

## CANDIDATE PROFILE

# James Lewis runs for Council

**Affordable homeownership, transportation among top priorities**

BY CAITLYN MEISNER



**JAMES LEWIS**

James Lewis is ready to take a detail-oriented approach to serving if elected to City Council in his second try. The chair of the Alexandria Transportation and Parking Board plans to prioritize public safety, mental health, affordable housing and the nitty gritty details if he gains a seat on the dais.

“There’s not really anyone focused on big details about something... it’s great to have a 35,000-foot view because we need that, but there’s no level of government between us and the project,” Lewis said. “I want to contribute to the good work that’s being done.”

A Monongahela, Penn., native, Lewis grew up in the smallest of towns just outside of Pittsburgh. He’s the oldest of three boys, but said there were always “extra” members of the family around, especially the children who lived next door.

Lewis’ parents were heavily involved in the local community – even as empty nesters – in Little League and the local church as secretary.

“Of course, we knew everybody. But it’s also a tiny

town of 4,300 people, so you know everybody anyway,” Lewis joked.

He moved to Alexandria in November 2010 after graduating from the College of William & Mary with bachelor’s degrees in international relations and biology. In 2020, he received his master’s of strategic studies at the United States Army War College.

Lewis began working as a senior policy and national security analyst at Robert Weiner Associates working on public affairs and issue strategies, but quickly transitioned to communications for The Aluminum Association.

“I’m a big believer in [having] a basket of skills and building out that basket, especially when you’re a manager-level or even a junior member of a team,” Lewis said of his dual degrees in

SEE **LEWIS**

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# Garden Week in Alexandria



PHOTO/LOUISE KRAFFT

A landscaped alleyway outside one of the five homes and gardens on display last Saturday during the annual House and Garden Walking Tour, which is part of the Garden Club of Virginia. The event is hosted by the Garden Club of Alexandria and the Hunting Creek Garden Club. This year’s co-chairs were Ann Morton Habliston and Melissa Sigler.

## ★ ★ ★ ★ ★ Mayoral Fundraising ★ ★ ★ ★ ★

Jan. 1 - Mar. 31, 2024 | Total cash in and out

Candidate	Starting Balance	Raised	Cont. > \$100	Ending Balance
Alyia Gaskins	\$34,347	\$103,113	79 (\$72,775)	\$69,425
Steven Peterson	\$0	\$44,700	11 (\$24,500)	\$14,019
Amy Jackson	\$15,843	\$43,092	66 (\$21,946)	\$22,682

DATA/VPAP/CHART/JESSICA KIM

# First quarter fundraising reports released

**Gaskins leads by large margin in money raised, cash on hand**

BY CAITLYN MEISNER

Councilor and mayoral candidate Alyia Gaskins raised \$103,113 in the first quarter of 2024, easily outpacing Vice Mayor Amy Jackson, who raised \$43,092 and resident Steven Peterson, who raised \$44,700, according to manda-

tory campaign finance reports filed with the Virginia Department of Elections.

Almost one-third of Gaskins’ contributions, \$33,318, came from the household of Reginald J. Brown and Tiffeny Sanchez, while Peterson self-funded \$30,000 of his total, with another \$10,000 coming from one neighbor.

SEE **FUNDRAISING**

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## INSIDE

### ACHS Baseball

The Titans work toward the district crown and a new record.

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### ‘Macbeth’ Review

Shakespeare Theatre Company’s show will wow all.

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2 BD 2F BA 1,766 SF \$1,537,500  
Listed by Daniela Spigai

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JUST LISTED

6 BR 4F 1H BA 4,948 SF \$1,730,000  
Listed by Jennifer Halm

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JUST LISTED

4 BD 3F 2H BA 1,917 SF \$1,050,000  
Listed by The Goodhart Group

## Crime Roundup: Week of April 22

**The Alexandria Police Department is investigating a suspicious death** of an adult male who was found inside an apartment building at the 900 block of North Henry Street early Mon-

day morning. According to an APD press release, officers responded to a report early Monday and the man was transported to the hospital by Alexandria Fire-EMS where he was pronounced

dead. If you or anyone you know has information that can be helpful for the investigation please call 703-746-4444. Tips can be provided anonymously.

-jmatheson@alextimes.com

**APD is investigating the theft of more than \$50,000 worth of luxury handbags from consignment stores**, according to a Tuesday ALXNow story. Encore Consignment

Boutique reported thefts on Jan. 26 and Feb. 28. Vida Style also reported theft on Feb. 29. The suspect(s) were videotaped driving a black Toyota Sienna minivan with Virginia plates

according to ALXNow. Those with information can contact the APD nonemergency line at 703-746-4444. Tips can be provided anonymously.

-cmeisner@alextimes.com

### WEEKLY BRIEFING

## Campagna Center holds reopening celebration

On April 20, Campagna Center hosted a ribbon cutting ceremony marking the successful conclusion of its Forward Together Campaign that resulted in transforming its physical space to align with its mission.

The facility now features a children's library along with technology enabled classrooms and other flexible meeting space to better serve children and families. Campagna staff were joined by local officials, board

members and longtime supporters for the ribbon cutting and the public open house that followed, which allowed community members to tour the space and interact with staff.

-ddunbar@alextimes.com



PHOTO/CITY OF ALEXANDRIA

Scott Knudsen and Jennifer Pease were awarded the 2024 Ellen Pickering Environmental Excellence Award for their biannual native plant sale and grassroots efforts to educate the community about sustainable landscaping.

## Native plant advocates win award

On Sunday, Scott Knudsen and Jennifer Pease accepted the Ellen Pickering Environmental Excellence Award at the Del Ray Citizens Association's GardenFest.

Residents of Alexandria's

Parkfairfax neighborhood, Knudsen and Pease have been hosting the biannual native plant sales since 2003. The award recognizes Alexandria community members who demonstrate a commitment

to protecting the environment and preserving local natural resources. It honors the late Ellen Pickering and her lifelong dedication to preserving green space throughout Alexandria.

-jmatheson@alextimes.com

**CORRECTION:** The April 18 story, "A physicist's travels through time: David Albright's career is one for the ages,"

stated, on page 30, that Albright joined former President Ronald Reagan's administration to be a part of his nuclear

weapon expansion. Albright joined the administration in 1981 to oppose the expansion. The Times regrets the error.

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# CANDIDATE PROFILE



COURTESY PHOTO

James Lewis, his husband, Trevor Riley, and their dog.

“ We’re going in the right direction but I think we just ... need to have somebody who’s keeping an eye out for details.”

– James Lewis, candidate for City Council

**LEWIS** FROM | 1  
different fields.

Lewis then moved to work as communications director at the Center for Arms Control and Non-Proliferation because he believes passionately in the opposition of an increase of nuclear weapons. He was able to parlay all of these experiences into his dream job – working on Capitol Hill.

“When the opportunity to come to work for one of your heroes comes along, you have to take it,” Lewis said, referring to his more than 2 ½ years working for U.S. Congresswoman Barbara Lee of California. He also worked for U.S. Congresswoman Robin Kelly of

Illinois for four years.

Lewis wound up in Alexandria in part because of his involvement in the Virginia Young Democrats and Young Democrats of America. He said he called up John Taylor Chapman and asked where he should live, and ended up in the Port City.

Lewis served as president of the state’s Young Democrats for just over a year in 2017, organizing volunteer opportunities during the 2017 state election cycle and expanding the organization to southwest Virginia. He previously served as the executive vice president and public affairs director.

“I was president right after [former President Donald] Trump got elected, so it was a real opportunity to catch lightning in a bottle, which I think we did,” Lewis said. “It was an amazing experience to work with really energized young people.”

Lewis has been the senior director of policy and advocacy at the American Society of Consultant Pharmacists. ASCP is a nonprofit organization of pharmacists and pharmacies that manage medications with a goal to promote healthy aging by empowering pharmacists with education and resources, their website reads.

Lewis said this work has been impactful for someone who grew up in southwestern Pennsylvania, a place where opioid addiction runs rampant.

“I graduated with 256 kids, and the last time a friend and I counted, we had 24 overdose deaths,” Lewis said. “This stuff is bad, and people don’t get treatment if there isn’t a conversation about treatment and about destigmatizing use. ... And most of the time, there is some underlying mental health condition or trauma that is being treated.”

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COURTESY PHOTO

James Lewis at a recent campaign event.

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# CANDIDATE PROFILE



COURTESY PHOTOS

James Lewis is a candidate for City Council, hoping to focus on transportation, affordable homeownership and public safety.

**LEWIS** FROM | 4  
Working with pharmacists in both the assisted living and correctional spaces has given Lewis an informed perspective on drug use and has led him to

work with Alexandria Sheriff Sean Casey on the Community Advisory Board. Since 2010, Lewis has lived in both North and South Old Town, including serving as precinct captain of Lyles-

Crouch district. He now lives in a home he purchased in the West End with his husband of nearly three years, Trevor Riley, and their dog. “[Alexandria] is a city of neighborhoods,” Lewis said.

“What Old Town wants and needs is very different than what we need and want [in the West End]. I think it’s really helpful in understanding that the city as a whole and different neighborhoods have very different needs and wants.”

Lewis said his experience living in different areas of the city has prepared him to be an effective member of Council, as he can relate to the specific characteristics of various neighborhoods and particular challenges people in those neighborhoods face.

“It’s a different story in different parts of the city,” Lewis said. “South Old Town is very wary of development. There’s also not a lot of land out that way. It’s a lot of single family homes, or some of those row houses. In North Old Town, there’s a lot of office-to-residential conversions. ... Most of the people on the West End can’t walk to a grocery store.”

Currently, Lewis, in addition to chairing the Traffic and Parking Board, is vice president of the West End Business Association. He said a goal of his if elected to Council is to focus

on details, like where the loading zone is for a particular development, and work closer with civic associations.

“It matters where the dumpster goes, where the stop sign goes, where the curb cuts go,” he said. “Those details are details and I realize that they’re boring, but they have a huge impact and huge unintended consequences that impact the broader community and our broader goals.”

Lewis also said he is focused on not just affordable housing, but affordable homeownership.

“That gets people out of the rent trap [and] gets people building generational wealth, especially disadvantaged and families of color,” Lewis said. “It gets people to put down roots.... I’m appreciative of this Council’s effort to expand, but we can twist arms hell of a lot harder than we’re twisting right now.”

Lewis said he was interested in adding more bikeshares in the West End and accessible bus stops.

“We need more benches, shelters, we need all of these

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## CANDIDATE PROFILE



COURTESY PHOTO

James Lewis speaking to constituents at a recent event.



COURTESY PHOTO

James Lewis is running for the second time for a seat on City Council.

**LEWIS** FROM | 6 things, especially because we've made DASH free," he said. "If we want people to use it, it needs to then be accessible for people."

He expressed frustration, however, with the proposed

Duke Street in Motion project, which if passed in its present form would reduce the amount of bus stops in the city with the stated goal of making the street less congested and safer, according to the city's page on the project.

"So we're going to spend all

this money to make an accessible system that's going to be much more reliable, but it's going to be harder to use, because instead of walking an eighth of a mile to a bus stop you might be walking a half mile?" Lewis said. "If we're going to spend millions of dollars on this proj-

ect, why are we making it less accessible?"

And Lewis said if the arena proposal was on his desk as it stood on March 8, when he issued a statement, he would've voted "no."

"There was no real traffic transportation plan. There was no long-term commitment from Richmond for the transportation funding that was needed to make something like that work," he said. "I wish that there had been an opportunity for a better deal for us to have considered: greater representation on the stadium authority, less funding from taxpayers and more funding from the billionaire. But it was very obvious that no one was interested in anything that wasn't what was put on the table."

As for the commercial tax base, Lewis wants to hit the

ground running and turn the numbers right side up.

"We're upside down on the numbers [and] we've been upside down for a long time," he admitted. "There's a lot of people who've been on Council for more than a decade: What have they done as those numbers have continued to separate?"

Lewis said instead of working on the problem of taxes, the city spends a lot of time talking about the problem and pushing the issue of commercial development onto the Alexandria Economic Development Partnership and Visit Alexandria.

"It's a great city; it's a great place to live. We're going in the right direction," Lewis said. "But I think we just ... need to have somebody who's keeping an eye out for details."

-cmeisner@alextimes.com

## Obituary

## Kaden Lee Olsen

Kaden Lee Olsen, 23, tragically passed away in a motorcycle accident on April 9 in Alexandria. The loss of our son, brother, grandson, nephew, cousin and friend is absolutely devastating. Kaden was larger than life and lived a full and happy life that he built for himself. He overcame and accomplished so much in his 23 years.

Kaden was born in Price, Utah. He lived in Trinidad, Colorado, and Sidney, Montana, during his teen years. After an early graduation from high school, he fulfilled his childhood dream of joining the Marine Corps. He served at the prestigious Marine Barracks at 8th & I



Streets in Washington, D.C. He was selected for the firing party where he fired the final shots for countless fallen Marines as they were laid to rest at Arlington National Cemetery. He also escorted the president to the White House during the inauguration ceremonies. Kaden was

a leader to his entire platoon. He embodied the values of a Marine: honor, courage and commitment. He was honorably discharged in January 2023 and stayed in the DMV area working as a project manager and engineer.

With sheer grit and determination, he accomplished all he set out to do, achieving many awards and honors along the way. He stood tall and firm in his beliefs. His mom was his best friend and loves him fiercely. All who knew Kaden loved him. He will be greatly missed. We love you, Kaden.

Funeral Services provided by Fulkerson Stevenson Funeral Home of Sidney, Montana.

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**FUNDRAISING** FROM | 1

Gaskins has raised \$149,107 since announcing her mayoral run in December 2023, compared to Jackson’s total of \$59,984. Peterson, a former developer, only began fundraising on Feb. 29, so his first quarter total is the full amount he has raised.

Gaskins also had more cash on hand as of March 31 than her competitors combined; she has \$69,425, while Jackson and Peterson have \$22,682 and \$14,019, respectively.

These campaign finance reports show the first quarter of fundraising of 2024 from Jan. 1 to March 31. The Times analyzed these records – that are publicly accessible and user-friendly on VPAP.org – which show how much candidates have raised, who their donors are, how much they’ve spent and what they’ve spent it on.

Only donors who give an

aggregate of more than \$100 to a campaign are required to be listed by name, occupation and location on campaign finance reports.

In this first quarter, Gaskins received cash contributions from 347 individual donors, while Jackson has received 221, Peterson with 13. Gaskins had the most donors contribute less than \$100 to her campaign, totaling just over \$15,200 from 263 people, and Jackson had nearly \$8,000 donated by 132 people.

Among Gaskins’ top donors are Sanchez and Brown, who have contributed \$25,000 and \$23,318, respectively, to her campaign since her Dec. 4, 2023 announcement. According to BeenVerified records, Sanchez and Brown live at the same address in Alexandria.

Both donated sizable amounts – Sanchez \$5,000 and Brown \$10,000 – the day after Gaskins’ announcement. San-



**ALYIA GASKINS**



**AMY JACKSON**



**STEVEN PETERSON**

chez and Brown have since collectively donated an additional \$33,318 since Jan. 1. Sanchez has exclusively donated to Democrats in the past and her donations have reached nearly \$61,000 in total. Her donation to Gaskins in this campaign is the largest she has made to any candidate.

In fact, the \$25,000 total that Sanchez has donated to Gaskins since December 2023 is by far the largest aggregate cash donation that any of Alexandria’s last four mayors – Justin Wilson, Allison Silberberg, Bill Euille and Kerry

Donley – received from one donor. Each of the four prior mayors ran for the office multiple times.

Brown also donated \$10,000 to Wilson in 2021, making him the largest single aggregate donor of cash gifts to Wilson during his two mayoral bids in 2018 and 2021. Brown has donated nearly \$110,000 to Democratic causes and candidates in Virginia, and more than \$239,000 to Republicans. He’s donated to Jackson’s City Council campaigns in the past, but has not donated to her campaign for mayor.

Gaskins also received \$25,000 across three labor unions since her announcement. UNITE HERE Local 23, an airport workers union, NOVA Area Labor Federation and Service Employees International Union – Local 32BJ, a property service workers union, are among her top 10 donors.

Jackson is her own top donor, along with her existing City Council reserve, which contributed \$10,899 the day she announced, Dec. 8, 2023.

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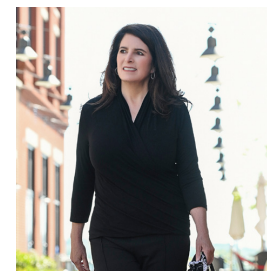
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**FUNDRAISING** FROM | 9

Jackson loaned \$7,895 to the campaign throughout the month of March. Her next largest donor is Martha Bickford from Alexandria, who has donated \$5,516 in 2024 so far, and is listed in BeenVerified as a relative.

Peterson is also his own top donor, having donated \$30,000 in total since Feb. 29. His next largest donor is Albert M. Sramek, who donated \$10,000 also on Feb. 29. Peterson had raised \$4,700 total from other donors as of March 31.

Peterson's largest donor pool by occupation is real estate developers due to his own large donations. Jackson's is political, largely in part to her committee's donation, as well as donations from Richard Saslaw for Senate's political action committee and Bill Rossello for City Council's PAC. Gaskins' largest donor pool was categorized as "miscellaneous," which included non-wage earners such as Sanchez, along with non-profit employees, teachers and

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PHOTO/JORDAN TOVIN

Democratic primary candidates for mayor and City Council have released their quarter one financial details.

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# Steven Peterson

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- **Taxes**  
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- **Transparency**  
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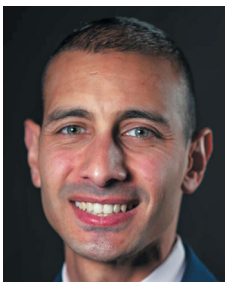


# City Council Fundraising ★ ★ ★ ★ ★ Jan. 1 - Mar. 31, 2024 | Total cash in and out

Candidate	Cash on 1/1/24	Raised	Contributions > \$100	Cash on hand
Jesse O'Connell	\$0	\$46,081	82 (\$35,400)	\$28,590
Kirk McPike*	\$12,087	\$40,858	91 (\$35,333)	\$40,675
Abdel Elnoubi	\$0	\$39,627	38 (\$22,150)	\$22,285
John Taylor Chapman*	\$16,624	\$37,800	64 (\$30,125)	\$44,354
Canek Aguirre*	\$10,716	\$27,713	54 (\$19,740)	\$20,380
Sarah Bagley*	\$856	\$21,018	27 (\$12,185)	\$6,936
James Lewis	\$7,510	\$20,456	31 (\$11,555)	\$21,765
Jacinta Greene	\$0	\$13,089	20 (\$9,375)	\$8,154
Jonathan Huskey	\$0	\$12,590	21 (\$8,851)	\$11,300
Charlotte Scherer	\$0	\$10,228	7 (\$10,402)	\$6,834
Kevin Harris	\$21	\$2,116	3 (\$1,050)	\$2,138

DATA/VPAP/CHART/JESSICA KIM

\*Incumbent.



**ABDEL ELNOUBI**



**JOHN TAYLOR CHAPMAN**



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**SARAH BAGLEY**



**JAMES LEWIS**

**FUNDRAISING** FROM | 12

retired people.

The 11 candidates for City Council – four incumbents and seven newcomers – have collectively raised \$271,576 this quarter. Newcomer Jesse O'Connell has raised \$46,081 from 176 donors, several of which are Alexandrians who donated \$1,000 or more, making him the person who raised the most this quarter in the Council race.

Kirk McPike and John Taylor Chapman have raised the most as incumbents, \$40,858 and \$37,800 respectively. Chapman has the most cash on hand, ending with \$44,354 on March 31.



**JACINTA GREENE**

Of McPike's 20 donors who have contributed \$500 or more in the first quarter of 2024, all but three are listed as having addresses outside of Alexandria: the three Alexandria donors are McPike himself along with Brown and Sanchez, who donated a com-



**JONATHAN HUSKEY**

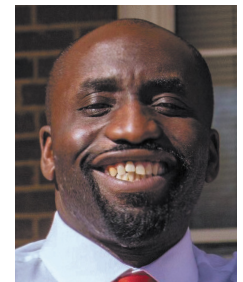
bined \$4,500 to McPike this quarter. The other large donors to McPike, who is chief of staff to a U.S. Congressman, hail from Texas, Florida, California, Indiana, Tennessee and Washington, D.C.

Abdel-Rahman Elnoubi, a current School Board mem-



**CHARLOTTE SCHERER**

ber, has raised \$39,627 this quarter with 116 individual donors. Many of his donors also do not have Alexandria addresses and reside in neighboring jurisdictions including Falls Church, Fairfax, Manassas, Reston and Herndon.



**KEVIN HARRIS**

All but four candidates have raised more than \$15,000 this quarter: Kevin Harris – who previously ran in 2021; Jonathan Huskey – who only declared on March 24; current School Board member Jacinta Greene and Charlotte Scherer.

-cmeisner@alextimes.com

# Titans baseball vies for district crown

## Key players transfer back to ACHS, help interim Coach Zach Hecker revive program

BY JIM MCGRATH

Zach Hecker and Mike Olerta have been linked together in baseball for about a decade, starting when Hecker was a player for Olerta's West Potomac High School team.

Back in the Wolverine days, Hecker admits that he wasn't the best player on the squad, but there was something about his keen eye for the mental aspects and strategy of the game that drew his coach's attention. When he graduated from high school and headed to Virginia Tech to continue his education, he was left with an open offer from Olerta.

"If you're ever interested in coaching, call me after you graduate," Hecker said Olerta told him.

In 2022, with his college degree in hand and his job situation settled, Hecker still wanted to stay involved in the game, so he called his old coach. The impact of that decision may help the Alexandria City High School team capture its first Patriot District title in

almost 50 years.

It was that year when Olerta, who was by then coaching at Bishop Ireton, answered Hecker's request by putting him in charge of the Cardinal junior varsity team. A year later, the two moved to King Street to pump life into a Titan program that had finished 8-16 the previous season.

The two had a common goal in going to ACHS.

"We wanted to reset the foundation," Hecker said of the challenge that lay ahead.

The return to basics plan worked as the Titans improved to 12-11 last year. Olerta and Hecker had put the team on an upward trajectory.

But the plan hit a fork in the road during the offseason. Olerta was tapped for a position as the assistant director of student activities at John Lewis High School in Springfield. This time, he elected not to try and coach baseball, feeling that his administrative duties would keep his plate full.

Meanwhile, Hecker was elevated to interim head coach of the Titan program. Now, he was without his mentor, but he wasn't without a plan.

"We had set the foundation," Hecker, whose team is 11-4 and standing in first place of the Patriot District with a mark of 7-3, said. "The question was, what kind of house

can we build on it?"

The coach began gathering the materials.

"We set aggressive goals, but we tried to break down the game and take it through every

single at-bat," Hecker said.

Other pieces fell into place. Alexandria City had lost some players to local private schools

SEE **TITANS**

| 16



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  - Adult lessons also available!

*Summer fun along the Potomac River*



PHOTO/MARK BRISCOE

Titan Matthew Ralis hugging Noah Sternberg after winning the game at West Springfield 3-0 earlier this month. Logan Schmauder is in the background.



PHOTO/AUSTIN MORGAN

The 2024 Alexandria City High School varsity baseball team.

**TITANS** FROM | 15 several transferred back. Aidan O'Brien-Gonzalez over the years, but this year, is one player who returned.

O'Brien-Gonzalez had played junior varsity for then T.C. Williams as an eighth grader, but transferred to Ireton, where he played for three years with the Cardinals' varsity.

This season, O'Brien-Gonzalez has stood out on a roster with plenty of key players. The Fordham University commit is batting .362, with four home runs and 17 runs scored. He has also been a key component as a pitcher, with 22 strikeouts and a razor-thin 0.75 ERA on the mound.

Others have returned to spark the ACHS attack with their bats and arms. Key players include Andrew Church (batting .378), Sawyer McElhatton (batting .366, four doubles, 15 RBIs), as well as Liam Jones (1.24 ERA, 30 strikeouts, two wins) and Noah Sternberg (1.56 ERA, four wins, 26 strikeouts) who have combined with O'Brien-Gonzalez to give the Titans a formidable starting rotation.

Senior third baseman Logan Schmauder credited all-around effort by everyone on the team for the Titans' big step forward this year.

"We're coming together defensively and making plays," Schmauder said. "And, of course, pitching. We found out what we're capable of."

Cutting down on "unforced errors" was a key part of the team's improvement.

"This year, when we have

lost, we know it is because the other team outplayed us," Schmauder added. "Last year, we beat ourselves, giving up walks and making mistakes. We're sharp now."

Schmauder and O'Brien-Gonzalez agree on another point, one which draws back to their coach's desire to metaphorically find a house for the team's foundation.

"There was an uprising in the culture. We were told that respect is earned, and guys understand that," O'Brien-Gonzalez said.

The new attitude was put to the test early this season as ACHS stumbled to a 1-2 start, the second loss a 12-4 decision to Chantilly.

"That was no concern to us," Schmauder said. "With our team and culture, and knowing how we work on little things, we knew it would lead us where we want to go."

A five-game win streak followed, with another four-game binge after losing to South County 9-2. The season's top highlight may have come when O'Brien-Gonzalez nailed a game winning walk-off home run in an 8-7 win over Fairfax, a team that had nipped them 2-1 in the season opener.

Now, on the precipice of capturing the program's first district championship since the 1970s, two things could be certain. First, the team has a chance to make a deep run

in the Region 6C playoffs and possibly beyond.

Second, the members of this year's Titan club are too young to know anything about the long dry spell between district championships.

"We intentionally brought that out in the beginning of the year," Hecker said.

The strategy has worked well, and others are taking notice as Hecker aims to remove the interim tag from his job title.

James Parker, executive director of Athletics and Student Activities at ACHS, praised Hecker's work this season.

"Coach Hecker has come in and really focused on being properly prepared from a physical and mental standpoint. He has made a great impact on the mental well being of our team and empowering them to believe that they can be the first baseball team from Alexandria City High School to win a district championship in almost 50 years," Parker said of his coach.

The Titans face Lake Braddock in a home and away matchup on Friday and Saturday before finishing the regular season against South County and perennial power West Springfield, a team which ACHS, behind O'Brien-Gonzalez's pitching, shut out earlier this year 3-0.

The district playoffs begin May 7.

## JOE IS FRED



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PHOTO/MARC BRENNER

Ralph Fiennes as Macbeth in Shakespeare Theatre Company's production of the play.

## Stirring 'Macbeth' makes DMV proud

BY MARK EDELMAN

Simon Godwin's estimable production of "Macbeth" has taken DMV audiences by storm, securing Shakespeare Theatre Company's position as one of our community's cultural treasures.

Landing leading actors like Ralph Fiennes, an Academy Award-nominee for "Schindler's List" and "The English Patient," along with "Game of Thrones" star Indira Varma was no mean feat. Getting great performances out of these gifted actors and a remarkable ensemble bodes well for Godwin's trajectory as a more than worthy successor to STC's first artistic director Michael Kahn.

The excitement of this pro-

duction begins the moment audiences arrive at a massive sound stage: Frankie Bradshaw and her talented team have created a war-time dead zone in the "lobby" of the space. Blasted out vehicles, destroyed trees, the sound of choppers and jets flying overhead and bombs bursting in the distance fill the smoky space with gloom.

The martial setting is apt, after all, because this is a play about war and death. After Macbeth (Fiennes) wins a battle, three witches foretell his succession to more honors, including the throne. This sets in motion a blood-soaked campaign – aided and abetted by his Lady (Varma) – to make it look like a couple of guards

murdered King Duncan (Keith Fleming) while he slept in Casa Macbeth.

Duncan's son Malcolm (Ewan Black, with the best Scottish brogue of the bunch) and fellow nobleman Macduff (Ben Turner) smell a rat and take off to England to organize an army against Macbeth. This sends Macbeth on a paranoia-infused tirade, as he kills his old comrade in arms Banquo (a stalwart Steffan Rhodri) and anyone else in his way until Malcolm returns to avenge his father and take back his rightful crown amidst a body count that rivals a Coen brothers flick.

Nobody performs the Bard better than the Brits, and these U.K. players are all top drawer. Language and diction are crys-

tal clear – hats off to sound designer Christopher Shutt and the folks at Sound Quiet Time for getting that right. Emily Burns' adaptation proceeds nicely. Some purists will miss a speech, character or scene: My companion bemoaned the deletion of the "knock, knock" monologue in Act 2 Scene 3 and the witch goddess, Hecate.

But those are minor infractions when compared to the strength and ultimate ferocity of this "Macbeth."

Stand-outs in this fine ensemble include Varma, of course, Turner, Black, Rebecca Scroggs as Lady Macduff in a harrowing scene and those three witches, styled as street urchins. Lucy Mangan, Daniella Fiamanya and Lola Shalam are

appropriately creepy.

If there are qualms to be had with this production, it may be the sterility of the first few scenes. Though there's plenty of bodily fluid to go around, the opening seemed a bit bloodless. Brightly lit on a large stage, the scenes failed to carry through the war torn pre-show that immersed us as we entered. In his first encounter with the witches, Fiennes registers not much more than curious surprise and even some skepticism, until that first prophecy turns out to be true.

Nonetheless, the pace and passion picks up as Fiennes' Macbeth grows less and less attached to reality and Lady Macbeth can't get out those damned spots. In a touching moment that moved me to tears, Macduff silently processes the terrible news that his innocent wife and children have been slaughtered by Macbeth's henchmen "not for their own demerits, but for mine." In more than 2,000 lines of dialogue, it was Macduff's quiet grief that carried the heaviest load for me.

Even more sadly, you probably can't get tickets to this sold out engagement; but, TodayTix runs a daily lottery for remaining seats at \$20 per. This bodes well for Washington, D.C. theater, perhaps finally recovered from the pandemic. Once again, you need to queue up for seats to major events like "Macbeth" and our other theater companies around town.

Or as Lady Macbeth would put it, "screw your courage to the sticking place" and buy those tickets!

*The writer is a playwright who loves writing about theater. He is a lifetime member of the Broadway League and a Tony voter.*

# Times Living

### Health & Wellness

Hear from local mental health experts.

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### Foodie

A classic, warm apple crisp recipe.

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### Real Talk

Pros and cons of selling your home in the fall or spring.

Page 23

# Happiness curve: Look forward to old age

BY KATHRYN ZIEMER, PH.D.

We've all heard of the midlife crisis: We think of the stereotypical middle-aged person buying a red sports car while trying desperately to cling to youth. Although this particular midlife crisis image might be more fiction than fact, data does back up a general trend that we all typically go through a "midlife slump." According to a 2016 Brookings Institution study, people in their 40s and 50s do tend to have the lowest levels of life satisfaction out of any age group.

## The valley of middle age

In midlife, people are often juggling many responsibilities, such as raising children, caring for aging parents and balancing work demands. This comes with a lot of stress; however, it's probably not just the strain of life demands that leads to lower satisfaction. After all, most things in life that people find meaningful come with a certain



PHOTO/VLADA KARPOVICH

People often underestimate the joy of old age.

amount of stress. The midlife slump is actually more about the difference between our happiness expectations versus

the reality we experience.

When we're young, we often dream big and expect to achieve great things. We have

what's called an "optimism bias" – we anticipate good things for ourselves in the future and we expect to get more pleasure out of things than we actually do.

But as life goes on, we may find that we don't accomplish all the things we expected to. Or if we do, we find our accomplishments don't make us as happy as we thought they would. We think that having certain trappings – like a prestigious job title, a high salary, a big house, a spouse – will make us happy. And some of these things can make us happy for a while.

But inevitably, we're back to wanting more. This is what psychologists refer to as "the hedonic treadmill," which is the never-ending cycle of returning to a certain level of happiness despite positive or negative events.

## The paradox of aging

Over time, this gap between reality and our expectations can wear us down. Our reality in midlife may look very different from what we expected when we were in our early 20s. We come to see life as a series of obstacles to overcome rather than a journey to be enjoyed. By midlife, we've experienced enough of this disappointment that we assume our life satisfaction will continue on the same downward trajectory throughout our old age.

The good news is, for most people, this isn't how life satisfaction unfolds. Rather, people's happiness dips in their 40s but then goes up again after their 50s. Therefore, happiness over time isn't a downward line. Rather, it's actually shaped like a U-shaped curve, where middle age is the happiness trough.

This is "the paradox of aging" – everyone overestimates the happiness of youth and underestimates the happiness

that comes with old age.

So why are older people happier? There are four key reasons:

- **Older people have less stress** – Even before we retire, we tend to be less stressed in our 50s and 60s. This could be because we have less on our plate, but it also could be because we know how to manage stress better.

- **Older people know how to manage their emotions** – We experience emotional highs and lows when we're young. Extreme emotions might be exciting, but they can also be exhausting. As people age, they learn about themselves and figure out which coping strategies work for them and which don't. Because older people know themselves better, they use the techniques that help them worry less and feel calmer.

- **Older people tend to feel less regret** – With age comes a sense of acceptance about life. Because of their life experience, older people tend to accept the things they can't control better than younger people. As a result, they tend to experience less stress and regret.

- **Older people tend to be more resilient** – Life experience also comes with the added benefit of being able to put things into context. Older people have already experienced adversity and difficult events in life. This has allowed them to see how they've survived past challenges, which builds confidence for dealing with any current or future adversity.

So on your next birthday, if you find yourself feeling down about getting another year older, remember that your old age might be brighter than you think.

*The writer is the founder and clinical director of Old Town Psychology, an award-winning psychology practice in Alexandria.*





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# A path to nervous system regulation

BY DANIELLE REYNOLDS, LCSW

In the energetic world of modern psychology, where talk therapy dominates the setting, a quieter revolution has been stirring – one that speaks directly to the body’s wisdom in healing.

As a therapist navigating the complexities of anxiety, work stress, depression and grief with my clients, I found myself increasingly drawn to a holistic approach that honored not just the mind but also the body’s role in emotional well-being. This journey led me to somatic therapy, a profound methodology that has reshaped not just my practice but also my understanding of how we heal and thrive.

Somatic therapy is a form of mental health treatment that focuses on the body’s role in healing from stress and trauma. Unlike traditional talk therapies, somatic therapy emphasizes the connection between the mind and body, recognizing that traumatic experiences can become trapped in the body and manifest as

physical symptoms or emotional distress. By addressing these issues through body-centered techniques, somatic therapy aims to promote healing and well-being.

## Core concepts

Somatic therapy revolves around the idea that trauma can be embodied, meaning traumatic experiences can lead to physical changes in the body, manifesting as symptoms like tension, pain or a general sense of unease. By focusing on these physical manifestations, somatic therapy aims to process and release the trapped trauma.

A central tenet of somatic therapy is its emphasis on the intricate connection between the mind and body. It suggests that changes in physical sensations or movements can significantly impact one’s emotional state and vice versa. Self-regulation is another foundational concept in somatic therapy, referring to the ability to manage emotional and physical responses. Through techniques like breathing exercises and

progressive muscle relaxation, somatic therapy helps individuals regulate their nervous systems, thereby reducing stress and anxiety.

Somatic therapy adopts a

holistic approach to healing, viewing individuals as integrated beings encompassing mind, body and spirit. It seeks to address not only the symptoms but also the root causes of

psychological issues, fostering long-term healing and overall well-being.

## Who can benefit from somatic therapy?

Somatic therapy can

SEE THERAPY

| 20



PHOTO/ALEX GREEN

Somatic therapy emphasizes the connection between the mind and body.

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# Foodie

RECIPES, TRENDS and TIPS

## Classic apple crisp

BY CAITLYN MEISNER

Although we are slowly springing into summer, apple crisp is a classic dessert that can be made any time

of year. I make it anytime I have some extra apples lying around, have some time to spare and want to make a fun dessert.

I first made this dish with

my mother when I was about 12 or 13 and wanted to get “serious” about baking: I was watching a lot of Cake Boss at the time. It was an easy enough dish that my mother

could hand off to me at times – and not important enough at Thanksgiving or Christmas to ruin things if I messed up, because there would still be other desserts.

So, I hope you enjoy this lovely dessert and can make it a regular holiday menu item. Or, just a random Thursday evening specialty.

-cmeisner@alextimes.com

### Ingredients

#### Filling

- 6 to 8 medium apples
- ¼ cup water
- ¼ cup firmly packed brown sugar
- 2 tablespoons all-purpose flour
- ½ teaspoon ground cinnamon (I typically use more)



PHOTO/CAITLYN MEISNER

#### Topping

- ¾ cup uncooked oats, either quick or old fashioned
- 3 tablespoons firmly packed brown sugar
- 2 tablespoons margarine, melted
- ¼ teaspoon ground cinnamon (I typically use more)

#### Directions

1. Preheat the oven to 350 degrees Fahrenheit.
2. Spray an 8-inch square, glass baking dish with nonstick spray.
3. Peel and thinly slice the apples and place into a large bowl.
4. Combine the apples with water, brown sugar, flour and cinnamon. Stir until the apples are evenly coated.
5. Spoon the mixture into the baking dish.
6. Combine all topping ingredients in a medium bowl and mix well.
7. Sprinkle topping evenly over apples.
8. Bake for 30 to 35 minutes or until the apples are tender.
9. Serve with whipped cream or vanilla ice cream!

### THERAPY

FROM | 19

benefit individuals experiencing conditions such as post-traumatic stress disorder, complicated grief, depression, anxiety, trust and intimacy issues and self-esteem problems. It differs from traditional talk therapies by starting with the body as the gateway to healing, promoting awareness of bodily sensations and teaching individuals to feel safe in their bodies while exploring thoughts, emotions and memories.

Here are some somatic therapy techniques to try at home.

• **Focus on your breathing.** Deep breathing can help regulate the nervous system by activating the parasympathetic nervous system, which promotes relaxation. You can start by taking slow, deep breaths to the count of four seconds in through the nose and then exhaling through the mouth for eight seconds.

• **Move your body.** This can include dancing, body swaying, jumping in place or stretching. As you move, focus on how your body feels. You can do this with a body scan: starting at your toes and going all the way up to your face, one body

part at a time.

• **Jaw and pelvic floor connection.** The jaw and pelvis are physiologically connected and the alignment and relaxation of each deeply affects the other. When undergoing stress, we often clench our jaw, grind our teeth, tense up the muscles of the pelvic floor and abdomen and clench our buttocks. This tension can relate to suppressed anger, fear or other negative emotions. Try a sigh to get comfortable releasing tightness in the jaw and mouth. Notice a simple awareness and loss of the pelvic muscles when releasing

the jaw.

• **Explore grounding and resourcing.** Grounding and resourcing techniques are exercises designed to bring your focus to the present moment. They involve connecting deeply with your body and the earth. When you ground yourself, you pay attention to the sensations of your feet on the ground and the feeling of your body in physical space, which can create space from distressing feelings in almost any situation. You can try focusing on the sensation of your feet on the ground, the temperature of the air or the sounds in

your environment.

Incorporating somatic therapy techniques into your daily routine can be a powerful way to enhance your overall wellbeing and self-awareness. By taking the time to connect with your body and mind, you can cultivate a deeper sense of presence and resilience in the face of life's challenges.

*The writer is a licensed clinical social worker and mental health therapist at Del Ray Psych & Wellness, who specializes in somatic-psychedelic therapy.*

APRIL 27

**DISCOVERING ALX ARCHITECTURE TOUR**

Join Carlyle House for a walking tour of Alexandria and explore the various architecture styles that adorn the city streets. Reservations required. Rain or shine.

**Time:** 10 to 11:30 a.m.

**Location:** Carlyle House, 121 N. Fairfax St.

**Information:** novaparks.com/parks/carlyle-house-historic-park/events

**DRUG TAKE BACK DAY**

Safely dispose of unneeded prescription and over-the-counter medication in various places across the city. Visit The Neighborhood Pharmacy on Mount Vernon Avenue, Alexandria Police Department Headquarters on Wheeler Avenue or Inova Alexandria Hospital. Free and anonymous, no questions asked.

**Time:** 10 a.m. to 2 p.m.

**Location:** Multiple  
**Information:** alexandriava.gov/SAPCA

APRIL 28

**PNC PARKWAY CLASSIC**

Join in on the George Washington Parkway Classic, a classic since 1984. The race is holding 5,000-meter, 10-mile and kid's dash races. Registration fee depends on race.

**Time:** 8, 10:30 a.m.

**Location:** Old Town

**Information:** parkwayclassic.com/raceinfo

**SUPERHERO BRUNCH**

Enjoy themed crafts and activities, brunch snacks and visits from superheroes. Registration only required for children. \$15 entry fee.

**Time:** 9:30 to 11:30 a.m.

**Location:** Dr. Oswald Durant Memorial Center, 1605 Cameron St.

**Information:** 703-746-5560

APRIL 30

**ARTIST TALK**

Hear from Brennan Buck and his team for the public artwork, Tunnel Vision, for the new Washington Metropolitan Area Transit Authority's office building.

**Time:** 6:30 to 8:30 p.m.

**Location:** WMATA Offices, 2401 Mill Road

**Information:** diane.ruggiero@alexandriava.gov, 703-746-5590

MAY 1

**SOCK MONKEY WORKSHOP**

Recycle your old socks and other used clothing into sock monkeys in this free workshop. Taught by a high school student. For children aged 8 to 18.

**Time:** 5:30 to 7 p.m.

**Location:** Charles E. Beatley Jr. Central Library, 5005 Duke St.

**Information:** 703-746-1702

MAY 4

**REVOLUTIONARY WAR WEEKEND**

Step back in time during a Revolutionary War encampment. Continentals, Redcoats and Hessians will conduct military drills, demonstrations and 18th century tacticals.

**Time:** 9 a.m. to 5 p.m. through May 5

**Location:** Mount Vernon, 3200 Mount Vernon Memorial Highway

**Information:** mountvernon.org

**RECFEST**

Attendees of all ages can attend this free event to learn more about city programs and camps. Registration will be available onsite. Demonstrations will be provided by staff and instructors.

**Time:** 10 a.m. to 2 p.m.

**Location:** Armistead L.

Boothe Park, 520 Cameron Station Blvd.  
**Information:** 703-746-5414

**MOTHER'S DAY SPA**

Make Mother's Day memorable with an afternoon of spa treatments. Enjoy food, facials, massages and manicures. For children aged 5 to 12. \$15 registration.

**Time:** 11 a.m. to 1 p.m.

**Location:** Mount Vernon Recreation Center, 2701 Commonwealth Ave.

**Information:** 703-746-5556

**MAKERS' MARKET**

Join Made in ALX and Port City Brewing Co. for this sip-and-shop event featuring craft beer, food, shopping and activities for all ages. Nearly 30 artists will be there with Mother's Day gifts.

**Time:** Noon to 5 p.m.

**Location:** Port City Brewing Co., 3950 Wheeler Ave.

**Information:** madeinalx.com

**HOME OF THE WEEK**

COURTESY PHOTOS

**Left:** Charleston style in the heart of Old Town. **Middle:** A chef's dream gourmet kitchen. **Right:** Three outdoor spaces including a front courtyard, primary suite balcony and rear patio.

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ates an air of comfort and sophistication with traditional architectural details, including impressive columns at the entrance to the formal living room, crown molding and sparkling hardwood floors in the dining room and a custom designed fireplace surround in the family room with built-in cabinets and a bay window overlooking the front courtyard.

Step through to the gourmet kitchen with every amenity: large island with seating, custom cabinets with lighted upper display, expansive quartz counters, stainless steel appliances including a double wall oven and wine refrigerator and a built-in breakfast nook with views through the glass door to a second private patio. Upstairs, open the French doors into the

primary suite with soaring cathedral ceilings, a spa bath out of a magazine, two custom designed walk-in closets and a private balcony with a Trex deck. Two spacious secondary bedrooms share an updated hall bath. Just four blocks from King Street's eclectic shops and acclaimed restaurants and only a quick walk to Metro and Whole Foods, this wonderful Old Town community boasts a saltwater pool, clubhouse and gym.

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Housing Opportunity

# Five tips for choosing gardening essentials

BY FAMILY FEATURES

Whether you're a new homeowner ready to tackle the landscaping for the first time or a seasoned gardener looking to do some updating, when it comes to gardening, you simply need the right tools to do the job well.

Consider these tips when purchasing essentials for your tool shed.

**Shovel:** A shovel with a pointed blade is a good all-around choice for digging, mixing and moving soil. Conversely, a flat-bladed shovel should be used for "cutting" tasks such as straight-side trenches and edging. After narrowing down which style of shovel best meets your needs, check the metal to ensure it's well-constructed and won't bend or break easily. Check fittings such as bolts and screws to ensure the blade and handle are strongly connected and can withstand reasonable pressure. Finally, spend a few minutes



Choosing the right gardening essentials is the best way to get started.

PHOTO/MIKHAIL NILOV

testing out the tool to ensure it fits well in your hand.

**Rake:** With numerous materials and shapes to choose from, finding the right rake can

be intimidating. A basic fan-shaped rake with metal fingers is a universally accepted, long-lasting option. Select a model with plenty of give in the

fingers if you'll be raking large areas and don't want to damage the ground below. A rake made of firmer metal allows you to work and smooth soil. Purchasing the broadest width you can comfortably handle allows you to cover more ground, which means less work.

Depending on the space you'll be tending, you may

also consider purchasing a garden fork, which has fewer tines than a traditional rake and is ideal for aerating, weeding and turning small sections of soil.

**Hoe:** Whether flat or pointed, a hoe is essential for a weed-free garden. Flat versions can also be useful for breaking up clumps and hard spots on the surface while pointed hoes make quick work of rows and mounds to protect and irrigate your plantings.

**Shears:** A variety of shears are available to accomplish a wide range of garden tasks. Larger shears are ideal for big jobs such as shaping hedges, while smaller pruning shears are meant for snips and sprucing. Quality metal and sharp blades are important features. Be sure to choose a model with a safety latch to lock blades when not in use.

**Gloves:** Even if you eagerly embrace the chance to get your hands dirty, no tool shed is complete without a sturdy pair of gloves. Choose a material tough enough to protect from thorns but pliable enough to allow for free movement. Proper fit is key to avoiding blisters.

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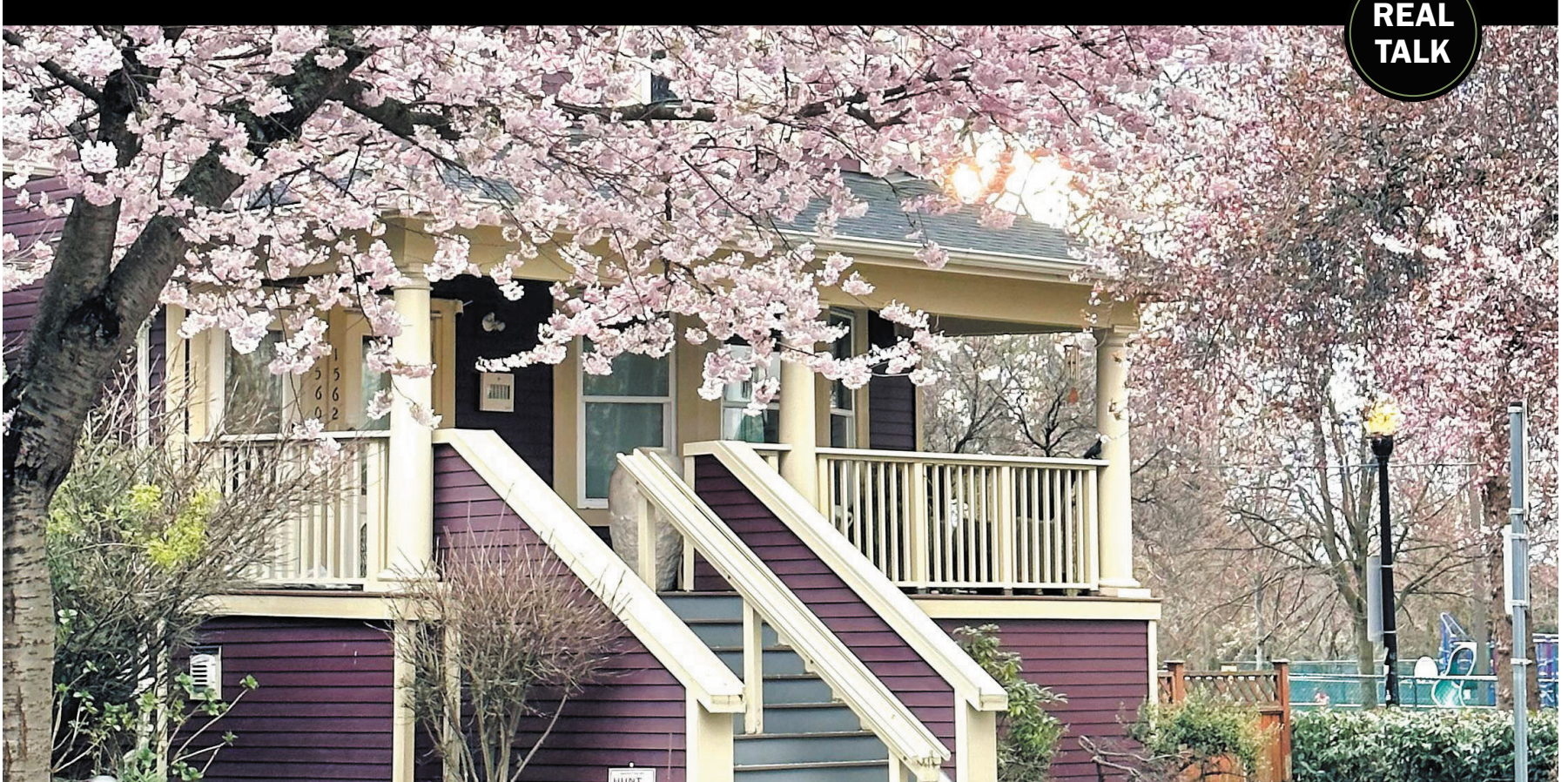
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REAL  
TALK

PHOTO/MARIA IVANOVA

Choosing between spring and fall to sell your home can impact your success.

# Spring versus fall selling

BY MARY ELLEN ROTONDO

As the real estate market continues to evolve, homeowners and agents are constantly evaluating the best time to sell a property. Two popular seasons for selling a home are spring and fall, each offering unique advantages and disadvantages. Understanding the pros and cons of selling in these seasons can help homeowners make informed decisions when it comes to listing their properties.

The spring market has historically been the busiest time for real estate activity for many reasons:

**1. Curb appeal:** Spring is known for its blooming flowers, lush greenery and sunny weather, making properties look more attractive to potential buyers.

**2. Increased buyer activity:** Many families prefer

to move during the summer months to avoid disrupting the school year, leading to a surge in home buying activity.

**3. Longer days:** With longer daylight hours, there's more time for potential buyers to view properties, leading to increased foot traffic at open houses and showings.

However, as with any decision, there are some challenges or consequences that come with selling during the spring market:

**1. Higher competition and market saturation:** The spring season often sees an influx of new listings, leading to increased competition among sellers. The abundance of properties on the market can sometimes lead to longer selling times and more negotiation power for buyers.

**2. Busy schedules:** With end-of-school-year activities

and vacations, some potential buyers may have limited availability for home tours and inspections.

While the market activity tends to cool down in the summer, especially between Independence Day and Labor Day holidays, there is generally a lift in market activity in the fall. The fall market picks up in September and goes until the holiday season gets into full swing, in mid-to-late December. Some advantages of selling in the fall include:

**1. Serious buyers:** Buyers in the fall are often more motivated, as they may be looking to complete a purchase before the holiday season.

**2. Less competition:** With fewer homes on the market compared to spring, sellers may benefit from less competition and more serious inquiries.

**3. Cozy atmosphere:** As

the weather cools down, homes can exude a cozy and welcoming ambiance, appealing to buyers looking for comfort.

As in the spring, there are cons of selling in the fall.

**1. Weather challenges:** Inclement weather in some regions may make it difficult to showcase a property's exterior features, such as landscaping and outdoor amenities.

**2. School schedules:** Families with children may be hesitant to move during the school year, potentially limiting the pool of potential buyers.

**3. Holiday distractions:** The holiday season can be a busy time for many people, leading to fewer house-hunting opportunities and distractions for potential buyers.

Ultimately, the decision to sell your home in spring or fall should be based on your individual circumstances, market conditions and the specific features of your property. I always tell clients that the best



MARY ELLEN  
ROTONDO

time to put their houses on the market is when it is best for them and their families.

By carefully considering the pros and cons of each season, you and your agent can strategically time your listing to maximize its chances of a successful sale. When it comes to real estate, timing is everything and understanding the seasonal nuances can make a significant difference in the selling process.

*The writer is a Realtor licensed in Washington, D.C. and Virginia.*

## Editorial

### Money matters in elections

What matters to you when you cast your vote in a local election? Does how much money a candidate raises and where it comes from factor into your decision? Which is more important to you?

Donations are one indication of the level of support a candidate has in the community. A candidate with hundreds of donors would seem to have a wider base of support than one who raises money from a handful of large donors. Donors can also provide a window into the priorities of a candidate.

Today's page 1 story, "First quarter fundraising reports released," is full of interesting details about the three mayoral candidates in particular.

Are you more impressed that Councilor Alyia Gaskins raised \$103,113 this quarter, considerably more than Vice Mayor Amy Jackson or former developer Steven Peterson? Or are you more concerned that over half of Gaskins' total – \$54,318 – came from three regional labor unions and one couple with ties to a development behemoth?

Are you more impressed that Jackson's campaign seems truly grassroots – her 220 donors in the first quarter gave an average of \$158 – with many small contributors? Or are you more concerned that Alexandria's contingent of self-described slower-growth advocates didn't step up to the plate and support their complaints with cash?

Are you more impressed that Peterson raised \$44,700 in just over a month as a candidate? Or are you more concerned that \$40,000 of that total came from himself and one neighbor, and that he only had contributions from 11 other people?

There are many insights to be gained about candidates from browsing through their donor lists, and we are lucky to have the Virginia Public Access Project, which can be searched at VPAP.org, to help shine a light on political donations in the Old Dominion.

"How much" definitely matters in politics – and so does "where."

### Upcoming election coverage

Discerning readers will notice that we are several weeks into running candidate profiles on page 1 of our paper, and "Why I'm running" commentary pieces on our opinion pages. We have offered every candidate running in the Democratic primary the opportunity to be the subject of a story and to share their platform on our pages. We will offer Republican and Independent candidates the same opportunity once they have all declared their candidacies.

In addition, we will be running our endorsement editorial in the May 23 issue of the Times. In this piece, we will reveal our preferred slate of candidates in the Democratic Primary for mayor and council and explain our choices.

This is a bit earlier than our endorsement editorial has run in years past. With the advent of early voting on May 3, we felt the need to move the date up by a couple of weeks, while still waiting for as many candidate forums to be held as possible.

We are about to send our list of questions that will appear in our voter guide out to candidates this week. Our voter guide issue will run on June 6. It will feature candidates' answers to our questionnaire as well as brief bio blurbs on each candidate in the primary. The voter guide is a pullout section that can be saved from the June 6 issue.

We encourage residents to attend as many candidate forums as possible, either in person or virtually, and to study our voter guide to help in your quest to vote in the best possible political leadership for Alexandria.

# Opinion

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

- Thomas Jefferson

## Photo of the Week



Blooming flowers from the annual Alexandria House and Garden Walking Tour held Saturday.

PHOTO/LOUISE KRAFFT

## Commentary

### Why I'm running for City Council

BY JACINTA GREENE

I am a native Virginian and a proud graduate of Virginia Commonwealth University. I am running for City Council to build a stronger Alexandria for us all. I have lived in Alexandria for 21 years and served on the Alexandria City School Board since 2018.

I am extremely proud to call Alexandria my home, where I have established strong roots and a commitment to our community. In search of ways to make a difference, I got involved in volunteer opportunities that I was passionate about, including fighting for women and children. This dedication led me to serve as a commissioner and first vice-chair for the Alexandria Commission for Women, where I had the opportunity to work on a variety of issues from education to housing.

I also serve on the board for the Twelve Days of Christmas, Inc.-D.C. Chapter, a non-profit organization that raises money for disadvantaged children, and as director for the Ruby Tucker Readers organization, which fosters a love for reading and instills the principles of literacy amongst underserved children in Alexandria.

My run for Alexandria City Council is deeply rooted in making sure that all Alexandrians are able to build a successful and happy life in our beloved city. Alexandria has many needs and we must focus on what is most important to us and what supports our core values. Proven leadership, like I have shown over the years, is needed to forge this

path forward.

Here are the priorities that I will focus on if elected to City Council: Access to safe affordable housing is something that I struggled with when I moved to Alexandria. I want

to ensure that all Alexandrians can afford to live in our city. We need to address the lack of safe affordable housing, so our young professionals, police officers, educators and nurses can afford to live here.

Equitable access to a high-quality education for all is why I chose to run for the Alexandria City School Board. I know that a high-quality education is key to escaping poverty, helps re-

duce inequities and is critical for the prosperity of our city. On the School Board, I have fought to close the achievement gap, ensure the voices of parents and students are front and center, achieve educational equity and support our teachers to ensure they receive the resources and pay they deserve.

Supporting our small businesses is key to the prosperity of our city. Alexandria's small businesses are the foundation on which our city is built. It is critical that we support them and ensure their needs are front and center in economic development planning in order to make Alexandria's economy even better and ensure it continues to be a great place to live.

Mitigating the impacts of climate change is critical for the safety and prosperity of our city. I am committed to enhancing sustainability and resilience, adopting smarter



JACINTA GREENE

SEE GREENE

| 26





## City Hall Watch

# Three more years?

BY BILL ROSSELLO

In a couple of weeks, early voting will begin for the Democratic primary for mayor and City Council. The field is dominated by six incumbents, two of whom are running for mayor. Only the current mayor is sitting this one out. Three councilors are running for a second three-year term, two are running for a third term and John Taylor Chapman is running for a fifth term.

The big question for voters: Do they all deserve another term?

Let's look at Council's record over this timeframe when most of them followed the urbanist ideology to a tee and largely ignored the obvious preferences of a majority of residents on major issues.

As part of the Zoning for Housing package of proposals it approved, this Council ended single-family zone protections and eliminated important parking restrictions. A second term for the incumbents would likely lead to a rush to pass a phase two of the controversial initiative, eliminating most remaining lot restrictions.

Traffic congestion is up and mobility is down for the approximately 90% of Alexandria homes that depend on motor vehicles. Looming projects like Duke Street in Motion promise significantly higher density, dedicated bus lanes and traffic gridlock along narrowed major corridors. Beauregard Street would be next. Meanwhile, Council has dramatically increased its subsidization of what is now a free DASH bus service. Yet, residents still observe buses riding around empty or nearly so most of the day.

Council's spending and pressure on the School Board haven't had much impact on education quality, teacher retention or parent satisfaction. In the area of school security, some current incumbents were part of the previous Council that made the unwise decision to remove school re-

source officers, only to later reverse the decision in the face of public uproar. Parents, teachers and students still hold legitimate school safety concerns.

Several incumbents are committed to an unprecedented election year tax rate hike to address the city's increasingly challenging financial situation. Rather than employing fiscal restraint to deal with the shortfall, members are recommending dozens of costly additional items to

the city manager's proposed budget. So, Alexandria is likely to remain the Northern Virginia jurisdiction with the highest tax rates and fees in nearly every category.

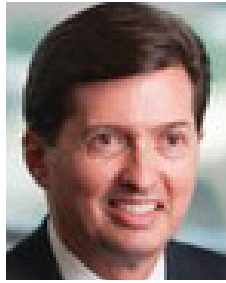
This Council continued a long history of disappointing economic development efforts. Most of the current Council felt that the arena deal was their opportunity to finally bring big revenue to the city, but it reflected just how out of touch they are with the pulse of the community.

Incumbents devoted funds to fighting climate change, a challenge best addressed at other levels of government. Meanwhile, they largely neglected our tree canopy, attacked our clean natural streams and claimed building rooftops as green space.

Despite this Council's formal commitment to community engagement, some councilors publicly denigrated residents – including recognized experts – at public hearings. Add to that a continuing pattern of biased city-administered surveys and town hall events where resident questions are carefully screened and residents are prohibited from speaking.

Some new candidates may be worse. One is an avowed urbanist and co-author of an online blog with a penchant for sophomoric rhetoric attacking respected civic leaders with whom he disagrees. Two others are School Board members; enough said

SEE **ROSSELLO**



**BILL  
ROSSELLO**



## Ethical Reflections

# Marvel at your pet

BY VERY REV. IAN MARKHAM, PH.D.

Data shows that pets are good for us. Naturally, different pets bring different benefits. But, at a minimum, we learn how to care for a living creature – and often the pet brings much-needed companionship. But there is much more: Our pets are incredible and just knowing a little bit about the pet opens entire alternative worlds.

Maddie the labradoodle, who lives in the Markham household, will be my focus. There has been a dramatic growth in canine science in recent years, which is seeking to understand the dog world. We now know that dogs primarily see in blues and greens rather than black and white, as some have assumed. This is because they have two cone cells to sense color unlike the three that humans enjoy.

We also know that dogs have a remarkable sense of smell. Scientists estimate that a dog's nose has 150 million olfactory receptors, while the human nose just has 5 million. While we just use 5% of our brain mass for the hard work of smelling, dogs use 30%.

This means that dogs can pick up a minuscule smell: studies have shown as little as one part in a trillion, which is equivalent to one drop of a liquid in 20 swimming pools suitable for Olympic competition. In addition, thanks to the Jacobson's organ, which is found inside the nasal cavity, the dog can send messages from this organ directly to the brain, which means a particular smell identification does not get confused with other odors.

The Jacobson's organ helps to explain other important mysteries in the canine world. For example, the traditional way that two dogs identify each other is through a quick sniff of the rear end. It is not the stool that interests the dog, but the anal sacs that contain glands that generate a distinctive chemical combination. The pungent aroma carries crucial information that includes age, gender, health status, emo-

tional state and previous meetings. It is a complicated way of exchanging business cards.

Now cynics suspect that our enthusiasm for dogs is built on an illusion that they "love" their owners. The truth, these cynics say, is that it is just cupboard love – owners care for dogs, dogs appreciate the care; however, studies are showing that there is more going on.

Clive Wynne, a leading canine scientist, has shown that there is a distinctive bond that forms between dog and owner. In a rescue experiment, where dogs have learned how to open a box in which their owner is crying with distress, almost all the dogs do "rescue" their owner. This bond is strong and deep.

Dogs sense mood changes in their owners. They can detect the body chemicals that arise on our skin when we are anxious. They pick up the adrenaline when the owner is stressed or scared.

They know more about us than we realize and they develop habits of connection. The most famous illustration is the story of the dog Hachikō. In 1924, a professor at the University of Tokyo had a dog who, every day, would wait for the professor's return at the train station. When the professor died prematurely of a cerebral hemorrhage, Hachikō continued going to the station to wait for the professor's return.

The gardener who took care of Hachikō allowed the dog to go daily to the station for seven years after the professor's death. When Hachikō died, he was honored as an example of loyalty, then stuffed, and placed in Japan's National Science Museum.

What is true of dogs is also true of many other pets. They are all remarkable. There are things that they can do that humans cannot. And for any dog-owning readers, do pause and marvel at the miracle of the presence of the canine life in your midst. They love you more than you realize.



**REV. IAN  
MARKHAM**

*The writer is dean and president of Virginia Theological Seminary.*

## Letters

### Dear readers:

Alexandrians hold a wide range of views on the situation in the Middle East following the Hamas attack on Israel last October and Israel's subsequent invasion of Gaza. Below are two letters expressing opposite positions on this issue. We want to let readers know that these are the last two letters we will be running on this topic in the Alexandria Times. In the coming weeks, look for letters that focus on local issues, and, of course, our city's current Democratic Primary contest and the fall local election for mayor, City Council and School Board.

-Denise Dunbar, executive editor and publisher, Alexandria Times

## Human rights for who?

### To the editor:

Alexandria prides itself as a bastion of human rights, and our Council members constantly remind voters of their commitments to equity and justice for all.

I therefore find it ironic and incredibly disappointing that City Council has made no effort to respond to the statement passed by its own Human Rights Commission on March 20, without opposition, in support of a ceasefire resolution. Not one Council member made a public statement in support of Palestinians or Palestinian-Alexandrians. Council won't allow a resolution on the agenda, despite a ceasefire recommendation from the body to whom the city entrusts deliberation around human rights.

As deaths at the hands of Israeli Occupation Forces pass the 34,000 mark and the starvation of Palestinians continues, calling for an unconditional ceasefire is no longer radical. More than 132 municipalities in the U.S. have called for a ceasefire, including Harrisonburg and Charlottesville. Normally Alex-

andria leads. Why not now?

The mayor has repeated that he "do[es]n't think the Alexandria City Council should be in the business of weighing in on the conduct of international conflicts." Yet, in the aftermath of Oct. 7, the city decided to light up city hall in Israeli colors, of which the mayor tweeted a photo, captioned "Alexandria City Hall is lit in the Blue and White as we stand with Israel and against the murderous terrorism of Hamas."

Clearly, our city's leaders have no problem speaking out on international issues when they feel morally compelled to do so: What isn't compelling about genocide and apartheid faced by the people in Palestine? Our city's leaders claim to be committed to human rights for all Alexandrians, until those Alexandrians are Palestinians with friends and family members slaughtered and starved using our tax dollars. This is textbook hypocrisy coming from our city's leaders.

-Amanda Eisenhour,  
Alexandria for Palestinian  
Human Rights

## We reap what we sow

### To the editor:

Civilians are going to die in wars. That is one of the unfortunate consequences of any war, and when the civilian victims support the group that started the war – like the Palestinians did the terrorist organization and Gaza-ruling Hamas – there will undoubtedly be unfortunate casualties among the truly innocent.

I was amazed, therefore, by the calls for a ceasefire in Gaza issued by Tristan Varma and others who appeared at the recent Alexandria City Council meeting, as reported in the April 18 edition of the Alexandria Times.

Does Varma believe that Israel does not have the right to defend itself and to eliminate the threat posed by Hamas? Does Varma think that Israeli Jews should just accept their own death and allow Hamas to escape unchallenged and unpunished?

That is not what the history of the State of Israel suggests was going to be the Israeli response, and it was not the response after the atrocities of Oct. 7. Varma's challenge that, "The people of Palestine are people" was a meaningless exercise.

Of course Palestinians are people. They are people who backed Hamas and

voted it into power in Gaza during the Palestinian legislative elections of 2006, giving it a large majority of seats in Gaza's legislative body. Even in 2006, Hamas was quite well known as a terrorist group, yet Palestinians in Gaza voted it into power anyway.

Just what did these voters think was going to happen with a ruling group whose 1988 "Hamas Covenant" vows that, "Israel will exist and will continue to exist until Islam will obliterate it" and "The Day of Judgment will not come about until Moslems fight Jews and kill them"?

The wanton murders of Israelis – including women and children – by Hamas fighters on and after Oct. 7 were a logical outgrowth of Hamas taking power in Gaza, and it is absurd to think that Israel should not do whatever is necessary to prevent any such future incursions and murders.

My heart goes out to the innocent children and others who have died during this war, but as the Bible suggests at Hosea 8:7, sowing the wind does, in fact, often reap the whirlwind. Perhaps the Palestinian voters in Gaza should have considered this possibility back in 2006.

-Col. James Currie, USA (Ret.)  
Alexandria

### GREENE

FROM | 24

approaches and developing effective and feasible mitigation plans to ensure Alexandria is

prepared to respond to and recover from disasters.

The 20 years I spent in corporate America before I ventured out on my own as an

independent marketing consultant and meeting planner, along with my many years of advocacy in Alexandria, has provided me with the experi-

ence and leadership to lead our city into the future. This is why I am running for City Council and I ask for your support to build a better future for our city.

*The writer is running in the June 18 Democratic primary for City Council.*

### ROSSELLO

FROM | 25

based on that group's ineptitude in recent years.

One more big question: Does the financial support from big money development interests matter? Mayoral candidate Alyia Gaskins and Councilor Kirk McPike have received huge donations from organiza-

tions and people affiliated with companies that stand to gain from more local development. Donation information is available at the Virginia Public Access Project website, vpap.org.

What are disaffected voters to do? First, do your homework before voting. Visit incumbent candidate websites to see what they claim are their chief ac-

complishments. Did their proposals and votes meaningfully improve things in the city?

Note which ones are coordinating efforts on their campaigns. In an unprecedented move, Gaskins, along with Councilors Sarah Bagley and McPike, are unabashedly endorsing each other.

By all means, explore the

new candidates' websites. Some – including James Lewis, Charlotte Scherer and Jonathan Huskey – are offering new ideas for long-standing issues.

Only vote for candidates who promise to address the city's most critical issues. That may leave you voting for fewer than six candidates. Remember, the more candidates you vote

for, the more you dilute the power of your vote for your top picks. Finally, don't fall for lofty rhetoric from the incumbents since only the record matters. On that score, it's been a disappointing three years.

*The writer is a civic advocate, management consultant and longtime Alexandria resident.*

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# A national pastime and Alexandria

Baseball has a long and varied history in Alexandria, despite not being widely played until the Civil War. From early, unstandardized baseballs found in brick shafts by archaeologists, exhibition games played by the All-American Girls Professional Baseball League and the short-lived residence of the Alexandria Dukes at Four Mile Run Park, Alexandria has had a long and varied relationship with America's pastime.

Some of the earliest evidence of baseball in Alexandria was discovered by archaeologists on the 300 and 500 blocks of King Street. The archaeologists found remnants of what looked like early baseballs in brick shafts that probably served as wells or privies. The detail of a well-known Civil War photograph of the 44th New York Regiment camped at the head of King Street and the foot of Shuter's Hill shows baseball fields located near today's King Street Metro Station. These soldiers from New York imported a sport that was considered a northern game up until the war.

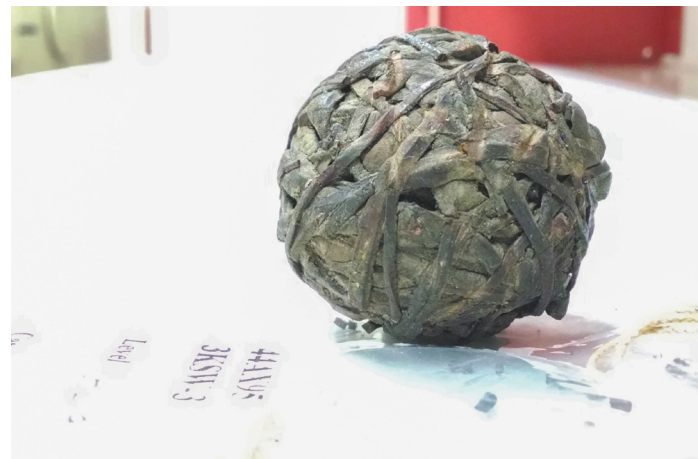
Alexandria's only National Baseball Hall of Fame member, Leon Day, was born in our city in 1916. He and his family moved to Baltimore the next year. Day's career spanned from 1934 to 1950, as he starred in the Negro Leagues and the Mexican League, set-

ting a Negro League record for most strikeouts in a game in 1942 with 18. His professional career was interrupted in 1943 by the military draft, and he didn't return to professional baseball until 1946. Cooperstown finally elected him to the Hall of Fame in 1995, six days before he passed away.

Aerial photography shows us that by 1927, there were at least 29 baseball fields in the city, ranging from Baggett Stadium, with its grandstand and scoreboard, to diamonds created by children playing the game with such frequency that they show up in the photographs.

World War II changed the baseball landscape among other things, and the All-American Girls Professional Baseball League debuted in 1943. The league operated for 13 years, inspiring the movie and TV series "A League of Their Own." In the spring of 1951, the Racine Belles and Fort Wayne Daisies played against each other at Alexandria Municipal Stadium, now Eugene Simpson Stadium.

While that 1951 game gave Alexandria a taste of professional baseball, the city didn't have a professional club until 1978, when the Alexandria Baseball Club began playing at Four Mile Run Park. Originally an independent Class A team, the Alexandria Dukes



PHOTO/ALEXANDRIA ARCHAEOLOGY MUSEUM

Ball, 300 block of King Street (44AX95).

– as they were called most of their stay here – joined the Seattle Mariners system for the 1979 season.

The Pittsburgh Pirates claimed the Dukes as an affiliate from 1981 to 1983, and the team achieved its biggest on-field success in 1982 by winning the Carolina League title. The association with the Pirates meant that future Pirates Rafael Belliard and Bobby Bonilla played in Alexandria for the Dukes. Another highlight of the Alexandria Baseball Club's time in Alexandria was third baseman Garry Pellant hitting two grand slams in the same inning in 1979. Not only did Pellant hit the home runs, but he hit one from each side of the plate.

Four Mile Run Park's proximity to Cora Kelly Elementary School prevented the club

from selling alcohol at its concessions and a lack of parking led to more revenue shortages, leading the club to relocate to Prince William County in 1984. Today, the former Alexandria Baseball Club is known as the Fredericksburg Nationals.

Alexandria's relationship with baseball has run a gamut: as a recreational pastime played by soldiers in an occupying army, as a children's game, the birthplace of a Hall of Famer, as a temporary host of an early women's professional league and briefly claiming a minor league team of its own.

We hope you enjoy baseball season this year, no matter what level of competition you watch or play.

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

## Weekly Poll

### Last Week

**The Del Ray Civic Association held a forum for mayoral candidates running in the Democratic Primary during its April 10 meeting. Did you attend that meeting and do you plan to attend any other local candidate forums?**

**52% I didn't attend April 10 and have no plans to attend others.**

**30% I didn't attend it, but will attend others.**

**18% I attended the April 10 session and plan to attend others.**

### This Week

*Take the poll at alextimes.com*

**Does how much money a candidate raises and who it comes from matter to you?**

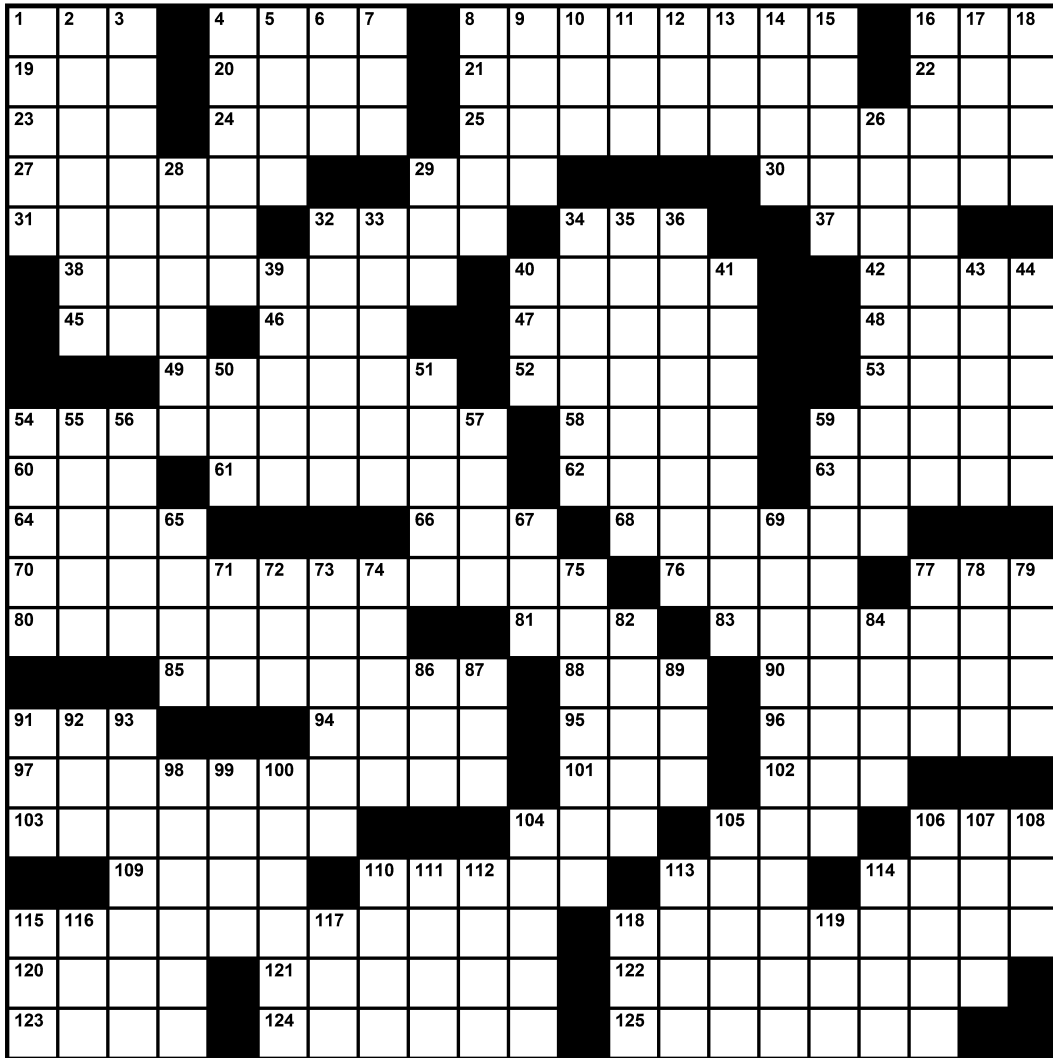
**A) Yes, raising a lot of money is an indication of wide support.**

**B) Yes, it matters if a candidate has raised lots of money from special interests.**

**C) No, other factors are much more important to me.**

**D) I'm not sure.**

# Weekly Words



# DEATH NOTICES

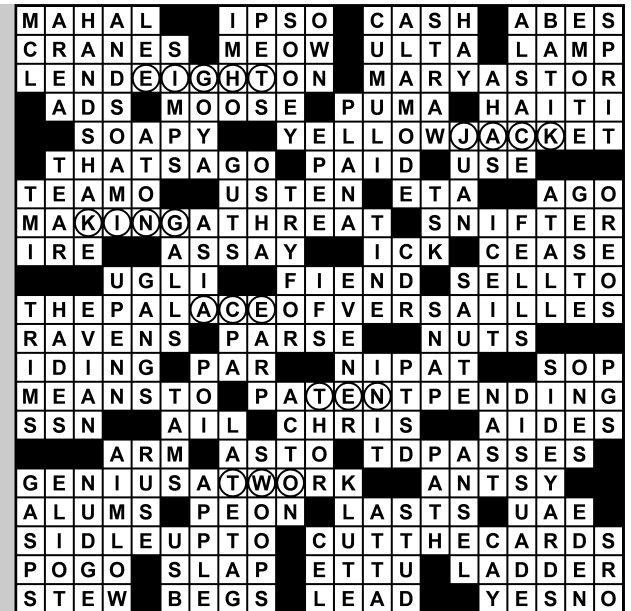
**DANIEL BRUBACHER** (82), of Alexandria,  
March 31, 2024

**PHILLIP L. MELVILLE** (101), of Alexandria,  
April 18, 2024

**SHIRLEY KAY PAUL** (77), of Alexandria,  
April 16, 2024

**GERARD "JERRY" SCHRATZ** (72), of Alexandria,  
April 16, 2024

Solutions from last week



## BEAUTY TREATMENT by Adam Simpson, edited by Jeff Chen

- |  |   |   |  |  |
|--|---|---|--|--|
| <p><b>ACROSS</b></p> <p>1 Company that gets things lit?</p> <p>4 Musubi ingredient</p> <p>8 Tire task that equalizes wear</p> <p>16 Abbr. at the gym</p> <p>19 One in a deck, sometimes</p> <p>20 Yell at the moon</p> <p>21 Jennifer Lopez horror flick</p> <p>22 Unwell</p> <p>23 Sloth, e.g.</p> <p>24 Be a stinker</p> <p>25 *Earthquake drill instruction</p> <p>27 TurboTax company</p> <p>29 47-Across target</p> <p>30 Small mammals with pointy snouts</p> <p>31 Rimes of country music</p> <p>32 Villainous Disney feline</p> <p>34 Took a load off</p> <p>37 Slip-___ (comfy shoes)</p> <p>38 *"Quit complaining and get things done!"</p> <p>40 "She-Hulk: Attorney ___"</p> <p>42 Range in Italy</p> <p>45 Sold-out show (Abbr.)</p> <p>46 "The A-Team" actor</p> <p>47 Digestion aid</p> <p>48 Filly in the future</p> <p>49 Half of a diameter</p> <p>52 What's held in a hold</p> <p>53 Comedian Andre</p> | <p>54 *Lamb Chop, e.g.</p> <p>58 Chatted up on Insta</p> <p>59 Teenage troubles</p> <p>60 "Give me a chew toy!"</p> <p>61 Pieces of candy?</p> <p>62 Restaurant rating site</p> <p>63 They can be tied in a bouquet</p> <p>64 Hawaiian Disney girl</p> <p>66 It might be unruly</p> <p>68 Skeptics have them</p> <p>70 *Sheryl Crow hit about optimism</p> <p>76 ___ gin fizz</p> <p>77 West of old Hollywood</p> <p>80 Flawed protagonist</p> <p>81 "Family Guy" daughter</p> <p>83 Omen</p> <p>85 Baltic country whose capital is Tallinn</p> <p>88 Site line? (Abbr.)</p> <p>90 Australian tree huggers</p> <p>91 Flow opposite</p> <p>94 A Jedi he is</p> <p>95 Overly</p> <p>96 With tact</p> <p>97 *Telenovelas</p> <p>101 Crew directive</p> <p>102 Newspaper team, in brief</p> <p>103 Door-to-door reveler</p> <p>104 Take note, with "down"</p> <p>105 ___ Moines, Iowa</p> <p>106 Tuna type</p> <p>109 Osiris and Anubis</p> | <p>110 Like some bourbon barrels</p> <p>113 ___-up (acrobatic handspring)</p> <p>114 Near partner</p> <p>115 *Dish the dirt</p> <p>118 League groupings</p> <p>120 Boo-boo</p> <p>121 Released (from)</p> <p>122 Ultimate act ... and a hint to the transformation in the answers to the starred clues</p> <p>123 Graceful curve</p> <p>124 Resting places for flyers</p> <p>125 Sticks around</p> <p><b>DOWN</b></p> <p>1 Caprese salad ingredient</p> <p>2 Cold department</p> <p>3 Hooved creature of Greek myth</p> <p>4 What wool might do in the dryer</p> <p>5 Amanda Gorman, e.g.</p> <p>6 Wonderment</p> <p>7 "I Have a Dream" Jan. honoree</p> <p>8 Meteorologist's tool</p> <p>9 Burden</p> <p>10 Tic-___-toe</p> <p>11 Expression of stress in the funny pages</p> <p>12 Bring ___ halt</p> <p>13 Lodge</p> <p>14 Numbers studied in Vegas</p> <p>15 Chip with queso</p> <p>16 Goes all out</p> | <p>17 Went like the wind?</p> <p>18 High-end cameras (Abbr.)</p> <p>26 Christmas cat toys, maybe</p> <p>28 Pop the bottle</p> <p>29 Empty space</p> <p>32 Candy cane feature</p> <p>33 Practical jokers</p> <p>34 Unwavering</p> <p>35 Frightened</p> <p>36 Citrus hybrids</p> <p>39 "It's my time"</p> <p>40 Epitome of simplicity</p> <p>41 Raw material for a paper mill</p> <p>43 Maker of colorful bows?</p> <p>44 Religious spinoffs</p> <p>50 Month that starts with practical jokes (Abbr.)</p> <p>51 Ominous invite to a one-on-one</p> <p>54 Taqueria option</p> <p>55 Group of stars with a belt</p> <p>56 Note equivalent to B</p> <p>57 General ___ chicken</p> <p>59 Classic arcade game set in space</p> <p>65 "___ dokie!"</p> <p>67 Tush</p> <p>69 Accountant's task, perhaps</p> <p>71 Sounds of hesitation</p> <p>72 Elicit a purr, perhaps</p> <p>73 Verne of the "Austin Powers" films</p> <p>74 Show one's appreciation</p> <p>75 Nicktoon Jimmy</p> <p>77 Gin rummy match</p> | <p>78 Meticulous</p> <p>79 Online shop for handmade goods</p> <p>82 Marvel character who says "I am 82-Down"</p> <p>84 Lies on a pool float, maybe</p> <p>86 Pulitzer Prize winner ___ B. Wells</p> <p>87 Remote power sources</p> <p>89 "That's a new ___"</p> <p>91 Top left key, often</p> <p>92 Feathery neckwear</p> <p>93 Deal</p> <p>98 Exhausted</p> <p>99 Discontinued GM brand, informally</p> <p>100 Annoy</p> <p>104 Cracks jokes</p> <p>105 Lounge sofa</p> <p>106 Years upon years</p> <p>107 Put on the rack</p> <p>108 Grp. of coin collectors?</p> <p>110 Cookie with a Mega Stuf variety</p> <p>111 Lines it up</p> <p>112 Held onto</p> <p>113 Fuzzy fruit</p> <p>114 French fashion brand</p> <p>115 Weep</p> <p>116 Org. that features Seth "Freakin" Rollins</p> <p>117 Kitchen gadget brand</p> <p>118 ISP connection option</p> <p>119 Opposite of NNW</p> |
|--|---|---|--|--|

# Classifieds

## LEGAL NOTICE

### NOTICE OF DELINQUENT TAXES AND SALE OF REAL PROPERTY CITY OF ALEXANDRIA, VIRGINIA

Pursuant to Virginia Code §58.1-3975, the following real property will be auctioned for sale to the highest bidder at a timed, online-only, public auction which will begin closing on **Wednesday, May 8, 2024 at 11:00am.**

The sale of such property is subject to the terms and conditions below, and any terms or conditions which may be subsequently posted or announced by For Sale At Auction, Inc. ("Auctioneer") and Taxing Authority Consulting Services, PC ("TACS"). Subsequent posts or announcements take precedence over any prior written or verbal terms of sale.

No.  
N1.

#### Property Owner(s)

Permanesque Homes Village, Inc.

#### Account Nos.

Account No. 16247000  
TACS No. 808715

#### Property Description

3121 Circle Hill Road; Vacant Land; Part Lot 6A; Block 6; Section 1; Beverly Hills Subdivision; 5 Foot Wide Strip; 750 Square Feet, More or Less

**GENERAL TERMS OF SALE:** The Treasurer has the right to reject any bids determined to be unreasonable in relation to the estimated value of the property. Any unsold property will be offered for sale again at the next auction, whenever that may be.

**All interested parties must register and be approved by the Auctioneer. Registration and bidding are free of charge and are done through the Auctioneer's website at [www.forsaleatauction.biz](http://www.forsaleatauction.biz). If any interested bidders wish to bid on property, but do not have access to the internet, please contact the Auctioneer at (804) 229-9271 for assistance.**

Properties are conveyed by Special

Warranty Deed, subject to any easements, covenants, agreements, restrictions, reservations, and any and all rights of record which may affect the property. Properties are offered for sale as-is, where-is, and if-is, with all faults and without any warranty, either expressed or implied. Persons are encouraged to make a visual inspection of the property within the limits of the law and to obtain an independent title search, at their own expense, prior to bidding on any of the properties to determine the suitability of the property for their purposes. It is not guaranteed that the property has a right-of-way or that it is not landlocked. Property is sold in gross and not by the acre. There is no warranty as to the accuracy of any information contained in the City of Alexandria GIS Parcel Viewer system or public information system, nor is the information contained therein a legal representation of any of the features of the property which it depicts. We do not provide and do not assist with obtaining title insurance or title to personal property.

**The sale of property to the highest bidder is not contingent upon obtaining financing.** Financing, if needed, is the sole responsibility of the high bidder. By bidding, parties are entering into a legally binding contract, waive all rescission rights, and understand that their bid is immediately binding, irrevocable, and enforceable. Additionally, by bidding, parties are representing that they have read, and agree to be bound by, all terms and conditions for this sale. Failure to complete the property purchase will result in forfeiture of any funds paid and may subject the highest bidder to additional damages, which may include expenses and any deficit upon resale of the property.

**PAYMENT TERMS:** The highest bidder shall pay the high bid in full, along with the buyer's premium and deed recording costs, following the close of the auction. **There will be a ten percent (10%) buyer's premium, subject to a minimum of \$150, added to the winning bid.**

The highest bidder will receive their purchase contract and balance due via email following the close of the auction. Please allow up to five (5) hours for the same. The contract shall im-

mediately be executed and returned to TACS. **The full balance due must be received within seven (7) days following the auction closing.** All payments must be made in the form of certified funds, cashier's check, money order or wire transfer. Cashier's checks and money orders shall be made payable to the City of Alexandria and forwarded to TACS at the address shown below. Wire transfer instructions will be provided to the highest bidder upon email request to Cat Bertram at [cbertram@taxva.com](mailto:cbertram@taxva.com). Wire transfers are preferred. Cash and personal checks **will not** be accepted.

**GENERAL TERMS:** To qualify as a purchaser at this auction, you may not owe delinquent taxes to the City of Alexandria and you may not be a Defendant in any pending delinquent tax matter. Questions concerning the registration and bidding process should be directed to the Auctioneer online at [www.forsaleatauction.biz](http://www.forsaleatauction.biz), by email to [jerry@forsaleatauction.biz](mailto:jerry@forsaleatauction.biz), or by phone to (804) 229-9271. Questions concerning the property subject to sale should be directed to TACS online at [www.taxva.com](http://www.taxva.com), by email to [cbertram@taxva.com](mailto:cbertram@taxva.com), by phone to (804) 545-2377, or by writing to the address below.

Taxing Authority Consulting Services, PC  
Attn: City of Alexandria NJS Tax Sale  
P.O. Box 31800  
Henrico, Virginia 23294-1800

## LEGAL NOTICE

### NOTICE OF PUBLIC AUCTION SPECIAL COMMISSIONER'S SALE OF REAL ESTATE CITY OF ALEXANDRIA, VIRGINIA

Pursuant to the terms of that certain Decree of Sale entered in the Circuit Court of the City of Alexandria, the following real property will be auctioned for sale to the highest bidder at a timed, online-only, public auction which will begin closing on **Wednesday, May 8, 2024 at 11:00am EST.**

The sale of such property is subject to the terms and conditions below, and any term or conditions which may be subsequently posted or announced by For Sale At Auction, Inc. ("Auctioneer") and Taxing Authority Consulting Services, PC ("TACS").

Subsequent posts or announcements take precedence over any prior written or verbal terms of sale.

No.  
J1.

#### Property Owner(s)

Rose Mimano, et al.

#### Account Nos.

Account No. 50671450  
TACS No. 808917

#### Property Description

5025 Murtha Street; 3-Story  
Townhouse; Lot 6; Phase 3;  
Cameron Station; Lot 1,510  
Square Feet, More or Less

#### **GENERAL TERMS OF SALE:**

All sales are subject to confirmation by the Circuit Court of the City of Alexandria. The Special Commissioner has the right to reject any bids determined to be unreasonable in relation to the estimated value of the property. Any unsold property will be offered for sale again at the next auction, whenever that may be.

**All interested parties must register and be approved by the Auctioneer. Registration and bidding are free of charge and are done through the Auctioneer's website at [www.forsaleatauction.biz](http://www.forsaleatauction.biz). If any interested bidders wish to bid on property, but do not have access to the internet, please contact the Auctioneer at (804) 229-9271 for assistance.**

Properties are conveyed by Special Warranty Deed, subject to any easements, covenants, agreements, restrictions, reservations, and any and all rights of record which may affect the property. Properties are offered for sale as-is, where-is, and if-is, with all faults and without any warranty, either expressed or implied. Persons are encouraged to make a visual inspection of the property within the limits of the law and to obtain an independent title search, at their own expense, prior to bidding on any of the properties to determine the suitability of the property for their purposes. It is not guaranteed that the property has a right-of-way or that it is not landlocked. Property is sold in gross and not by the acre. There is no warranty as to the accuracy of any information contained in the City of

Alexandria GIS Parcel Viewer system or public information system, nor is the information contained therein a legal representation of any of the features of the property which it depicts. We do not provide and do not assist with obtaining title insurance or title to personal property.

**The sale of property to the highest bidder is not contingent upon obtaining financing.** Financing, if needed, is the sole responsibility of the high bidder. By bidding, parties are entering into a legally binding contract, waive all rescission rights, and understand that their bid is immediately binding, irrevocable, and enforceable. Additionally, by bidding, parties are representing that they have read, and agree to be bound by, all terms and conditions for this sale. Failure to complete the property purchase will result in forfeiture of any funds paid and may subject the highest bidder to additional damages, which may include expenses and any deficit upon resale of the property.

**PAYMENT TERMS:** The highest bidder shall make a deposit in the amount of twenty five percent (25%) or One Thousand Dollars (\$1,000.00), whichever is higher, **along with a five percent (5%) buyer's premium, subject to a minimum of \$150, added to the final bid.** Bids which are less than One Thousand Dollars (\$1,000.00) shall be paid in full at the time of the auction. Deposits shall not exceed Twenty Thousand Dollars (\$20,000) per parcel. Such sum shall be held by the Special Commissioner and credited towards the purchase price following confirmation of the sale. Subsequent taxes will be prorated from the auction date, and the highest bidder will be responsible for taxes from that date forward.

The balance of the purchase price and recording costs for deed recordation shall be deposited by the highest bidder with the Special Commissioner within fifteen (15) days of confirmation of the sale by the Court.

The highest bidder will receive their purchase contract and balance due via email following the close of the auction. Please allow up to five (5) hours for the same. The contract shall immediately be executed and returned to TACS. **The deposit and buyer's**

# Classifieds

**premium must be received in full within seven (7) days following the auction closing.** Cashier's checks and money orders shall be made payable to the City of Alexandria and forwarded to TACS at the address shown below. Wire transfer instructions will be provided to the highest bidder upon email request to Cat Bertram at cbertram@taxva.com. Wire transfers are preferred. Cash and personal checks **will not** be accepted.

**GENERAL TERMS:** To qualify as a purchaser at this auction, you may not owe delinquent taxes to the City of Alexandria and you may not be a Defendant in any pending delinquent tax matter. Questions concerning the registration and bidding process should be directed to the Auctioneer online at [www.forsaleat-auction.biz](http://www.forsaleat-auction.biz), by email to [jerry@forsaleat-auction.biz](mailto:jerry@forsaleat-auction.biz), or by phone to (804) 229-9271. Questions concerning the

property subject to sale should be directed to TACS online at [www.taxva.com](http://www.taxva.com), by email to [cbertram@taxva.com](mailto:cbertram@taxva.com), by phone to (804) 545-2377, or by writing to the address below.

Taxing Authority Consulting Services, PC  
Attn: City of Alexandria Tax Sale  
P.O. Box 31800  
Henrico, Virginia 23294-1800

## LEGAL NOTICE



### ALEXANDRIA PLANNING COMMISSION & CITY COUNCIL MAY 2024

The items described below will be heard by the Planning Commission and the City Council on the dates and times listed below. NOTICE: Some of the items listed below may be placed

on a Consent Calendar. A consent item will be approved at the beginning of the meeting without discussion unless someone asks that it be taken off the Consent Calendar and considered separately. The Planning Commission reserves the right to recess and continue the Public Hearing to a future date. For further information, call the Department of Planning & Zoning at 703.746.4666 or visit [www.alexandriava.gov/dockets](http://www.alexandriava.gov/dockets).

**ALEXANDRIA PLANNING COMMISSION**  
TUESDAY, MAY 7, 2024  
7:00 PM, CITY HALL  
CITY COUNCIL CHAMBER  
301 KING STREET  
ALEXANDRIA, VIRGINIA 22314

**ALEXANDRIA CITY COUNCIL**  
SATURDAY, MAY 18, 2024  
9:30 AM, CITY HALL  
CITY COUNCIL CHAMBER  
301 KING STREET  
ALEXANDRIA, VIRGINIA 22314

A Public Hearing will be held by

the Planning Commission on Tuesday, May 7, 2024, beginning at 7:00 p.m. in the City Hall Council Chambers, on the second floor, Room 2400, 301 King Street. It will be followed by a City Council Public Hearing on Saturday, May 18, 2024 at 9:30 a.m. in City Council Chambers, on the second floor, Room 2400, 301 King Street. The hearings can also be viewed by the public through the live broadcast on the government Channel 70 and streaming on the City's website. Remote participation is available via Zoom by registering to attend the hearings via the following registration links:

Planning Commission  
(Public Hearing Webinar)

The Webinar will open at 6:30 p.m. to allow individuals to join. The Planning Commission Public Hearing will begin at approximately 7:00 p.m.

Registration Link: [https://zoom.us/join/zoom/register/WN\\_5anNkRm7TW2VTXUWA9ShRg](https://zoom.us/join/zoom/register/WN_5anNkRm7TW2VTXUWA9ShRg)

Zoom Audio Conference:  
Dial-in: 301-715-8592  
Webinar ID: 933 5530 4719  
Password: 452867

City Council (Public Hearing Webinar)

Registration Link: [https://zoom.us/join/zoom/register/WN\\_4jSnaCnwSlihSfuTcZifSQ](https://zoom.us/join/zoom/register/WN_4jSnaCnwSlihSfuTcZifSQ)

Zoom Audio Conference:  
Dial-in number: 301-715-8592  
Webinar ID: 973 1829 7597  
Webinar Passcode: 329918

If you use the Zoom Webinar application, please be sure you have updated the application to the latest version for the best results. If you are unable to access the Zoom Webinars, please use the Dial-In number to access the hearings. Public comment will be received at the hearings. The public may also submit comments in advance to Department of Planning & Zoning staff at [PlanComm@alexandriava.gov](mailto:PlanComm@alexandriava.gov) or make public comments on the day of the Planning Commission Public Hearing. For the City Council Public Hearing, the public may submit comments to the City Clerk at 703-746-4550, at [CouncilComment@alexandriava.gov](mailto:CouncilComment@alexandriava.gov) or make comments on the day of the City Council Public Hearing.

For reasonable disability accommodation for the Planning Commission Public Hearing, contact Lisa Chase at [alicia.chase@alexandriava.gov](mailto:alicia.chase@alexandriava.gov) or 703.746.4666, Virginia Relay 711. We request that you provide a 48-hour notice so that the proper arrangements may be made. For the City Council Public Hearing, individuals with disabilities who require assistance or special arrangements to participate in the City Council Public Hearing may call the City Clerk and Clerk of Council's Office at 703-746-4550 (TTY/TDD 838-5056).

Public Hearing and consideration of a request for the Planning Commission to adopt a resolution to set its FY2025 meeting schedule and establish continuation dates for meetings. Staff: City of Alexandria, Department of Planning & Zoning

Zoning Text Amend-

## LEGAL NOTICE

### NOTICE OF DELINQUENT TAXES AND POSSIBLE JUDICIAL SALE OF REAL PROPERTY

On May 31, 2024, or as soon thereafter as may be effected, actions will be commenced under the authority of Virginia Code §58.1-3965, et seq., to begin proceedings to sell the following parcels of real estate for the payment of City of Alexandria, Virginia, delinquent real estate taxes:

Property Owner(s)	Account Numbers	Property Description
Mary C. Coletto Cindy Tatiana Coletto	Tax Map No. 015.04-01-05 Account No. 15572000 TACS No. 808964	3305 Mt. Vernon Avenue; Commercial; Lot 27; Section 2; St. Elmo; Lot 6,237 Square Feet, More or Less
Shirley E. Fudge	Tax Map No. 037.03-0B-1.210 Account No. 38410850 TACS No. 808969	401 North Armistead Street #210; Condo; The Seasons; Section 4; Unit 210
Guishard Acquisition Trust, LLC	Tax Map No. 048.01-0A-0212 Account No. 50345490 TACS No. 808750	5340 Holmes Run Parkway #212; High-Rise Condo; Pavilion on the Park; Unit 212
Fred L. Hill Katie P. Hill	Tax Map No. 051.04-02-23 Account No. 17366000 TACS No. 808762	1203 Trinity Drive; Lot 2; Block 7; Section 5; Part Lot 1; Section 3; College Park; Lot 7,490 Square Feet, More or Less
Seymore Holder	Tax Map No. 053.02-02-38 Account No. 13264500 TACS No. 808756	110 East Spring Street; Lots 7-8; Section 2; Temple Park; Lot 5,000 Square Feet, More or Less
Tommie Jordan	Tax Map No. 044.03-03-46 Account No. 13224500 TACS No. 808755	502 East Glendale Avenue; 2-Story Townhouse; Part Lot 801 and Lots 108-147; Section 2; Brenton; Lot 1,610 Square Feet, More or Less
Donald L. Layman Virginia E. Layman	Tax Map No. 042.01-02-26 Account No. 16529500 TACS No. 808961	718 Parkway Terrace; Lot 27; Block 3; Section 7; Temple Terrace; Lot 11,132 Square Feet, More or Less
Frederick Rodriguez Kamla Rodriguez	Tax Map No. 060.01-06-05 Account No. 20616000 TACS No. 808716	3920 Duke Street; 2-Story Semi-Detached House; Lot 20; Block 1; Section 3; Cameron Homes; Lot 3,000 Square Feet, More or Less
Miriam T. Sesman	Tax Map No. 012.01-0A-3233 Account No. 50225280 TACS No. 808797	2980 South Columbus Street #C2; Condo; Fairlington Villages; Unit 3233
Junior L. Walker Annie R. Walker Henry Walker, Jr. Lashawn Walker	Tax Map No. 025.01-04-12 Account No. 14081000 TACS No. 808719	319 East Raymond Avenue; Lot 29 and Part Lot 28; St. Elmo; Lot 4,100 Square Feet, More or Less

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

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



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[powerdesigninc.us/careers](http://powerdesigninc.us/careers) or email [careers@powerdesigninc.us](mailto:careers@powerdesigninc.us)

### ORDER OF PUBLICATION

COMMONWEALTH OF VIRGINIA  
VA. CODE §§ 1-211.11, 8.01-516, -517, 20-104

Case No. CJ23000030-00

Augusta Circuit Court

1 East Johnson Street, Staunton VA 24401  
ADDRESS OF COURT

[ ] Commonwealth of Virginia, in re

[ ] Brandi Renee Campbell v. William Montagu Paffenbarger  
5611 Sacramento Dr, Apt C, Alexandria VA 1522 Middlebrook Village Road, Middlebrook VA

The object of this suit is to:

It is ORDERED that Brandi Renee Campbell  
appear at the above-named court and protect his/her interests on or before June 3, 2024 at 1pm.

3/26/2024  
DATE

[Signature]  
JUDGE ( ) CLERK

CLERK'S CERTIFICATION A True and Correct Copy.

I certify that a certified copy of this Order was:

[ ] mailed to the defendant

[ ] posted

[ ] at courthouse

[ ] on local public government website

[ ] on the website of the circuit court clerk

[ ] provided to NEWSPAPER on \_\_\_\_\_ by \_\_\_\_\_

DATE DEPUTY CLERK

Teste: [Signature] Clerk  
Circuit Court  
County of Augusta, Virginia

# Classifieds

ment #2024-00004  
 (A) Initiation of a Text Amendment and (B) Public Hearing and consideration of a Text Amendment to the Zoning Ordinance to amend Section 11-207 Civil Violations. Staff: City of Alexandria, Department of Planning & Zoning

Street Naming Case #2024-00002 Landmark Overlook  
 5901 Stevenson Avenue  
 Public Hearing and consideration of a request for the approval of seven new Street Names located in Landmark Overlook at 5901 Stevenson Avenue; zoned CRMU-H/Commercial Residential Mixed-Use (High). Applicant: Hekemian and Co., Inc., represented by Kenneth W. Wire, attorney

Street Naming Case #2024-00001 Upland Park  
 5165 Seminary Road  
 Public Hearing and consideration of a request for the approval of two new Street Names located in Upland Park at 5165 Seminary Road; zoned CDD#21/Coordinated Development District #21. Applicant: Hekemian and Co., Inc., represented by Kenneth W. Wire, attorney

Special Use Permit #2023-00044  
 80 S. Early Street  
 Public Hearing and consideration of a Special Use Permit for three temporary trailers; zoned I/Industrial. Applicant: David Donnelly

Special Use Permit #2024-00011  
 4601 Eisenhower Avenue  
 Public Hearing and consideration of a Special Use Permit to (1) allow various administrative special, special, and noncomplying uses at an industrial center, and (2) to increase the square footage for non-complying uses; zoned: OCM(100)/Office Commercial Medium. Applicant: Boundary Investments, LLC, represented by Robert Brant, attorney

Special Use Permit #2024-00009  
 4320 Seminary Road  
 Public Hearing and consideration of a Special Use Permit for a temporary trailer; zoned RB/Townhouse Applicant: Inova Health Care Services, represented by M. Catharine Puskar, attorney

Special Use Permit #2024-00024  
 5990 Duke Street  
 Public Hearing and consideration of a Special Use Permit for the expansion of a noncomplying automobile sales and repair use and for a change of ownership; zoned CRMU-M/Commercial residential mixed use (medium) Applicant: Passport Auto Group, represented by Duncan W. Blair, attorney

Rezoning #2024-00001  
 709 & 711 Pendleton Street  
 Public Hearing and consideration of a request for an amendment to the official Zoning Map to rezone the subject properties from CL/Commercial low with proffer to CL/Commercial low. Applicant: Sevda Tahirli, Shi Hailing, and Jiangling Wang

**ZONING ORDINANCE SUBDIVISION CASES ARE HEARD BY THE PLANNING COMMISSION, PLACED ON THE CITY COUNCIL DOCKET FOR INFORMATION, AND HEARD BY CITY COUNCIL ONLY UPON APPEAL.**

Subdivision #2024-00002  
 209 and 211 East Del Ray Avenue  
 Public Hearing and consideration of a request for a Subdivision to re-subdivide two existing lots; zoned R-2-5/Residential. Applicants: Angela Ambrose and Windmill Hill LLC

## CHEVY CHASE FLOOR WAXING SERVICE

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 We do not repair damaged floors

## FOR SALE

Two gravesites w/ vaults for sale. "Lilac" section of National Memorial Park Cemetery, Falls Church, VA. Current total price for both \$8,995. Sale price \$4,995. Call 703-431-9106 or paphipps@plexar.net

## INVESTMENT ANALYST

Investment Analyst (FT, \$113,776.00/yr) Reqmts: Master's in Finance or rldt field. Fin & mkt analysis, data analytics, client presentations, dvlpmnt of fin tools. Must be current w/ ind & regulatory trends across US, China, Taiwan, & Europe. Bilingual in En-

glish & Mandarin Chinese. Send resume to: Tamarack Advisory LLC, 4210 Robertson Blvd, Alexandria, VA/James@tamarackadvisory.com.

## PUBLIC NOTICE



**The Alexandria City School Board will hold a budget public hearing on the FY 2025 Combined Funds (CF) and Capital Improvement Program (CIP) Budgets during the School Board Meeting on Thursday, May 9, 2024, at 6:30 p.m. in the School Board Meeting Room located at 1340 Braddock Place in Alexandria.**

Public comments regarding the FY 2025 CF and CIP Budgets may be submitted in the following ways:

- Sign up to speak at the May 9, 2024 public hearing at: <https://acpsweb.wufoo.com/forms/p127g8ta05syhp9/>
- Email written comments to the Clerk of the Board at: [board-clerk@acps.k12.va.us](mailto:board-clerk@acps.k12.va.us)
- U.S. Mail: Clerk of the Board Alexandria City School Board 1340. Braddock Place Alexandria, VA 22314

Only comments related to the FY 2025 Budgets will be heard at the public hearing. Requests to speak or to submit written comments must be submitted by **Noon on Wednesday, May 8, 2024.**

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

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