journey. Finally, finding the right match for professional services. My own journey through this “gerund” phase occurred as my dad was taken from us suddenly over 20 years ago. These are the stages I walked with my mother as she transitioned from the home, she and my father built and lived in for over 50 years.

Today you have a plethora of options, plans and services as we find ourselves in an era of the Silver Tsunami as our lifespans increase. The final 1/3 of our lives can become a kaleidoscope of choices!

The second stage is the actual verb list. This is the to do list whether it is simple de-cluttering, cleaning, painting and staging or more substantial repairs and renovations. There is a complete array of actions one can take with our help and guidance and a complete circle of professionals can make this preparation the most cost effective and your current home market ready for the highest yield in the shortest amount of time. We share current market data with you; we study the most effective ways to market your home based upon your time frame, financial capabilities and personal wishes. Furthermore, there are ways to introduce your home to the buying public besides Coming Soon and Bright MLS exposure. We provide you with the latest comparable information to compare not just size, condition and amenities but also incentives that previous sellers may have offered that the public record does not convey. The timing of a listing is also critical to its success, so each window of opportunity is discussed in detail!

The final grammatical part of this effort moves from gerunds to verbs to nouns. These are words like fulfillment, safety, happiness, simplicity, socialization, services…the list goes on, but they are the words that best describe what your heart wants and your body needs in this home; this is a “heart” stage because most people in their earlier years made housing choices based upon jobs, marriage, education or geography. In those days, there was more pressure from without as you grew, achieved and matured. Now there is a greater desire to react from the heart and achieve those goals which will complete you as a person in ways that you simply could not do before. Most clients, at this stage, realize that their current home has served them well for many years, but it is no longer where their heart is or maybe where their mind and body can best operate.

In many ways, this journey is about finding much more than your next home. It is about discovering who you are still meant to be and how best your residence can help you accomplish that goal. Consider this 3-part process an amazing opportunity to create anew and fashion the noun, the entity, you want to be!

The writer is an associate broker with TTR Sotheby’s International Realty.

When downsizing, it’s important to consider the accessibility of your health and home in later years.
Use your senses

Four easy ways you can make your space your own

BY BRANDPOINT

If you’re a millennial and a renter, you’re not alone. Millennials are consistently the dominant renter generation, making up 17.2 million of all renter households. And as a renter, you may be looking for ways to make your home truly feel like your own. Renters usually have limitations on what they can do to their living space, so it helps to get creative when adding your personal touch. Even if you own your home, budget and time considerations may also limit how you can customize your space. However, there’s a lot you can do that won’t break the bank.

To get started, consider using your senses to help you transform your space.

Envision the possibilities

When you imagine home design, you naturally think of what you see. To personalize your space, start with lighting. More floor or table lamps help to brighten your surroundings and lighter window treatments let in more natural light. Experiment with cool and warm light bulbs to see how each impacts a room.

It’s also important to consider color. Choose a focal piece that’s meaningful to you, like artwork or a memento, then draw a color from that piece to unify the room. For your design palette, stick with warm colors like reds, oranges and yellows or cool colors like blues and greens.

To personalize and brighten your space, experiment with lighting.
greens and blues.

Provide contrast with neutrals, whites or light grays, or black accents. Make sure to stick to one to two colors as the focus for each room or the look can get too busy. You can also add color accents by hanging art or making changes that are easily reversible, like swapping out cabinet hardware or applying stick-on tiles. If the effect is pleasing, you’re on the right track. When in doubt, remove a few accessories to simplify the decor.

The power of scent

When you think of your childhood home, what scent comes to mind? The aroma of something cooking in the kitchen, flowers a family member loved or fresh-cut grass? Because scent is so evocative, you can use it to speak volumes about your personality.

Lighting scented candles or using an oil diffuser can bring beautiful fragrances into the rooms of your home. You can choose from dozens of always welcoming scents to fit any room size or to suit your personal preference for fragrance. Choose scents that make you feel calm, happy, upbeat – or evoke a place or season.

More than a feeling

Don’t forget the sense of touch as you customize your space. Providing contrasting textures that offer visual interest and feel great to your touch can turn a drab apartment into a cozy sanctuary. Consider soft rugs to sink bare feet into, fluffy throw rugs and pillows or wall hangings that invite you to touch them. Contrast soft and comfy features with hard surfaces like metal, glass, stone or wood for lamps, table bases and book ends for a sensory-rich space that gives you all the feels – literally.

The soundtrack to your life

Do you prefer quiet? Or do you like music, or enjoy hearing the hustle and bustle of the busy street or cheerful birdsong outside? Consider simple ways to make the sound of your space reflect your character. With a wireless speaker, bring your favorite music or nature sounds into any room. You might also choose soothing ocean sounds or white noise to calm down and relax. Just like sight, smell and touch, you can use sound to customize your space to your liking.

Creating your personal space goes beyond arranging furniture – it’s about developing an experience that speaks to you so you can share your tastes and preferences with friends and family. If you use your senses, you’ll find that your home will start to become a genuine expression of you.
Convenient and comfortable lifestyle in Westgrove

A renovated all-brick split-level home in the coveted Westgrove neighborhood seamlessly blends modern upgrades with timeless allure. The open-concept kitchen and dining area flaunt sleek cabinetry, quartz countertops, stainless steel appliances and a breakfast bar.

Three bedrooms and three full baths including the primary en suite bathroom showcases a lavish jetted tub, spacious shower and large vanity. The attic has been transformed into a den for a home office or gaming space while the expanded lower level adds more living space.

The backyard oasis features captivating landscaping, ideal for outdoor activities and relaxation. This property has undergone significant upgrades since 2017, including a new roof, windows, renovated kitchen and baths, hardwood and tile floors, expanded spaces, gas fireplace and lush landscaping.

Enjoy easy access to GW Parkway, Belle View Shopping Center and more.
How cancer relates to periodontal disease
BY KARL A. SMITH, DDS, MS

Research shows only about 40% of Americans see their dentist each year. Regular dental appointments are strongly encouraged so that your dentist may look for any unhealthy conditions and catch them before they become big problems with big costs.

Loss of teeth and increased cost of dental procedures are not the only reasons to see a dentist. It is now clear that gum disease should be added to the list of factors that cause unhealthy body conditions. There is an extremely high risk of developing heart disease, diabetes, liver disease, blood diseases, heart attack and stroke if you have gum disease.

With the latest research there is now evidence to add cancer to the list of gum disease related illnesses. Dental patients with moderate forms of gum disease have an overall 14% increased risk of developing cancer according to recent studies.

If you have any form of gum disease, the normal act of brushing your teeth or chewing allows bacteria to enter your bloodstream. The bloodstream then carries the bacteria throughout the body. The first studies of the effects of gum disease on the body were related to heart disease. With gum disease present, the oral bacteria can attach themselves to the plaque that lines the coronary arteries causing build-up in these arteries which are critical to heart function. They can also cause blood clots to form in the coronary arteries or brain leading to a heart attack or stroke.

Studies have also found that gum disease is linked to a higher chance of pancreatic, lung, kidney and blood cancers in both smokers and non-smokers. There was a 33% increase in the risk of lung cancer, a 50% rise in the chance of kidney cancer and a 38% rise in pancreatic cancer.

Blood cancers such as leukemia rose by 50% among men with gum disease. In another study it was found that for each millimeter of bone loss in chronic periodontitis, which is a serious form of gum disease, there was four times the increase in head and neck cancer.

Searching for a precise connection goes on and will hopefully one day lead us to a cure but for now it is thought that untreated gum disease can trigger a substantial reduction in the immune response and cause damage to the immune system. This in turn makes it easier for the cancer to grow.

It is also possible that the bacteria from the gum disease could be directly causing the cancer themselves. Further studies will be done in the coming months and years.

What can be done today? See a periodontist. A periodontist is a special dentist that can determine your level of periodontal disease and help determine your risk factors. A referral is not required.

Patients with a recent cancer diagnosis should see a periodontist prior to starting chemotherapy or radiation. They can help catch and treat these bacteria early to lower your risk in later years.

Set up a complete periodontal evaluation. It just might save your life.

The writer is a periodontist with offices in Alexandria and Waldorf, MD.
One: Sounds and Gestures” at San Francisco’s Book Festival, Calvert also received two honorable mentions: one from the LA Book Festival and one from the London Book Festival. Grateful for the success and praise the book has received, Calvert said she wants to see the book in places where it can thrive as a helpful resource to parents.

“I would love to see the book in every pediatrician’s office, every preschool, every daycare center, everything as a resource for parents. And every library, of course, as a resource for parents on early language, stimulating early language development. That would be my dream. That would be wonderful,” she said.

One of the pillars behind Calvert’s literary success is Dr. Sharon Lockwood, who is also a speech-language pathologist. Calvert fondly remembered her early mentor.

“She was my boss at Children’s Hospital. She was the head of the hearing and speech clinic there. She was everything to me and everything I know I give her credit for,” Calvert said.

Lockwood played a key role not just as the illustrator but as an editor for the first book, of which she helped Calvert design the flow.

David Calvert, Mary’s son, inspired her to write a children’s book drawing from her vast expertise as a speech pathologist.

“[David] was having friends who were having children and they were looking for resources for speech and language. And there are lots of resources online and there are articles and they are, you know, just very tedious for a lot of young parents who are working and don’t have the time to read all the different things that are important, activities and opportunities to increase and enrich language,” she said.

Calvert plans to release a second “Bailey Speaks!” book sometime in the fall. The focus on the follow up will be on early words and phrases.

“Book Two emphasizes early words and phrases that a young child uses in their daily activities. Tips or ‘gold nuggets’ are provided on each page for the parent,” she said.

“At the end of the book, common words are provided by categories as a parent resource. These early words are based on evidence-based research in the field of speech pathology and linguistics.”

Calvert showed a near-final version of the book on her laptop. Just like the first book, all the words and activities showcased are evidence-backed and proven to help children with language delays.

Due to increasing awareness over the years, many parents are now cognizant about speech-language delays and getting their kids diagnosed and seen sooner. Calvert offers a word of advice for parents concerned their child might be facing speech or language delay and where to go from there.

“If parents are concerned that their child may have a speech and/or language [delay], it is highly recommended that they consult their child’s pediatrician. Early intervention is crucial in helping children with speech and language delays. Difficulties in speech and language communication can be diagnosed and therapy provided as early as 18 months. Best advice I have for parents, talk about your daily experiences with your child and read, read, read to your child!” she said.

The cover of “Bailey Speaks! Book One: Sounds and Gestures.”

---

**Ben Nielsen’s Alexandria Automotive**

**NO ONE CARES LIKE US**

**Frustrated? Helpless? Stuck?**

Tired of overpaying for subpar service?

Let us help! We pride ourselves on transparency, honesty and integrity. With Ben Nielsen’s Alexandria Automotive, you don’t have to sacrifice time for safety!

Now offering: “The Nielsen Now” — a complimentary pick up and delivery of your vehicle – and a shuttle service!

3021 Colvin Street, Alexandria, VA 22314   alexandriaautomotive.com   703-260-7700

---

**Pets Are Family Pet Sitting**


- Daily private dog walks and in-home care for cats, dogs, and exotic pets.
- Boarding and overnight care that fit your pet’s lifestyle and well-being.

Learn more at PetsAreFamilyPetSitting.com
Editorial

Back to school

We hope you enjoy this week’s “back-to-school” issue of the Alexandria Times.

It wasn’t really planned as such, but the stories came together just in time as Alexandria City Public Schools began their 2023-24 school year on Monday and the city’s private schools will be opening in the next couple of weeks.

Today’s page 1 photos capture the excitement of the first day of a new school year for students – particularly little ones. Backdrops full of new supplies, a new pair of athletic shoes, fresh haircuts, excitement to see old friends and meet new ones combined, for many students, with a thirst for knowledge make the start of a new school year magical.

Yes, that magic swiftly morphs into routines, many not scintillating – and problems with drugs, violence and learning deficits will quickly reappear. Those are the realities of life, and are all the more reason to celebrate magical moments when they come along, such as the first day of a new school year.

Our page one story on new Alexandria City High School principal Alexander Duncan III provides insights on the new leader’s ascent through ACPS during the last 16 years – as well as his welcome missive to parents four days prior to the start of school.

We think Duncan sounded just the right note in alerting families that ACHS will be enforcing its “closed campus” policy this year. Duncan was also clear that there will be consequences for violations, ranging from taking away privileges to suspensions, for violations.

The new principal also emphasized the importance of regular attendance at school, which is obviously essential for sustained intellectual growth and also a way for students to avoid getting into trouble outside of school.

Our second front page story, about the Alexandria treasure that is Mary Calvert, illustrates Calvert’s approach to speech-language therapy during her 35-year career. Calvert, who has helped a couple generations of Alexandria children learn to form their words correctly, has parlayed what she’s learned into an award-winning children’s book called “Bailey Speaks! Book One: Sounds and Gestures.”

So now, instead of “merely” helping Alexandria children gain the skills needed to overcome their speech delays, Calvert can help children nation-wide surmount what could become obstacles to learning in school. Even better news: Calvert’s book is just the first in a series.

As the return to school that began this week continues, our wish for all of Alexandria’s students is a safe and fulfilling school year, marked by measurable academic and emotional growth.

Opinion

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

Photo of the Week

A mid-August sunrise behind the Torpedo Factory.

Letters

Mayor was right about revisiting track SUP

To the editor:

Mayor Justin Wilson appropriately insists that the field lighting special-use permit need not be revisited, even after the public has belatedly discovered that the light poles block the running track’s lanes, something presumably City Councilors knew at the time, but did not tell the public, when they voted to approve the special-use permit.

Many of us who testified exhorted City Council to include the claims staff made about the lighting proposal in the special-use permit, to no avail; City Council approved the special-use permit with but one condition, that it be brought back for review after five years. City Council clearly foresaw there might be issues which later arise and changes which need to be made in order to accomplish lighting the playing fields and gave staff carte blanche to make whatever revisions proved apt.

Community leaders, however, should blame City Council, not staff, and, as with so much of what happens at city hall, put the pieces together to figure out what went on out of public view.

At the City Council hearing, a large contingent from the Alexandria Soccer Association was present in the room and among those speaking in favor of the special-use permit. In all likelihood, the Alexandria Soccer Association was the impetus behind lighting these fields. The Alexandria Soccer Association, recognizable by its white-shield logo on many vehicles and front doors around town, has its offices in the same building as the Parks, Recreation & Cultural Affairs Department.

Presumably, the soccer association pitched this request first to the department. But in 2021, the department had issued a report complaining about hundreds of unused programmable hours at convenient times, so, quite plausibly, the department might have turned down a request from the soccer association.

The Alexandria Soccer Association is a premier charitable organization serving thousands of Alexandria children, many of whose parents vote, so the organization may have next taken this request to elected officials, explaining, as some did during the hearing, that the department’s unused programmable hours weren’t convenient for players and their parents.

Showing that organized entities focused on a special interest get better treatment from the government than unorganized groups or the general or public interest won economist James Buchanan a Nobel Prize. It’s not a stretch to posit that’s what happened in this instance. Now the School Board watches in silence as its running track is defaced. Are they fearful of crossing 1,000 potential

SEE DRUDI

The opinions expressed in letters and columns are those of the writers only and do not reflect the views, nor receive the endorsement, of the Alexandria Times.
Hope remains for Torpedo Factory Art Center

BY CINDY LOWTHER

It is an uncertain time for the Torpedo Factory Art Center. Alexandria’s City Council, city manager and the recently created Stakeholder Task Force agree that a new governance structure is needed to revitalize one of the city’s crown jewels as it approaches its 50th year in operation next year.

The details are still unclear as to how the needs of resident business owners/artists will be respected and included in these important decisions and how much of the building will continue to be filled with visual artists. One thing is certain: There will not be a restaurant atop the building.

The Torpedo Factory Artists’ Association remains optimistic about the Art Center’s future, mostly due to the participation of Alexandria City Manager Jim Parajon, who managed multiple Stakeholder Task Force meetings since entering his role in January 2022. Parajon told us that he and his wife visited the Factory many times and consider the Factory a “treasure.” It’s certainly that.

We also appreciate his and Council’s desire to fund and orchestrate a 50th anniversary celebration for the Art Center in 2024. Concerning though, no planning process for this has been announced yet. If this is a perfunctory exercise rather than a full out effort by our city, it will miss a wonderful opportunity to introduce the Art Center to new visitors and energize tourism and the economy in Old Town.

Still, the TFAA is concerned that the effort to make the Art Center more “vibrant” could result in a significant reduction in rental space available to visual artists. This would change the character of the Art Center and risk damaging its hard-earned reputation.

The Task Force devoted considerable time to exploring whether the city should continue to directly operate the Art Center. While Mayor Justin Wilson and City Council directed Parajon to explore revitalizing the governance of the institution, the TFAA hopes a new plan will reflect its values, inspire the resident artists/small business owners and strengthen the Factory’s image in the region and around the world.

Unfortunately, one subject that received short shrift by the Task Force was how long artist leases should be. What we have learned recently is that three-year leases are too short. The need to prepare for jurying by the city to retain one’s lease, which has many requirements, has dramatically reduced the time available to create new art and interact with the community.

Our artists believe that a five-year lease would be more reasonable.

Over the years, the city has invested millions to upgrade the facility by adding new windows, a second deck and more. Many communities around the country have used the

SEE LOWTHER | 20

Ethical Reflections

The end of the work buddy

BY REV. IAN MARKHAM

According to Forbes, 41% of employees no longer work in the office full time. They are either full-time remote, 12.7%, or hybrid, with 28.2% having some days at home and some in the office.

It is perhaps the most significant post-COVID-19 change. Naturally, it can only apply to certain positions as many, such as restaurants, childcare, hospitals and transport cannot be done remotely. This growth in working at home has occurred almost entirely in the professional and administrative sector, with employees that normally work in an office.

It is popular. The days of commuting to the office are over. A stroll to your living room to start work is much easier than the 60-minute train ride. It helps the work-life balance: childcare and care for the COVID puppy are much easier. And there is some evidence that productivity is higher.

One doesn’t have the interruptions of the water cooler conversations; and projects that required sustained attention are easier to complete. Older employees love it because they can spend more time handling matters at home; younger employees love it because they can sleep in each morning.

One important truth about being human that every person must learn is that “what we want is not always good for us.” We might want a third donut, but this isn’t good for us; we might prefer to watch TV rather than go for a walk, but this isn’t good for us.

Studies prior to the pandemic, by the organizational psychologist Lynn Holdsworth, showed that remote work increased loneliness by 67%. In 2022, Glassdoor’s survey identified loneliness and isolation as the major problems of remote working; 40% talked about connection with colleagues being harder; and 51% described difficulties in relating to their supervisor or senior managers.

When you are at college, friends are in abundance. There is always someone else interested in this or that hobby. Most are single. You make some lifelong friends and develop many close acquaintances.

When you start work, this vast world shrinks. Suddenly, there are only a few people in the office that are your age. Add on remote work, suddenly, there are none.

Surgeon General Dr. Vivek Murthy has called for action to address a public health crisis – a “crisis of loneliness, isolation, and lack of connection.” This is not simply a post-pandemic trend. Even prior to the pandemic, half of adults reported experiencing loneliness. Yet remote work has made the problem even more serious. We need connection.

Lonely and depressed employees rapidly become less productive employees. So, we have a shared agenda emerging. We need to start thinking imaginatively about remote working. Even if your entire office votes for full time remote working, a good employer should pause. We might all vote for the extra donut as well, but this should not be the last word on this question.

Post college, the work buddy can be a life saver. It is not simply the mentoring and advice, but the companionship and friendship. If the work buddy disappears, then it is even more imperative to find some sort of shared interest group – a church perhaps, odd how that suggestion arises in almost every article. Our preference for remote work can be, in terms of quality of life, life threatening.

Perhaps the best way forward is some form of hybrid option – one day or perhaps two remote and four or three days in the office. It is true that remote work does have real advantages. But we must not underestimate the costs.

The writer is president and dean of Virginia Theological Seminary.
After almost 50 years, it was time for an upgrade

BY KERRY MITCHELL

As we approach Carlyle’s 50th anniversary, we have decided to follow in the footsteps of nearby sites like Mount Vernon and Gunston Hall in replacing our Halon system with a Novec System. This system works differently than Halon; instead of removing oxygen, it removes the heat from the space.

Once the fire is extinguished the fluid evaporates immediately and leaves no residue. In a 270-year-old building removing an old system and installing a new one has its challenges. During our August closure, Vintage Building has been removing floorboards as well as cutting and drilling into the plaster to make way for the new system to be installed with the least amount of damage to original framing of the house.

Once the system is installed, Vintage Building will come back to fix the plaster and relay the floorboards. It is also a big job for the staff of Carlyle House as we have packed up, covered and moved collection pieces to ensure their safety during this time.

While the museum is closed for tours during this time, staff is still busy working on various public and school programs to offer in the fall and into 2024. With the work being done inside, we can still offer programming outside away from the construction.

On August 26, from noon to 4 p.m. we’ll be hosting our free program: The War of 1812 Comes to Alexandria. This will look at Alexandria during the British Occupation in 1814 as well as the Herbert family who was living here at the time. Yoga on the Magnolia Terrace will continue to occupy the Magnolia Terrace four times a week: Tuesday and Thursday at 6 p.m. and Friday and Saturday at 9:30 a.m.

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

THE WRITER IS PRESIDENT OF THE TORPEDO FACTORY ARTISTS’ ASSOCIATION.

LOWTHER

From | 19

Torpedo Factory Art Center as model to boost tourism and economic growth. Yet, none have overseen the successful reuse of a wartime industrial complex into a waterfront, cultural keystone – a true “swords into plowshares.”

The Torpedo Factory Art Center is unique. The Torpedo Factory complex – four buildings and the adjoining pier – is more than 100 years old, and was purchased from the U.S. Government in 1969 for $1.7 million. Future State Delegate Marian Van Landingham crawled through a hole in a metal fence around the derelict former munitions plant and realized its potential as the home for The Art League.

Five years later, the destiny of the historic structure was forever altered. Once in a rundown area that the public largely ignored, today the Torpedo Factory is located in the heart of Old Town. The waterfront is now a highly prized real estate location due in part to the spark of success of the Art Center.

Historically, the TFBA and the city have worked together to create a bright and engaging venue for millions of tourists and art lovers. As we move forward, we need to ensure there is still a reliable process for bringing in new, high-quality artists excited at the opportunity to educate the public while making and selling their art. The TFBA agrees that we need a diverse group of artists and more creative programming to increase the vibrancy of the Art Center. At the same time, unless the new governing entity involves the resident artists/business owners in decisions over such issues as a five-year lease and a specialized marketing plan to promote the Torpedo Factory Art Center, its future will remain in jeopardy.

OUT OF THE ATTIC

LEXINGTON, VIRGINIA

Weekly Poll

Last Week

Have you ever used the public computer services at an Alexandria Public Library?

55% I have never used them.
29% I have used them once or twice.
13% Yes, I use them often.
3% I thought libraries had books, not computers!

This Week

Do you like the fact that ACPS starts back to school in the third week of August?

A) Yes, I like an early start.
B) No, I think school should start after Labor Day.
C) I’m not sure.
D) I’m good with either.
Weekly Words

ACROSS
1 ESPN replay speed
6 Jeans maker Strauss
10 Lego people, to collectors
18 Fill the tank
19 "___ go braugh!"
20 Paragons of things aging well
21 Shell decoration?
22 "What a miserable day of repairs! I tried to install new panes but accidentally ___"
24 Disreputable papers
25 "Uh-uh!"
27 Tilling tool
28 Some tennis surfaces
29 "Frustrated, I lashed out and ___"
35 We got this!
36 Home screen filler
37 Paddles
38 Upsilon follower
41 Neighbor of Namibia
44 "What's Rita ___ Up To?" (segment on the "Who? Weekly" podcast)
45 Busy mo. for a CPA
46 Kitchen bulb
48 "Then, as I gathered my fasteners, I tripped on the stairs and ___"
53 Teen's bane
54 Permitting agcy.
55 Sow's counterpart
56 Cherry and burgundy
57 Parish leader
59 Tourney placement
61 Snappy dresser
63 "___ the season"
65 "I carried on at the entryway, but I slipped and ___"
66 "Jones" (1970s TV series)
67 Political fundraising grp.
68 "Hands off!"
69 "Honey" relative
70 "Phineas and ___"
71 Very, in Veracruz
72 Goal of some international pacts
73 "There Will Be Blood" resource
74 Lodge
75 Some temporary shops
76 Round number
77 "I carried on at the entryway, but in the end I ___"
78 "The Price is Right" prize
79 "What's Rita ___ Up To?"
80 Bicep exercise
81 "Gay" city in a Cole Porter song
82 Morning moisture
83 Salacious stuff
84 "My boat ___ and it ___ in the water"
85 "Gay" city in a Cole Porter song
86 "Mon ___!"
87 Common sitcom rating
88 Greeting at a communist mixer
89 "Gay" city in a Cole Porter song
90 Marvel assassin whose name derives from Greek myth
91 "Rogaal dula"
92 "The Price is Right" prize
93 "Scout's ___!"
94 Like noble gases
95 "Miracle Workers" network
96 Like some musical "wonders"
97 Uptight sort
98 Sneakily recruit
99 Dump
100 "Rogaal dula"
101 ___ Park (London landmark)
102 Schleps
103 Serving a purpose
104 Haven
105 Campus group
106 Amount at risk
107 Keyless key
108 Puppy's bark
109 Check out
110 Miles away
111 "I clung onto the eaves for a while, but in the end I ___"
112 Scores 100 on a test
113 "Honey" relative
114 "Darn it!"
115 "Hands off!"
116 "Hands off!"
117 ___ pickle
118 Old Hollywood technique to make hair look silver
119 "The Price is Right" prize
120 Scores 100 on a test
121 Bestrides
122 Collars
123 Models

DOWN
1 "Honey" relative
2 "Hands off!"
3 Pioneering hip-hop style of the early 1980s
4 Bygone GM compacts
5 "Scout's ___!"
6 "Honey" relative
7 "Hands off!"
8 "Hands off!"
9 "Hands off!"
10 "Hands off!"
11 "Hands off!"
12 "Hands off!"
13 "Hands off!"
14 "Hands off!"
15 "Hands off!"
16 "Hands off!"
17 "Hands off!"
18 "Hands off!"
19 "Hands off!"
20 "Hands off!"
21 "Hands off!"
22 "Hands off!"
23 "Hands off!"
24 "Hands off!"
25 "Hands off!"
26 "Hands off!"
27 "Hands off!"
28 "Hands off!"
29 "Hands off!"
30 "Hands off!"
31 "Hands off!"
32 "Hands off!"
33 "Hands off!"
34 "Hands off!"
35 "Hands off!"
36 "Hands off!"
37 "Hands off!"
38 "Hands off!"
39 "Hands off!"
40 "Hands off!"
41 "Hands off!"
42 "Hands off!"
43 "Hands off!"
44 "Hands off!"
45 "Hands off!"
46 "Hands off!"
47 "Hands off!"
48 "Hands off!"
49 "Hands off!"
50 "Hands off!"
51 "Hands off!"
52 "Hands off!"
53 "Hands off!"
54 "Hands off!"
55 "Hands off!"
56 "Hands off!"
57 "Hands off!"
58 "Hands off!"
59 "Hands off!"
60 "Hands off!"
61 "Hands off!"
62 "Hands off!"
63 "Hands off!"
64 "Hands off!"
65 "Hands off!"
66 "Hands off!"
67 "Hands off!"
68 "Hands off!"
69 "Hands off!"
70 "Hands off!"
71 "Hands off!"
72 "Hands off!"
73 "Hands off!"
74 "Hands off!"
75 "Hands off!"
76 "Hands off!"
77 "Hands off!"
78 "Hands off!"
79 "Hands off!"
80 "Hands off!"
81 "Hands off!"
82 "Hands off!"
83 "Hands off!"
84 "Hands off!"
85 "Hands off!"
86 "Hands off!"
87 "Hands off!"
88 "Hands off!"
89 "Hands off!"
90 "Hands off!"
91 "Hands off!"
92 "Hands off!"
93 "Hands off!"
94 "Hands off!"
95 "Hands off!"
96 "Hands off!"
97 "Hands off!"
98 "Hands off!"
99 "Hands off!"
100 "Hands off!"
101 "Hands off!"
102 "Hands off!"
103 "Hands off!"
104 "Hands off!"
105 "Hands off!"
106 "Hands off!"
107 "Hands off!"
108 "Hands off!"
109 "Hands off!"
110 "Hands off!"
111 "Hands off!"
112 "Hands off!"
113 "Hands off!"
114 "Hands off!"
115 "Hands off!"
116 "Hands off!"
117 "Hands off!"
118 "Hands off!"
119 "Hands off!"
120 "Hands off!"
121 "Hands off!"
122 "Hands off!"
123 "Hands off!"

BRINGING DOWN THE HOUSE by Aaron Rosenberg, edited by Jeff Chen

DEATH NOTICES

SHARON (RENAULT) DEMELLO (76), of Alexandria, August 15, 2023
JOSHUA DESMOND (43), of Alexandria, August 6, 2023
JEROME HAUER (71), of Alexandria, August 11, 2023
NAWAL RABABY (82), of Alexandria, August 15, 2023
BRONA “BONNIE” SHIELDS (94), of Alexandria, August 18, 2023
FRANCIS “FRANK” SULLIVAN (90), of Alexandria, August 16, 2023
The City of Alexandria will hold a public hearing on September 7, 2023 as part of the regularly scheduled Alexandria Housing Affordability Advisory Committee meeting beginning at 7 p.m. for the purpose of obtaining public comments on two items: 1) the draft Consolidated Annual Performance and Evaluation Report (CAPER) for the recently completed City FY 2023, and 2) the development of the One-Year Action Plan for City FY 2025. The meeting will be held in Room 2000 on the second floor of Alexandria City Hall, 301 King St., Alexandria, VA.

The CAPER is a report mandated by the Department of Housing and Urban Development which documents and assesses annual performance in relation to the priorities and goals established in that document. The CAPER identifies federal, state, and local resources used, housing activities undertaken, and types and numbers of households assisted during the one-year period.

Persons wishing to comment on the CAPER may do so in writing and/or by providing testimony at the public hearing. Staff from the City's Office of Housing will attend the public hearing to receive public comments. The City will accept written comments on the CAPER beginning August 28 through September 12 at 5 p.m. Written comments may be sent or delivered to the Office of Housing or emailed to kimbly@alexandriava.gov. Comments received during this time will, as appropriate, be addressed in the final CAPER.

The CAPER will be available on the City's Web site at alexandriava.gov/Housing or may be reviewed or picked up at the Office of Housing, Suite 215, 421 King Street, Alexandria, VA from 9 a.m. to 5 p.m., Monday through Friday, beginning August 28. Copies will also be available for review at the following City libraries:

- BEATLEY CENTRAL LIBRARY: 5005 Duke Street, Alexandria
- BARRETT BRANCH LIBRARY: 717 Queen Street, Alexandria
- BURKE BRANCH LIBRARY: 701 Seminary Road, Alexandria
- DUNCAN BRANCH LIBRARY: 2501 Commonwealth Avenue, Alexandria

Translated copies of the CAPER and copies of the CAPER accessible to persons with disabilities are available upon request.

For further information or request for reasonable accommodations, translations, or meeting interpretation, please call the Office of Housing at 703.746.4990 or TTY 703.838.5056 for the hearing impaired.

The City of Alexandria City Council and Planning Commission will hold a Joint Work Session on the date and time listed below. At this Joint Work Session, the Alexandria City Council and the Alexandria Planning Commission will receive draft recommendations on the City’s proposed Zoning for Housing/Housing for All Initiative. This meeting is open to the public; however, public testimony or comment will not be received.

DATE: MONDAY, SEPTEMBER 5, 2023
TIME: 5:00 – 7:00 PM
LOCATION: CITY COUNCIL WORK ROOM 301 KING STREET, #2410 ALEXANDRIA, VA 22311

Presentation of Zoning for Housing/Housing for All Initiative proposed land use reforms that expand housing production and affordability and address past and current barriers to equitable housing access across the City.

For further information, contact the Department of Planning & Zoning at 703.746.4666.

For reasonable disability accommodation, contact Lisa Chase at alacia.chase@alexandriava.gov or 703.746.4666, Virginia Relay 711.

LEGAL NOTICE

IN THE FAMILY DIVISION OF THE SECOND JUDICIAL DISTRICT COURT OF THE STATE OF NEVADA IN AND FOR THE COUNTY OF WASHOE

JAKE WILLIAM SPANIOL, Plaintiff,
vs.
TYNISHA RENA SPANIOL, Defendant.

Case No.: DV23-00341
Dept. No.: 14

SUMMONS

TO THE DEFENDANT: YOU HAVE BEEN SUED. THE COURT MAY DECIDE AGAINST YOU WITHOUT WRITING WITHIN 21 DAYS. READ THE INFORMATION BELOW VERY CAREFULLY.

TO THE DEFENDANT: A civil complaint for divorce without children has been filed by the plaintiff against you for the relief as set forth in that document (see complaint).

1. If you wish to defend this lawsuit, you must, within 20 days after this Summons is served on you, exclusive of the day of service, file with this Court a written pleading⁴ in response to this Complaint.
2. Unless you respond, your default will be entered upon application of the plaintiff, and this Court may enter a judgment against you for the relief demanded in the Complaint³, which could result in the taking of money or property or the relief requested in the Complaint.
3. If you wish to seek the advice of an attorney in this matter, you should do so promptly so that your response may be filed on time.
4. You are required to serve your response upon plaintiff, whose address is 4300 Neil Road, Apt. 60, Reno, NV 89502.

LEGAL NOTICE

ALEXANDRIA CITY COUNCIL AND PLANNING COMMISSION JOINT WORK SESSION SEPTEMBER 5, 2023

The City of Alexandria City Council and Planning Commission will hold a Joint Work Session on the date and time listed below. At this Joint Work Session, the Alexandria City Council and the Alexandria Planning Commission will receive draft recommendations on the City’s proposed Zoning for Housing/Housing for All Initiative. This meeting is open to the public; however, public testimony or comment will not be received.

DATE: MONDAY, SEPTEMBER 5, 2023
TIME: 5:00 – 7:00 PM
LOCATION: CITY COUNCIL WORK ROOM 301 KING STREET, #2410 ALEXANDRIA, VA 22311

Presentation of Zoning for Housing/Housing for All Initiative proposed land use reforms that expand housing production and affordability and address past and current barriers to equitable housing access across the City.

For further information, contact the Department of Planning & Zoning at 703.746.4666.

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

PUBLIC NOTICE

To all persons claiming an interest in 1994-19” BASSCAT BASS6638494, WADE PEAKE will apply to SCDNR for title on watercraft/outboard motor. If you have any claim to the watercraft/outboard motor, contact SCDNR at (803) 734 – 3699. Upon thirty days after the date of the last
advertisements if no claim of interest is made and the watercraft/outboard motor has not been reported stolen, SCDDNR shall issue clear title. Case No: 20230320950196.

CUSTOM STORAGE SHEDS

Keith’s custom built storage sheds built to your specifications. No permit required anything under 15 x 20 ft. tall. Rough to finish carpentry and painting. 703-863-7567.

POTOMAC WINDOW CLEANING

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

AUCTIONS

ATTN. AUCTIONEERS: Advertise your upcoming auctions statewide and in other states. Affordable Print and Digital Solutions reaching your target audiences. Call this paper or Landon Clark at Virginia Press Services 804-521-7567, landonc@vpa.net

SERVICES


Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 888-608-4974


PETs

Use Happy Jack® Kennel Dip™ as an area spray to control fleas, ticks, stable flies & mosquitoes where they breed. Biodegradable. At Northwest Ace Hardware & Southern States stores. (www.happyjackinc.com)

Estate Sale

LOG HOMES

Pay only the Balance Owed!

JUST RELEASED: AMERICAN LOG HOMES is assisting estate & account settlement on houses

LOG HOME KITS

selling for BALANCE OWED with FREE DELIVERY

Model #101, Carolina, $40,840
Model #203, Georgia, $49,500
Model #305, Biloxi, $36,825
Model #403, Augusta, $42,450

NEW HOMES:

NO TIME LIMIT FOR DELIVERY

Model #101, Carolina, $40,840
Model #203, Georgia, $49,500
Model #305, Biloxi, $36,825
Model #403, Augusta, $42,450

SERIOUS INQUIRIES ONLY Call: 704 368-4526

Before Calling View House Plans at www.americanloghomesandcabins.com

Prepare for power outages today

WITH A HOME STANDBY GENERATOR

$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS

REQUEST A FREE QUOTE

CALL NOW BEFORE THE NEXT POWER OUTAGE

(844) 947-1479

FREE 7-Year Extended Warranty*

*To qualify, customers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

Generac®

Make the smart and ONLY CHOICE when tackling your roof!

ERIE FREE ESTIMATE 1.849.902.4611

Limited Time Offer! SAVE: 50% OFF on your Installation+ TAKE AN ADDITIONAL 10% OFF labor with service providers using advanced technologies. If you are a EMT this list could be you. Call us NOW for your NO-Obligation Estimate. *Not valid in places where expressly prohibited by local laws or regulations.

LeafFilter®

CLOG-FREE GUTTERS FOREVER

15% OFF TYPICAL PURCHASE
+ 10% OFF MILITARY
+ 0% APR FOR 24 MONTHS**

PROMO CODE: 285

FREE GUTTER ALIGNMENT + FREE GUTTER CLEANING

CALL US TODAY FOR A FREE ESTIMATE

1-877-614-6667

1-844-902-4611

*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. Offer valid at time of estimate only. See Representative for full warranty details. Manufactured in Plainwell, Michigan. LeafFilter is assisting estate & account settlement on houses. LeafFilter K101001. LeafFilter is a registered trademark of LeafFilter of America, LLC. ©2023 LeafFilter of America, LLC. All Rights Reserved.

LeafFilter No Permits required anything under 30 ft. tall. All work is done from the outside. Windows, doors and roofing not included. leaffilter.com. 1-844-902-4611.

BBB Member.
When I work for my clients, I make sure to provide the best care through difficult times. As an Alexandria native, my connections and broad network give me a good gauge to find perfect opportunities. Both buyers and sellers agree that my persistence and great understanding of their needs allow me to find the best match possible.

I can help you fall in love with where you live next. I’d love to show you.