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All Politics Local(ish)

A look at Alexandria's local races in a mid-term year.

BY DAN BRENDL
GAZETTE PACKET

Tuesday's general election yielded few surprises for mayor and City Council, with Democratic candidates sweeping all seven seats. The School Board shed one incumbent.

Council candidates this year gathered more votes than they usually do, according to unofficial results available as the Gazette Packet goes to press. That's true even compared to 2012, the last time local races coincided with federal races, when the presidency was also on the ballot.

In 2012, council victors won with roughly between 30,000 and 37,000 votes each, Allison Silberberg becoming vice mayor with the latter. This year, council candidate won with roughly between 34,000 and 44,000 votes each, newcomer Elizabeth Bennett-Parker becoming vice mayor with the latter.

Mayor-elect Justin Wilson received nearly 52,000 votes, com-



Local Democrats watch Tuesday's election results come in at Glory Days Grill.

pared to Bill Euille's 39,000 in 2012. Wilson ran opposed, whereas Euille didn't. In total, about 10,000 more people voted in the 2012 mayoral race.

As usual, the fewest voters participated in the School Board race. Veronica Nolan (District B) received the most votes, just over 12,000. Of the nine winners across all districts, incumbent Ramee Gentry (District C) received the

least votes, just over 5,000.

Overall, council will go into the next term with three of seven incumbents, the School Board with four of nine.

At least for party faithfuls, Tuesday's election largely represented a referendum on Donald Trump's presidency. Enthusiasm about local races was mixed.

"This is the most important election in my lifetime," said Michael



Local Republicans watch Tuesday's election results come in at Ramparts Tavern & Grill.

Cox, a Republican-turned-Democrat. He "grudgingly" switched sides in 2008, mainly because he couldn't reconcile what he saw as a "fiscal disconnect" at the national level between Republican-led tax cuts concurrent with multiple wars. Tuesday for him was mainly about federal races. Local races were largely incidental.

Former Mayor Bill Euille, a Democrat, also expressed most

interest in federal elections. The most decisive issues for him were "truth and honesty, and removing the constant fear factor." As for City Council, he thinks Alexandria is mostly on the "right track."

Democrat Sarah Orndorff said she was most concerned about immigration, voting rights and women's rights, particularly to obtain an abortion. While she said

SEE DEMOCRATS, PAGE 20

Mourning Alice Morgan

Founder of city's MLK Day celebrations dies at 75.



Alice Morgan, a 2015 Living Legend of Alexandria, died Nov. 4 at the age of 75.

BY JEANNE THEISMANN
GAZETTE PACKET

Alice Morgan was known for many things. She founded the city's Martin Luther King Jr. memorial celebration and was the first woman and first African American to serve on the Alexandria Planning Commission. But to her daughter, Morgan was known for her coffee gatherings.

"When I think about mom, I think about the coffee's she used to host at our house," said Morgan's daughter Arvette Reid. "Political candidates would sit in our living room and answer questions from a standing room only crowd that mom had gathered

from the community. That taught me early on the importance of being active in your community."

Morgan, who dedicated more than 50 years to community service in Alexandria, died Nov. 4 of congestive heart failure at Leewood Healthcare Center. She was 75.

"Alice was very important to the fabric of the city in so many ways," said Donna Walker James, who worked with Morgan on the board of Agenda:Alexandria. "From being on the Planning Commission to running the MLK Day celebrations for many, many years, she had a great impact on our city."

Morgan was born July 17, 1943, the eldest of four children born to

Elmore W. Johnson Jr. and Fannye Mae Quarles Johnson. She grew up in Richmond and graduated from Maggie L. Walker High School which was named for her grandfather's half-sister.

"Aunt Maggie has an exhibit in the Smithsonian African American Museum and a statue on Broad

Street in Richmond," Reid said. "She was an inspiration to my mother."

Morgan went on to earn a B.A. from Virginia Union University and a Master's Degree in Social Work from Virginia Commonwealth University. Her career

SEE ALICE MORGAN, PAGE 6

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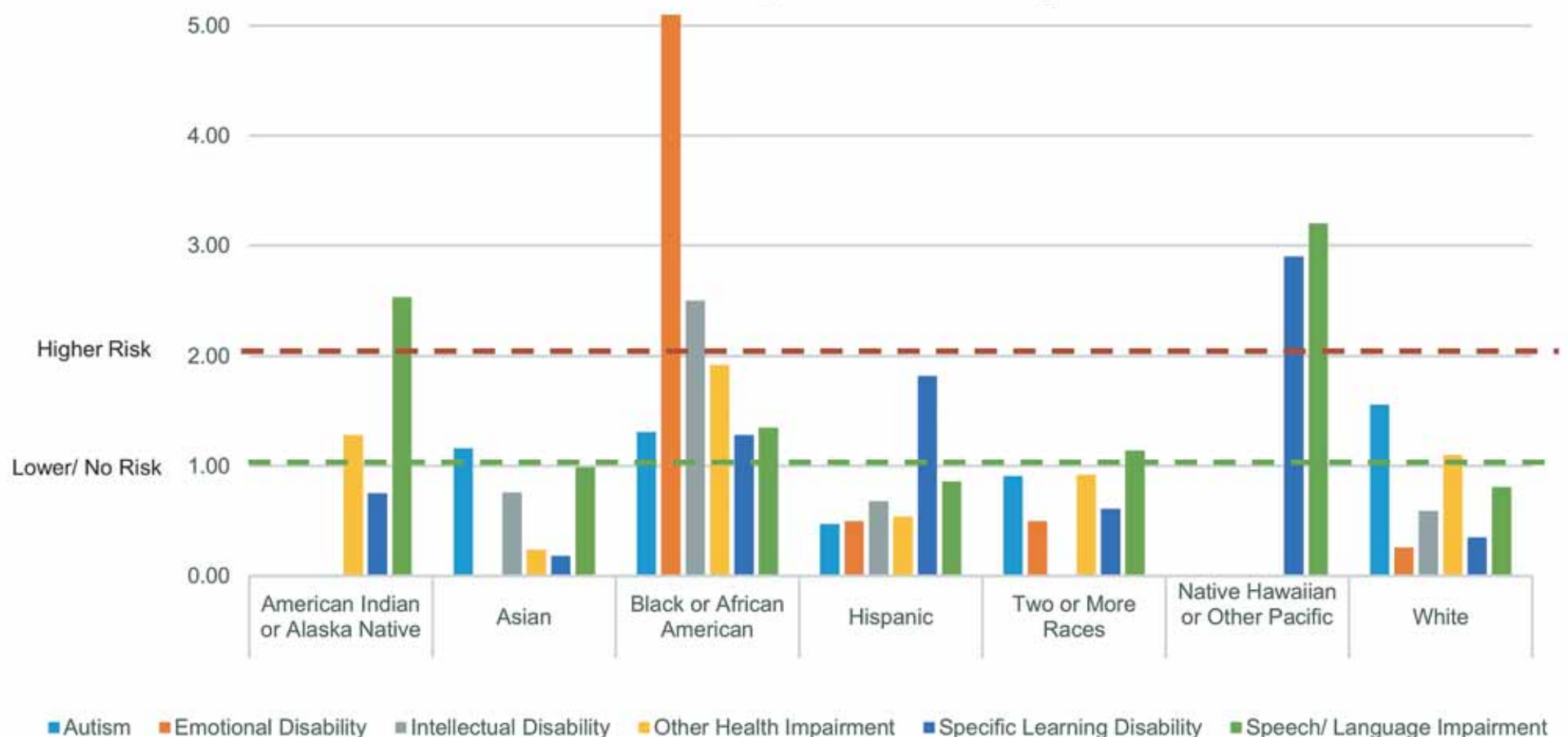
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Students with Disabilities Over- and Under-Representation by Race



“A risk ratio greater than 2.0 for a racial/ethnic group indicates over-representation, while a risk ratio less than 1.0 indicates under-representation,” according to an Oct. 18 audit of the public school division’s special education programming, conducted by Public Consulting Group, Inc.

‘Academic Optimism and High Expectations’

Schools to overhaul special ed programming.

BY DAN BRENDDEL
GAZETTE PACKET

Alexandria’s school system has proposed a three-year plan to tighten up top-down control of special education programming, and invites public feedback over the next two weeks.

Though it centers on special education, the plan aims to improve the manner in which schools provide tailored instruction and support to all students generally.

The plan stems from an audit, conducted by Public Consulting Group, a firm, over the 2017-18 academic year, and briefed to the School Board last month. Regarding programming for students with disabilities and their families, the consultants’ report says the school division “has a solid foundation on which to build.” But it cautions that the division’s current “site-based management model” cedes too much “autonomy” to individual schools. Tighter supervision from the top is necessarily in order to ensure greater “fidelity” — a word occurring 13 times in the audit’s 22-page executive summary — to best practices.

“We have not had consistency across the division,” said Dr. Gregory Hutchings, the schools’ superintendent. “Everybody’s kind of working in silos and every school is at a different level. Even though we’re focusing on the same things, there really isn’t a division-wide expectation of what this [special

education] looks like, or what it should look like, in every classroom.”

Hutchings wants principals to maintain “some autonomy” because they “serve different populations.” However, there should be clearer “non-negotiable accountability measures,” according to the consultants’ audit.

To tighten up central office accountability, the proposed plan includes a variety of action steps, summed up by four “themes:”

- ❖ More structured, mandated professional development for teachers and administrators regarding research-based best practices;

- ❖ More structured “proactive and responsive communication” with parents of students with disabilities;

- ❖ More structured monitoring protocol “to drive a shared culture of accountability;”

- ❖ A new, permanent interdepartmental central office group to oversee implementation.

In particular, the consultants’ evaluation calls for central leadership to bolster “a system-wide culture of academic optimism and high expectations for all students.”

“The message that I want to get out and people to hear is that 85 percent, plus, of the students with disabilities in this school district are average to above-average intelligence. That means that they can achieve commensurate or better with their non-disabled peers,” said Terry Werner, who heads

up the division’s Office of Specialized Instruction.

“It just frustrates me to no end that we still have teachers and principals in our school system that have low expectations,” said School Board member Ronnie Campbell. “They know [the students are] intellectually disabled, so ‘how far are they going to go anyway, we’re not going to send them to college.’ So they don’t push” students with disabilities to succeed, and yet “they’re still here.”

In 2010 the division hired “a nationally recognized expert and author in the area of inclusive practices” to consult with principals, according to the audit. But only seven or 19 building administrators opted to take “advantage of this opportunity to help them build foundations for inclusive practices.”

Inclusive practices are methods of incorporating students with disabilities into general education settings to the maximum degree possible, as required by the federal Individuals with Disabilities Education Act (IDEA). A principal method is “co-teaching,” whereby a certified special education teacher provides special instruction alongside a general education teacher in a general education classroom, rather than in a separate setting.

The division’s mission statement “says ‘every student succeeds,’ which is a lot of work,” said Hutchings. “It’s going to take us ... really defining that for our school division, and determining who believes it and who doesn’t. Unfortunately that means that

everybody might not be around if they don’t believe that.”

Inconsistency shows not only in varying degrees of cultural buy-in, but also in other areas.

The audit found that over 80 percent of white, Hispanic and multi-racial students with disabilities are included in the general education classroom 80 percent or more of the day. But the proportion for black students drops to 77 percent, and for Asian students to 58 percent. The audit also found that black students “were five times more likely to be identified as having an emotional disability, and two and a half times more likely to be identified as having an intellectual disability.”

Of students with suspected disabilities who are referred for a special education evaluation, English learners are found eligible for special education half as often as non-English learners. The audit suggests this could be a good sign, perhaps indicating that the schools aren’t mistaking struggles arising from linguistic and cultural challenges as disabilities. But Janet Eissenstat, parent of a student with disabilities and chair of the school division’s Special Education Advisory Committee, is more dubious. She thinks more English learners may in fact have disabilities, but that language barriers may prevent parents from being able to advocate effectively for their child. Or testing may yield skewed results if not administered in the student’s native language.

SEE FOCUSING ON, PAGE 9

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ASC to Host Redskins' Ervins

Super Bowl XXVI running back was Rookie of the Year.

By JEANNE THEISMANN
GAZETTE PACKET

Former Washington Redskins running back Ricky Ervins will be the guest speaker at the Alexandria Sportsman's Club's annual Redskins Night Nov. 14 at the Old Dominion Boat Club. Ervins joined the Redskins as a rookie running back in 1991, when he became second on the team in rushing yards with 680 on the season (behind Earnest Byner). In Super Bowl XXVI, Ervins was the game's leading rusher, with 72 yards on 13 carries as the Redskins beat the Buffalo Bills 37-24.

Ervins received several honors during his rookie year, including the Washington Redskins Rookie of the year award. In college, a touchdown run by Ervins won the 1990 Rose Bowl for the USC Trojans and he was named the game MVP. Ervins played his final year of professional football in 1994 with the San Francisco 49ers. He retired in 1995 and returned to Northern Virginia, where he trains high school athletes through his company Xtreme Xplosion.

The ASC annual Redskins Night is free and open to the public. It will be held Nov. 14 at the Old Dominion Boat Club in Old Town, 200 Strand St. Complimentary light dinner and refreshments begin at 6:30 p.m. The meeting starts at 7:15 p.m. with awards for our October and November Athletes of the Month followed by a presentation and Q&A with Super Bowl XXVI Redskins running back Ricky Ervins. See www.alexandriavasports.org.



PHOTO CONTRIBUTED

Former Washington Redskins running back Ricky Ervins, shown in Super Bowl XXVI against the Buffalo Bills, will be the guest speaker at the Alexandria Sportsman's Club Redskins Night Nov. 14 at the Old Dominion Boat Club.



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PEOPLE



PHOTOS BY SHIRLEY RUHE/GAZETTE PACKET

Layla Janah, a Moroccan student in T.C. Williams International Academy, serves as an election page at Samuel Tucker Elementary School polling place.

Moroccan Student Helps Voters in America

BY SHIRLEY RUHE
GAZETTE PACKET

Layla Janah is a blur of activity as she works up and down the 13 double-sided voting booths at Samuel Tucker Elementary School on Election Day. Janah is an election page who is assisting voters with answering questions and giving directions about the voting process.

PEOPLE AT WORK

Janah is one of five Moroccan students in the International Academy at T.C. Williams High School. She arrived at the polling place at 5 a.m., and people were already there setting up. "Hello sir. You just go right there," she says pointing to a nearby chair. "I make sure everyone has a pen. I've lost a lot of pens today."

Ponytail bobbing, she races down the room with a pile of empty folders to be re-filled with new ballots. Then she spots a chair out of order and replaces it neatly for the next voter. A woman approaches with a puzzled expression. The woman is clutching a blue sample ballot. She says, "I don't know any of these people and it doesn't list a party affiliation for some of these candidates."

Janah says, "There has been a lot of confusion like this today. There are a lot of boxes and they don't know what to do." There are a number of people asking for Republican sample ballots but there is no one outside the building handing them out.

She says there is a trashcan in the corner filled with discarded blue ballots. "When the volunteers run out, they just go to the trash can and take out a supply to use again."

Janah says her mother took her along to the polls in Morocco but this was unusual in the tiny area where she lived where mostly men vote. "Women don't think it is important; nobody is going to care." She says women there get married and have children. Most of them don't work. "They don't wait to finish school to get married. Some are married at 14." But she says, "my mom doesn't think that way." She explains in a big city people are educated but not in a small area like where she lived.

In Morocco there is a king who is always the king. "But we vote for those who work for the king changing rules in education and work. Janah thinks in America "a lot of people vote" and "yes most of them here early this morning were women." The first person in line, "she was there first."

Janah became an election page as part of

a school project. She says in school she tries to solve problems on how to make T.C. united. A teacher could see she was one of the students making a positive change and urged her to apply for the internship. Janah says she went to training to know what to do.

Janah has been in America two years and tries to be involved in American society. "I always try to have experiences in life, and it helps me learn the language. Janah plans to attend Old Dominion and then get a job in America. "I am 18 now but I can't vote because I only have a green card." But she waits for the day when she will be able to vote in America.

In the area where she lives in Morocco not many people vote, "but it can make the future bad or better. I would tell them it only takes 10 minutes of your life."

Alice Morgan, Founder of City's MLK Day Celebrations, Dies at 75

FROM PAGE 1
spanned several decades and included work at Central State Hospital in Petersburg, Va.; Prince William County Welfare Department in Manassas; Hopkins House in Alexandria; and St. Elizabeth's Hospital in Washington, D.C., where she retired in 2002 after 30 years of service.

In 1980, Morgan was one of 25 people selected nationwide for an Intergovernmental Management Program sponsored by the Department of Health and Human Services. During this time she earned a Master's Degree in Public Administration from the University of Southern California Washington Center.

As a young bride, Morgan first moved to Alexandria in 1967 and focused her community involvement on affordable housing, senior citizen advocacy and affordable health care.

Volunteer activities included the Alexandria Tenants' Council, the Alexandria Boys Club and the Legal Aid Society. She served on the Police Community Relations Task Force, the board of the Alexandria Mental Health Association and the local chapter of the National Conference of Christians and Jews.

Named a Living Legend of Alexandria in 2015, Morgan served on the Living Legends



Alice Morgan at the age of 5.



Alice Morgan, left, in an undated photo, as the first woman and first African American to serve on the Alexandria Planning Commission.

board from 2010 to 2013. During her time serving on the board of Agenda:Alexandria she organized programs on African American history, affordable housing and immigration.

Morgan initiated Alexandria's Martin Luther King Memorial Service in 1973. She went on to volunteer as chair for 34 of the next 35 years before retiring in 2008.

Other awards include the 2010 Marguerite Payez Lifetime Achievement Award, presented by the Alexandria Commission on Women, which cited Morgan as the first African American woman to run for City Council in 1979. Although not elected, her candidacy spurred the involvement of other African American women in politics and community engagement. In 2012, she re-

ceived the President's Volunteer Service Award for Community Service in Alexandria.

Morgan was preceded in death by her brothers Elmore Johnson and James "Paz" Johnson.

She is survived by her husband of nearly 52 years, Wilson Miles Morgan, her sister Zenobia "Puddin" Johnson, her son Weldon "Donnie" Morgan (Rusha), her daughter Arvette Reid (Tom) and grandchildren, W. Miles Morgan, Alexandra "Zan" Morgan, Jarren Morgan Reid and Sovay Alyce Reid.

"Mom's life was a reminder to me that you need to be active," said Reid, who currently serves on the board of Senior Services of Alexandria. "And it was important to her that politicians heard the voice of the black community. I saw her make history in our living room."

A memorial service will be held Friday, Nov. 9 at Mt. Zion Baptist Church, 3500 19th St. South, in Arlington. Visitation will begin at 10 a.m. with a celebration of life service at 11 a.m. Interment will take place at Ivy Hill Cemetery followed by the repast at the Departmental Progressive Club, 411 Gibbon St.

In lieu of flowers, donations may be made to Senior Services of Alexandria, www.seniorservicesalex.org

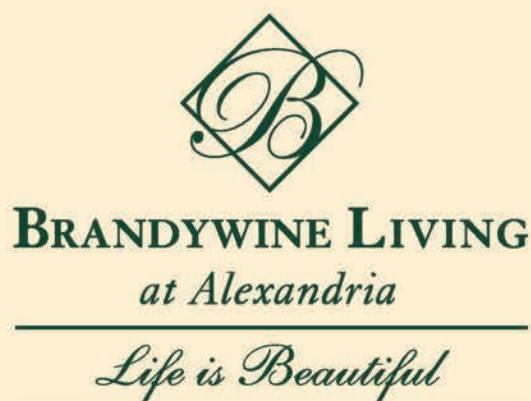
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NEWS

'Faces Never Forgotten'

Vietnam veterans project completed.

BY JEANNE THEISMANN
GAZETTE PACKET

Michael McMorrow was a man on a mission. Along with Kevin Rue of the Friends of Rocky Versace organization, the retired government lawyer and freelance writer has been working to locate photos of each of the 67 of Alexandria's fallen from Vietnam.

The project began four years ago when the Vietnam Veterans Memorial Fund set out to put a face with each of the 58,300 names on the Vietnam Veterans Memorial Wall in Washington, D.C. The Faces Never Forgotten effort is a national campaign to collect photos of America's fallen from Vietnam. At the time, 22 of Alexandria's veterans were among the missing photos.

"We asked the public to help search through yearbooks, family photo albums and newspapers in an effort to locate photos of those still unidentified," Rue said. "We made great progress but still had two photos that we were unable to obtain. Mike did some detective work and ultimately found those photos in the archives of the Alexandria Gazette newspaper."

McMorrow's efforts, which located photos for Pvt. Ross Collins and Sgt. Robert Dean, completed the Faces Never Forgotten project for Alexandria. Current records indicate that of the 50 U.S. states, four U.S. Territories and Washington, D.C., 19 of these 55 have yet to locate all photos of their Vietnam fallen veterans.

"I knew that Robert Dean had graduated from Mount Vernon High School in 1967," McMorrow said. "But his yearbook only mentions his name — there is no yearbook photo. I even tracked down

the class president, who remembered Dean but had no idea why his photo is missing from school records."

McMorrow researched the database of the National Personnel Records Center but still came up empty. With only the date of death to work with, he poured through the archives of the local newspaper to look for obituary information. For both Dean and Collins, McMorrow obtained the articles and photos that were published when each of the servicemen were killed in Vietnam.

"In hindsight I suppose this should have been my first stop," McMorrow said. "But I never realized it would be so difficult to track down these photos. With today's technology, we take for granted the ease with which we can gather information."

Photos of Alexandria's fallen will appear online at VVMF's Wall of Faces as well as on permanent display at the future Education Center at The Wall, scheduled to open in 2020.

But Rue said there is still work to be done. "Of the 67 names inscribed at the Capt. Rocky Versace Memorial Plaza, we only have family contact information for about 20," said Rue, who is working to track down family members of Alexandria's fallen. "The Department of Defense issued Certificates of Honor to each of these Gold Star families as part of the 50th anniversary commemoration of the Vietnam War. As we track down a widow, parent or sibling, we hold a ceremony for them and hope to one day have all families accounted for."

Rue is also working to get approval to add one more name to the Rocky Versace Memorial — Lawrence E. Lilly, an Army 1st



PHOTO CONTRIBUTED

1st Lt. Lawrence Lilly, shown in an undated photo, is one of seven Alexandrians still considered a POW/MIA from the Vietnam War.



The death notice of Ross Collins was published on April 8, 1969.



Funeral services for Robert Dean appeared on July 23, 1969.

Lieutenant who was shot down over Cambodia in March of 1971. He would make the seventh POW/MIA from the Alexandria area.

"Larry was the son of a career U.S. Air Force officer and his widowed, Gold Star mother Jeannette and younger sister Susan still live in Alexandria," Rue said. "But because he was a military brat, his address of record is Los Angeles. But he was a local resident and as with all of our veterans, we need to recognize his service and sacrifice." The Friends of Rocky Versace will hold its 17th annual Veterans Day ceremony Nov. 10 at 11 a.m. at the Capt. Rocky Versace Plaza in Del Ray. The ceremony will take place indoors at the Mount Vernon Recreation Center, 2701 Commonwealth Ave. For more information email forv59@gmail.com.

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Focusing on Special Education

FROM PAGE 3

But the opportunity for improvement goes beyond special education. Eissenstat thinks the kinds of improvements indicated in the audit would help schools better “meet kids where they are” more generally — whether those students grapple with a disability, learning English as a second language, being a refugee status, having suffered trauma, etc. This is especially true for racial “gap groups” persistently identified through standardized testing, she said.

Under the division’s Multi-Tiered System of Supports, first established in 2015, educators are supposed to apply increasingly more personalized “interventions” for any student exhibiting academic or behavioral challenges. Interventions might involve extra instruction in small groups or one-on-one, or time with a counselor.

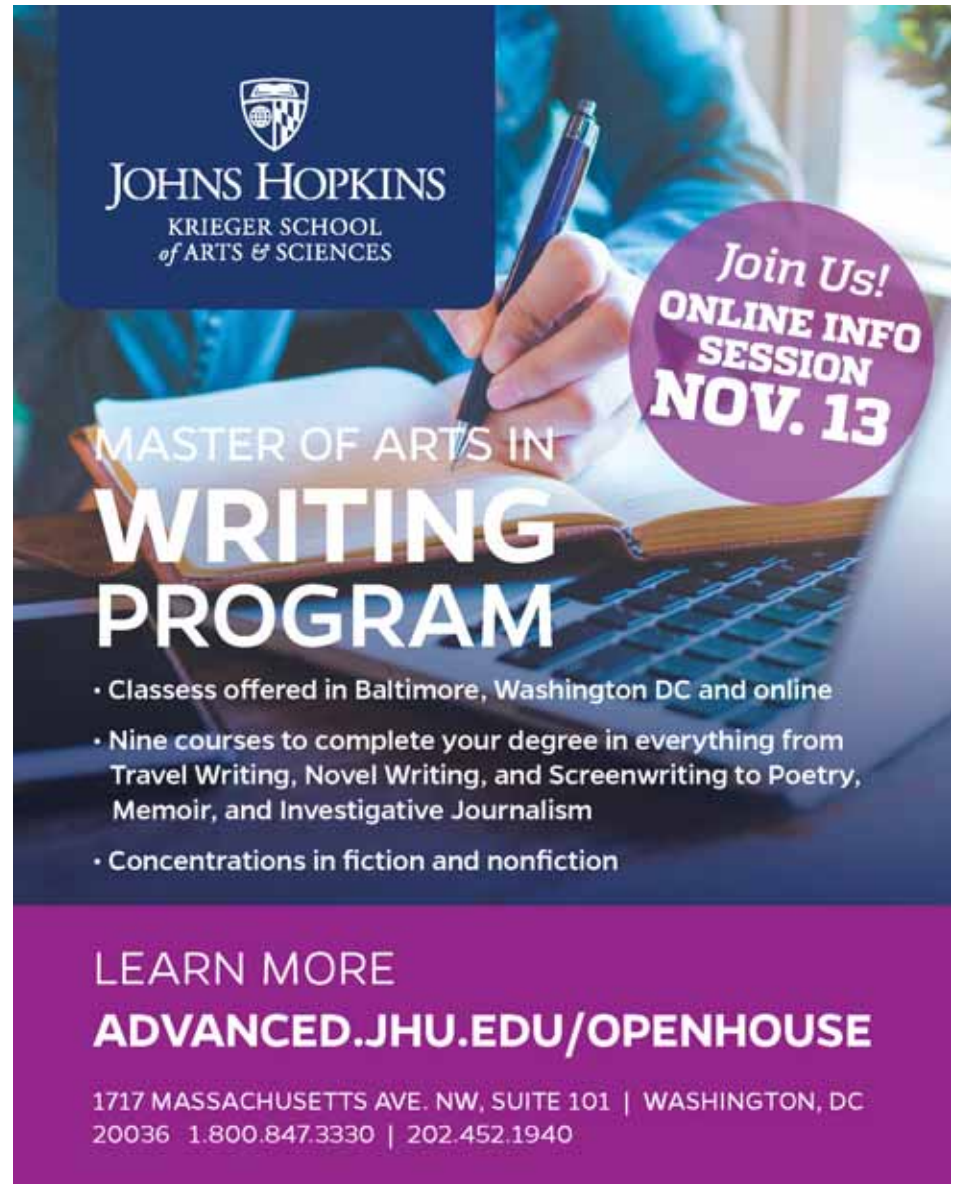
“The [multi-tiered] framework has been successfully used to support a reduction in disproportionate special education referrals of students based on race, gender, or [English learner] subgroups,” according to the audit. However, “implementation varies greatly between schools, and occasionally between grades within the same school.”

In addition to honing the more reactive multi-tiered intervention approach, the audit recommends the division enhance training around the more proactive Universal Design for Learning. A school of thought

first developed in the 1990s, Universal Design for Learning holds “aims to change the design of the environment rather than to change the learner,” according to CAST, an education research nonprofit. Training would seek to equip teachers in a more systematized way in a range of teaching methods and media that better align with students’ diverse learning styles and barriers.

“When implemented consistently across a division such as ACPS, [Universal Design for Learning] has the potential to improve educational outcomes for all students, including those with disabilities,” according to the audit. However, the approach “does not appear to be a widely understood or implemented concept in [the school division],” even though the division “has conducted trainings on the topic in the past. In 2015-16, [the Office of Special Instruction] offered extensive professional development with CAST on [Universal Design for Learning], but reportedly no participants signed up to attend.”

Find the audit report, the proposed action plan and information about upcoming public forums at www.acps.k12.va.us/Page/2331. Through Tuesday, Nov. 20, the public may provide feedback online at www.acpsk12.org/news/?p=11008. The school administration expects to present the final action plan to the School Board on Thursday, Dec. 20.



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OPINION

Be Part of Children's Edition 2018

Get creative and send art, poetry and more.

During the last week of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View) is a tradition of well over a decade.

We welcome contributions from public and private schools, art classes, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on flash drive. Writing should be submitted in text format. Artwork should be photographed or scanned and provided in jpeg format.

LETTERS TO THE EDITOR

In Honor of Veterans Day

To the Editor:

As we celebrate this Veterans Day, it's a day to honor all who stood in line of duty for our country — through all the years of war. Just think of those who served our country, kept the faith and keeping faith in our country while supported by letters of hope and love from love ones. It's a picture easily painted within one's own mind if only one takes the time within their heart.

Maybe that's the reason I write and share my concerns for our veterans and those we lost. You see there's this little plaque on a rock at the Veterans Memorial Walkway along the bike path of the 500 block of South Columbus and the 800 block of Wilkes Street. Often pedestrians would stop and read the plaque on this rock throughout the year for it has a meaning that speaks and touches the hearts of those whom just take a moment to read it: "Dedicated to the City of Alexandria and Alexandria's Veterans' Organizations On Veterans Day, Nov. 11, 1979, in Honored Memory of the Deceased Alexandria Veterans of all the United States wars. Their Service in War and Peace Contributed Greatly to the Welfare of Their Fellow Citizens ... Charles E. Beatley, Jr., Mayor ... Robert L. Calhoun, Vice

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents, family or friends any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? Describe one of the best or worst things that ever happened to you? What is the best gift you've ever been given? Ever received?

- ❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.

- ❖ News stories from school newspapers.

- ❖ Photos and text about activities or events.

- ❖ Were you involved in November's elections? What did you think?

To be published, we must have the full first

and last name of the student artist/writer.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

To send flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the flash drive to: Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View), 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Monday, Dec. 3, 2018. The Children's Edition will publish the last week of 2018.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

Email submissions for the Children's Edition to the following editors:

- ❖ For Burke, Clifton, Fairfax, Fairfax Station, Great Falls, Herndon, Lorton, McLean, Reston, or Springfield, email to Kemal Kurspahic at kemal@connectionnewspapers.com.

- ❖ For Arlington, Potomac, CentreView, Chantilly, Alexandria and Mount Vernon, email to Steven Mauren, smauren@connectionnewspapers.com



PHOTO BY GERI BALDWIN

The Veterans' Memorial Rock along the corner of the bike path of the 500 block of South Columbus Street and the 800 block of Wilkes Street.

Mayor ... Donald C. Casey, Councilman ... Margaret B. Inman, Councilwoman ... Nelson E. Greene, Sr., Councilman ... James P. Moran, Jr., Councilman ... Carlyle C. Ring, Jr., Councilman ..."

In honor of all our men and women in uniform who have served and fought for our country, you are not forgotten: Thanks.

Activist **Geri Baldwin**
Alexandria

Fresh Eyes On Freshwater

To the Editor:

The following is from a Nov. 5, 2018

letter sent to the Virginia Marine Resources Commission.

It should be more than obvious to any regulatory agency dealing with the Potomac Yard Metro Station (PYMS) why it is unacceptable for design and build firm Kimley-Horn to reassess the freshwater tidal channel wetlands that abut the proposed construction staging area for the project (Alternative B) — the same wetlands it egregiously missed in its initial report that supported the city's Environmental Impact Statement (EIS) and Joint Permit Application.

It is wrong and perverse for the city to have Kimley-Horn again try and determine PYMS-impacted wetlands, or for regulators to ac-

cept whatever "findings" they might present this time around as scientifically sound. Deservedly, Kimley-Horn demonstrates zero credibility in the matter of properly delineating and assessing likely impacts to the freshwater tidal channel wetlands that abut the Alternative B site, and flows through the Scenic Easement and Potomac Greens Park southeastward to the tidal Potomac River. The fact that the city has again called on this firm to reassess the wetlands, only after their original findings were challenged by more qualified researchers, is not only misspent taxpayer dollars twice over by the city but another high likelihood of failure to properly delineate and assess the freshwater tidal channel wetlands.

This whole PYMS debacle has now devolved to a farce.

These are not Alexandria's, Virginia's, or National Park Service's (NPS) wetlands, but the nation's. The Metro station is not worth the destruction of freshwater tidal wetlands, critical wildlife habitat, and NPS' scenic and historic easement. There are viable alternatives that do not cause ecological damage and loss of open space.

C. Dara Jimm Roberts
Alexandria

SEE LETTERS, PAGE 13

Alexandria Gazette Packet

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HISTORY

The Three Burke Brothers Who Served Their Country

BY CHAR MCCARGO BAH

It was Dec. 7, 1941, when the Japanese bombed the American fleet in Pearl Harbor, Hawaii; as a result of this attack, the United States declared War. Three brothers immediately knew they were going to enlist in the Army to protect their country.

Henry Oliver Burke, Robert "Tip" Landon Burke, and Harry Sylvester Burke all brothers from Alexandria, enlisted in the Army in 1942 and in 1943. Henry was the oldest of the three brothers. He was working in Washington, D.C., for Rothstein Dental

THE OTHER ALEXANDRIA

Works on I (Eye) Street, NW when Pearl Harbor was bombed. He enlisted in the Army nine-months before his 21st birthday and two months after the Pearl Harbor incident. His brother, Tip, also enlisted in 1942. Both men were sent off to basic training in the colored troop. In May of 1943, Henry and Tip were shipped overseas. Henry was sent to Germany and Tip was sent to the South Pacific.

Henry was engaged in one of the well-known battles, "Battle of the Bulge." He was assigned to the communication team where he was responsible for putting up commu-

nication lines. During his time in Germany, he and his troop were attacked, and they found refuge in a Catholic Church. That experience changed Henry; he converted to Catholicism.

Harry S. Burke, who was the youngest brother, enlisted in the Army on Dec. 8, 1943. He was 18. Harry was sent to France and later to the South Pacific. After the Battle of Bulge, all three brothers were reunited in France. They had not seen each other for a couple of years. Henry was the first to return home. After he left France, he was sent to the Philippines where he contracted malaria. On Jan. 2, 1946, Henry O. Burke sailed from the Philippines aboard the Duchess Ship to San Francisco, Calif.

Within a couple of years, all three men had returned home with an honorable discharge from the U.S. Army. They returned home to their widowed mother who lived at 1002 Oronoco St. Their father had died on Jan. 6, 1945 while they were serving their country.

Rosier and Hollie Harris Burke were the parents of Henry, Robert and Harry Burke. Henry O. Burke married Frances T. Watson. After his military career, he worked for the Federal government where he retired. On Dec. 3, 1980 Henry died. He had a Catholic funeral service. He and his wife had one



PHOTO COURTESY OF BY
RONALD BURKE OF NORTH CAROLINA

Burke Brothers 1944: From left are Robert "Tip" L. Burke, Henry O. Burke, and Harry S. Burke.

daughter.

Robert "Tip" Landon Burke married

Shirley P. Harris. Like his brother, Henry, he worked for the Federal government and retired. On Sept. 17, 2006 Tip died. His funeral was at Alfred Street Baptist Church. He is buried at Quantico in Prince William County, Va. Tip and his wife had four children.

Harry Sylvester Burke used his military benefits to go to college and, while he was in college, he met and married Costella Grant.

After earning his degree, he became a school teacher in Washington, D.C., and later a media director in the school system. Besides his full-time job, he became very active in the Alexandria community, volunteering as a swimming instructor and a community activist. Today, Harry is a widower, he is being cared for by his only child.

These three brothers came back from the war, got married, raised their children and became active in their community. On Veterans Day, we should all remember the contributions our veterans made to serve our country. I know the Burke family will be remembering with us as well.

Char McCargo Bah is a freelance writer, independent historian, genealogist and a Living Legend of Alexandria. Visit her blog at <http://www.theotheralexandria.com> for more about "The Other Alexandria."

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'Peter and the Starcatcher' at St. Stephen's & St. Agnes

BY MARY LAWLER
TEEN THEATRE COMPANY

Avast! A storm's a-brewing, me maties, on the slippery stage of St. Stephen's & St. Agnes School as "Peter and the Starcatcher" takes to the high seas! Three orphans, two ships, and one trunk full of starstuff cause more excitement than a crocodile found swingin' in yer hammock.

Who was Peter Pan before he became The Boy Who Wouldn't Grow Up? Based on a 2004 novel, Rick Elice's play tells this story through a swash-buckling script. "Peter and the Starcatcher" premiered in 2009 at University of California, San Diego and sailed on to win five Tony Awards in 2012.

This prequel begins as Molly Aster, an eager apprentice starcatcher, is sent aboard a ship named the Neverland as her father, Lord Aster, embarks on the Wasp. His mission: to destroy a trunk of magical starstuff so that it will not fall into the hands of Britain's enemies. When the trunk is secretly swapped out and brought aboard the Neverland, Molly and a bitter, nameless or-

phan boy must protect it from the egotistic, ditsy pirate, Black Stache. As non-stop adventure emanates off the stage, the boy journeys to realize that "there's more important things in this world than saving your own neck" and the audience discovers how he becomes Peter Pan.

Cast off! Rather: cast, don't get off the stage! The entire cast created a ceaseless exuberance that brought the play full sail. Whether executing narration or pantomime, the players didn't skip a kitchen-timer's tick.

Bette Vajda portrayed Peter with sincerity in her every action and emotion, as evidenced whenever her right hand would start to jitter. Molly Aster came to life through the strong performance of Julie Newman who expressed a girl-of-action and good-hearted intelligence. Mary Margaret Lehmkuhler fully immersed herself into her role of the crazy Black Stache, bouncing back and forth from cracking jokes with swag to playing the angry guy. Lehmkuhler impressively held Stache's drawling accent throughout.

Two other memorable characters are Ted (who is obsessed with food) and Prentiss (who is obsessed with being the leader)

played by Fred Gehlhoff and Andrew Seale respectively. As Peter's fellow orphans, Gehlhoff and Seale conveyed character development, commitment, and comedy. Also providing laughs, Jackson de Vallance played the pining sailor Alf with a humorous physicality.

All hands on deck! The decked-out set (by Skye Schofield-Saba, Emma Hughes, and Zak Zeledon) caused the story to set sail. The two ships cleverly lay side by side, one on either half of the stage. The set pieces were detailed, with barnacles and shaded wood, and conveyed the shabbiness of the Neverland versus the spiffiness of the Wasp.

The production technically radiated the enchanting atmosphere. Soft, blue lighting echoed the ocean's prominence in the play and rotating yellow lights indicated magic. The sound (by Zachary Gaydos and Abbie Henshaw) was fabulous. Differently themed, live music played at different times to tie in with what was happening on stage, such as flute playing while Peter had a wistful monologue. The music and the mics, delicately balanced, didn't overpower the actors for the most part. One inventive sound effect was the crocodile's roar, cre-



PHOTO BY JAMESON BLOOM

From left: Julie Newman, Bette Vajda, Fred Gehlhoff, and Andrew Seale.

ated by manipulating a recording of people yelling simultaneously. Many ambient sounds transported the audience into the settings of the play, whether the tropical jungle, the seashore, or atop the ocean's waves.

St. Stephen's & St. Agnes School's "Peter and the Starcatcher" captivated audiences by its quirky character portrayals, enthusiastic ex-

ploits, and impressive atmosphere. "Everything ends" the play tells us. But "Peter and the Starcatcher" will live on in our hearts, forever young. Now let's go eat some pineapple with Ted.

The Cappies, "Critics and Awards Program," is a program through which high school theatre and journalism students are trained as critics, attend shows at other schools, and write reviews.

LETTERS TO THE EDITOR

FROM PAGE 10

Fully Audit Schools

To the Editor:

Congratulations to newly elected and re-elected School Board members. All Alexandrians wish you success, as the collective well-being depends on the future of our youth. In that regard, lest it be forgotten, the purpose of schools is to educate (from the Latin *educare*, meaning to lead forward). No, our "promise to students" is not stadium lights but an education. Clearly, you have your work cut out for you.

Despite all the happy talk of the recent campaign, the latest standardized academic assessments indicate that Alexandria's public schools continue to be among the worst-performing (albeit most expensive) in the region and the country. School apologists — perversely, those same people who purport to advocate for "communities of color" (as contrasted with, what, the colorless?) — blame the demographics. The students are poor and underprivileged, they don't speak English at home, their

parents didn't go to college.

When, however, has that not been the case in this country? Since the mid-19th century, waves of immigrants from different cultures speaking a babel of languages have arrived on our shores, integrated, and gone on to make countless positive contributions to the commonweal. They have been our greatest asset. The agent of that success? America's public schools, where the expectations were high, the teaching and learning rigorous, the content univer-

sal (e.g., those wonderful McGuffey Readers read at one time by every elementary school child across the country), and the primary classroom language English.

Notwithstanding this admirable national history, our city has for decades chosen a radically different path, and that choice has for decades yielded failing results. Each year Alexandria public school scores on standardized tests plumb new depths. The identity politics that inform the system discrimi-

nate students by racial groups. In effect, ACPS has reverted to segregation of its students: while "exceptional" children are protectively enrolled in "quest" and "advanced placement" classes, others — stigmatized because their mother tongue is not English — are relegated to bilingual and multicultural education programs and an "international academy" that ghettoizes immigrants away from the very peers who would facilitate their assimilation. These unproven social-engineering

schemes, contrary to their lofty aims, have consistently produced a regrettable, even immoral effect ... social injustice. Moreover, it is not only the racially discriminated groups that are underperforming; this year, the scores of all groups tanked.

A suggested alternate approach: simply determine what content all students need to learn, progressively over the course of their education in elementary and high

SEE LETTERS, PAGE 21

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*Stem cell therapy is still considered experimental by the FDA.

A Good Night's Sleep

The impact of sleep deprivation and how to avoid it.

BY MARILYN CAMPBELL

For those with seemingly endless to-do lists, taking a nap or sleeping late might seem like a luxury they can't afford. Foregoing sleep in lieu of checking email, doing laundry or studying for an exam, could decrease the quality of those tasks.

"Two well-known effects of inadequate sleep are cognitive processing problems including attention, storing information and retrieving information from memory," said Dr. Linda Gulyn, professor of psychology at Marymount University. "That's why someone who is consistently sleepy has difficulty in classes, getting work done, and taking tests. This is problematic especially for high school and college students."

The Centers for Disease Control and Prevention recommends that school-aged children get nine to 12 hours of sleep each night, teenagers get eight to 10 hours, adults 18-65 get seven to eight and adults 65 and older get seven to eight hours. The CDC also reports that one in three people don't get enough sleep.

"This country is very achievement-oriented. It's go, go, go and we think that sleeping is for wimps," said Adam Winsler, Ph.D. professor of applied developmental psychology at George Mason University and lead



PHOTO BY MARILYN CAMPBELL

Avoiding activities like playing video games before bed can improve the quality of one's sleep, says researchers.

author of an article published in the Journal of Youth and Adolescence called "Sleepless in Fairfax ..."

But in addition to a decrease in productivity, a lack of adequate sleep can have a negative impact on one's overall wellbeing. Winsler's study looked at 39,000 8th, 10th and 12th graders in Fairfax County. The researchers recorded the average number of hour of sleep the teens get each night and found that sleep deprivation can have a profound impact on mental health and certain behaviors. "We found that getting eight to nine hours of sleep each night lowers the risk of underage drinking, smoking and se-

rious drug use in kids and adolescence. Each hour more of sleep a night adolescents get is associated with less depression, suicide, and drug use for teens," said Winsler. "But generally, the reality is that most kids and teens are considered deprived. A lack of sleep hurts them emotionally and can make them feel depressed and grumpy. Younger children who don't get adequate sleep can experience problems with self-control and behavior regulation."

"When we are tired, we are more likely to be agitated and this affects social relationships. [Someone who's sleep deprived] might have a tough time completing tasks," added Gulyn.

There are physical and mental health benefits to getting proper sleep, says Dr. Jerome Short, a clinical psychologist and associate professor of psychology at George Mason University who has also studied the effect of sleep patterns on overall health and wellness. "Sleep clears the brain of toxic proteins, repairs muscles, and restores the immune system. Adequate sleep is associated with less obesity, diabetes, heart disease, and cancer," he said. "In recent research with college students, I found that the combination of vigorous exercise and sleep satisfaction led to next day positive mood, he said. "The combination of moderate exercise and longer sleep led to re-

duced negative mood."

"During sleep, the body releases hormones that stimulate growth, increase muscle mass, and repair cells and tissues," said Julia Dorsey, RN, School Public Health Nurse – Fairfax County Health Department. "Hormones also help boost the immune system to better fight infection. Chronic sleep deficiency is linked to an increased risk of obesity and type II diabetes, as well as heart disease, high blood pressure, and stroke."

ADEQUATE SLEEP can be elusive in a social environment where social media and information on demand are prevalent. "It's critical to reduce screen time before bed and not allow video games and computers and phones use late at night," said Winsler. "Dimming the lights and doing calming activities also helps. One big issue is that teens sleep with their phones next to them and the phones vibrate and wake them up."

"Daily exercise, reduced light, physical comfort, and a regular sleep routine of going to bed and getting up at the same time increase duration of, and satisfaction with, sleep," added Dr. Jerome Short.

To improve the quality of one's sleep, Gulyn advises that "if sleep problems are associated with excessive worry or depression, then it's important to seek professional advice."

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ENTERTAINMENT



PHOTO BY RUTH DAVID

Shrek – Aidan White, Donkey – Avery Johnson, Fiona – Kendall Huheey, Gingy – Eli Swanson, The White Rabbit – Lydia Lopez, and Pinocchio – Charlie Russell.

Shrek The Musical

Mount Vernon Community Children's Theatre presents "Shrek The Musical" starring 46 local youth from more than 22 area schools. An unlikely hero, Shrek finds himself on a life-changing journey alongside the wisecracking Donkey and a feisty princess who resists her rescue. "Shrek the Musical" is irreverent fun for the whole family and proves that beauty is truly in the eye of the ogre. The show will be performed Nov. 9-18 at Bryant Alternative High School Auditorium, 2709 Popkins Lane, Alexandria. Show times are Nov. 9, 10, 16 and 17 at 7 p.m.; and Nov. 11 and 18 at 3 p.m. Tickets are \$14/per person online at www.mvccct.org.

CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Rooms: a Rock Romance. Through Nov. 11, Thursdays and Fridays at 8, Saturdays at 3 and 8, Sundays at 3 and 7 p.m. at MetroStage in Alexandria. The play is set in Glasgow in the 1970s. Monica, an ambitious singer-songwriter meets Ian, a reclusive rocker. They quickly become entangled creatively and romantically with their music and their quest for stardom taking them from Glasgow to London and ultimately New York City. A gritty rock musical exploring the universal desire to escape and create, to love and explore. Tickets are \$55. Call the theatre at 703-548-9044 or visit www.metrostage.org.

Art Exhibit: "Connecting

Threads." Through Nov. 25 at Del Ray Artisans, 2704 Mount Vernon Ave., Alexandria. See the exhibit and donate new towels for Carpenter's Shelter from Nov. 2-25. Visit www.DelRayArtisans.org/event/connecting-threads.

WEDNESDAY-SUNDAY/NOV. 7-11

Friends Book Sale. At James M. Duncan, Jr. Branch Library, 2501 Commonwealth Avenue, Alexandria. Free. Friends First Choice Night on Wednesday, Nov. 7 from 3:30-8:45 p.m. Discover great books for sale for bargain prices, and support your local library. Email amurray@alexlibraryva.org. Visit the website www.alexlibraryva.org.

THURSDAY/NOV. 8

Opening Reception:

"Pattern+Texture." 6:30-8 p.m. at the Torpedo Factory Art Center, 105 North Union Street, Studio 21, Alexandria. Photographer Pete McCutchen captures mesmerizing patterns found in rock, ice, and sand, transforming natural scenery into abstract, alternate realities. Call 703-683-1780 or visit theartleague.org.

Book Discussion. 7 p.m. at Charles E. Beatley, Jr. Central Library, 5005 Duke St., Alexandria. Free. Join author Joseph Esposito as he talks about his book "Dinner in Camelot: The Night America's Greatest Scientists, Writers, and Scholars Partied at the Kennedy White House." Email Anton Murray at amurray@alexlibraryva.org.

THURSDAY-SUNDAY/NOV. 8-11

Used Book Sale. At Duncan Library, 2501 Commonwealth Ave., Alexandria. Come shop the selection of thousands of books and DVDs priced starting at just \$.50. The \$5/bag sale is Sunday from 1-3 p.m. Become a Friend of the Library at friendsofduncanlibrary.org and shop a special preview on Wednesday, Nov. 7. Cash and credit cards accepted. Hours are Thur. 10-6:45 p.m., Fri. 10-5:45 p.m., Sat. 10-4:45 p.m., and Sun. 1-3 p.m. Visit www.friendsofduncanlibrary.org.

FRIDAY/NOV. 9

Alexandria After Work Concert Series. 6-8 p.m. at the Lloyd House, 220 North Washington St. The Folklore Society of Greater Washington and The Office of Historic Alexandria sponsor a concert on the second Friday of the month with locations rotating between the Murray-Dick-Fawcett House, Lloyd House, and The Lyceum, Alexandria's History Museum. Concert features Cold Chocolate. \$15 suggested donation for the musicians, light refreshments available, and a cash bar. Visit www.fsgw.org.

Family Splash Night. 6-9 p.m. At Chinquapin Park Rec Center and Aquatics Facility, 3210 King St., Alexandria. Featuring Charles Barrett and Jefferson-Houston Schools. Enjoy swimming, a floating obstacle course, games, relays, refreshments, music, diving for prizes and more. Different schools are featured at each event but all are welcome. Admission is \$4 per person upon entry.

Art of Armistice Reception. 7-10 p.m. with Juror Talk at 8 p.m. At the Torpedo Gallery, Alexandria. Art of

Festival Features 60 Filmmakers, 70 Films

Annual event returns Nov. 8.

The 12th Annual Alexandria Film Festival brings more than 70 films to delight, entertain, and inform area film enthusiasts Nov. 8-11.

The celebration begins Thursday, Nov. 8 with a free program of six short films, screening outdoors at Waterfront Park in Old Town. The "Free Flowing Musical Experience" will kick things off at 6:30 p.m., with the shorts beginning at 7 p.m. There will be free popcorn for the first 100 guests.

AMC Hoffman 22 Theater and Beatley Central Library serve as the principal venues with more than 60 filmmakers presenting films over the festival weekend. See full program details at AlexFilmFest.com. Ticketed shows can be found at AlexFilmFest.Eventbrite.com for \$12 or \$15 at the door. An All-Fest pass is also available for \$50 at AlexFilmFest.Eventbrite.com or \$70 at the door.

With more than 50 premieres of short and feature-length films, the festival features films from around the world including Canada, France, India, Lebanon, Spain, South Africa, United Arab Emirates, the U.K., and the U.S. Local filmmakers will screen new work and several directors, producers, actors and crew will take questions from the audience.

Free screenings at Beatley Central Library are on Friday, Nov. 10 from 10:30 a.m.-5:30 p.m. at 5005 Duke St., Alexandria.

Ticketed screenings at AMC Hoffman Theater 22 are on Saturday and Sunday, Nov. 10-11 at 206 Swamp Fox Road, Alexandria. Tickets are available at AlexFilmFest.Eventbrite.com.

Highlights include:

❖ **Burke and Herbert Bank Family Showcase** — Features five premieres for, by, or about younger viewers and their families, presented by nine filmmakers including the grand prizewinner in the na-

tional video contest "Lights, Camera, Save."

❖ **Salute to Service Members Showcase** — Features four films, including three premieres on Veterans Day Weekend. Veterans and active service members will be admitted free of charge with one guest to this showcase, first come, first served. Seating is only guaranteed through advance purchase online.

❖ **Two "Film Noir" Showcases** — Extend the Halloween chills with these thrillers.

❖ **"Meant to be Broken"** — A clever "dramedy" about a mild-mannered guy who has never broken a rule, while he tries to cope with some very bad news by breaking them all. Q&A following with D.C. filmmaker Jonathan Zuck.

❖ **"The Makeover"** — A conservative policy wonk learns to embrace his feminine, alter ego, Giselle. Q&A with Alexandria Filmmaker Jane Pittman and Giselle Donnelly. World premiere.

❖ **"Hunting Lands"** — A veteran-turned-recluse witnesses the aftermath of a heinous crime and takes justice into his own hands.

❖ **"Trickster"** — A man's life is forever changed when he meets a beautiful young woman who needs help. A "Twilight Zone" meets "Inception" thriller. East coast premiere. Q&A with filmmaker Jamie Paolinetti

❖ **"American Exploitation: The Slaves Among Us"** — Investigates sex trafficking in suburban America. Q&A with filmmakers Benjamin Brothers and John Carter. World premiere.

❖ **"American Relapse"** — An inside look at the heroin epidemic in Southern Florida and the underground "rehabilitation" industry that sprung up, not to combat but to profit. Q&A with filmmaker Pat McGee.

❖ **"Iron Orchard"** — Virginia Premiere of an epic rise and fall of a Texas oilman torn between love and ambition. Q&A with filmmaker Camille Chambers.

The festival concludes with an awards ceremony and closing reception on Sunday.



Armistice is on view through Sunday, Dec. 2. The U.S. Navy began construction on the original building, the U.S. Naval Torpedo Station, on Nov. 12, 1918—ironically the day after Armistice Day ended WWI. The building manufactured and maintained torpedoes through the end of World War II. Visit torpedofactory.org.

SATURDAY/NOV. 10

Environment Expo. 8 a.m.-noon. At Walt Whitman Middle School, 2500 Parkers Lane, Alexandria. Mount Vernon District Supervisor Dan Storck will host his first Environment Expo to explore how everyone can help save the planet, with the theme "Saving the Earth One Person at a Time."

Pancake Breakfast. 8-11 a.m. at Pema's Restaurant, 8430 Richmond Highway, Alexandria. The Mt. Vernon Evening Lions will be having

a Pancake Breakfast — A perfect way to treat a Veteran. Adult \$10; children 12 and under \$3. Contact Reba Morse at 703-339-7099.

Environment Expo. 8 a.m.-noon at Walt Whitman Middle School, 2500 Parkers Lane, Alexandria. The Environment Expo: Saving the Earth One Person at a Time will feature an Exhibit Hall with a variety of County agencies, service providers and educators, informational and hands-on workshops and screenings of the film "Hometown Habitat." The goal of the Expo is to educate and inform residents on environmental challenges that we all face on a daily basis, including ones that are unique to the Mount Vernon area given our proximity to water and the many industrial facilities nearby. Visit www.fairfaxcounty.gov/mountvernon/environment-expo-saving-earth-one-person-time.

Mount Vernon Salutes Veterans. 9

a.m.-4 p.m. At Mount Vernon Estate, Alexandria. Enjoy a concert by the Harmony Heritage Singers or the United States Air Force Strings before greeting "General and Lady Washington." Throughout the day, write a thank you letter to an active duty service member in the Vaughan Lobby. Honored guests are also invited to place a flower at Washington's Tomb. Included with general admission, free for all active duty, former, or retired military personnel. Visit www.mountvernon.org/veteransday. **Veterans Day Commemoration.** 9 a.m. At Historic Pohick Episcopal Church, 9301 Richmond Highway, Lorton. The day will begin at 9 a.m. with the dedication of a Virginia Historical Highway Marker in honor of the "The Washingtons at Pohick Church." At 9:30 a.m., there will be a reception honoring Ann Arnhart, WWII Army Nurse, in the parish hall,

ENTERTAINMENT

4 Top Spots for a Plant-Based Meal

BY HOPE NELSON

World Vegan Day, commemorating all things plant-based and celebrating a plant-based, animal-free lifestyle, kicked off a month of celebration on Nov. 1. As food culture continues to shift, it's become easier than ever to order up a meat- and dairy-free meal nearly anywhere in town — and sometimes in the spots you'd least expect to find them.

Sunday in Saigon, 682 N. St. Asaph St.

Old Town's newest Vietnamese haven offers a wealth of vegetable-centric entrees, ranging from Hu Tieu Xao, a rice noodle dish teeming with tofu and veggies, to Com Tay Cam Chay, a rice dish served in a clay pot topped with seitan, pumpkin, leeks and more. Most notably, last week, Sunday in Saigon announced that their progressively priced Tuesday pho deal now applies to vegetarian tofu pho as well, meaning that the piping-hot dish is \$5 at 5 p.m., \$6 at 6, \$7 at 7, and \$8 at 8 p.m.

Tequila and Taco, 540 John Carlyle St.

It's no secret that Mexican restaurants are generally veg-friendly, but Carlyle newcomer Tequila and Taco goes the extra mile with its interesting plant-based taco offerings. Both the cauliflower and kale and mushroom tacos fit the bill when it comes to spiciness, rich flavor and outside-the-box thinking (the black-bean tacos so ubiquitous to vegetarian Mexican cuisine are not even given billing on the menu). Not in the mood for tacos? No problem —

the vegetable burrito and bowl are both within easy reach and are certainly worth your time (and calories).

Hard Times Café, 1404 King St.

At first blush, a chili joint may not seem to be the most vegetarian-friendly spot on the planet. But look again at Hard Times Café's menu and you'll see a hearty vegetarian chili right there amid the restaurant's four options. Indeed, Hard Times has offered a plant-based chili since well before such options began to take the main stage, and while its ingredients have changed a little over time (no more peanuts in the stew, for one), the deep tomato-based comfort food remains the same. Order a bowl of it straight — no sour cream or cheese, of course — or get it atop spaghetti, Fritos or tater tots for a protein-and-carb delight.

Pizzeria Paradiso, 124 King St.

When it comes to a dairy-free meal, pizza joints are hit-and-miss. But Pizzeria Paradiso, near the foot of King Street, comes through with a bang. Every offering on the menu can be made with dairy-free cheese — and sans meat, for that matter. A go-to is the Genovese, a potato pizza drizzled with olive oil. Order it without the pesto and with the dairy-free cheese and you're on Easy Street. Wash the pie down with one of Paradiso's many beer selections and a good time will be had by all.

Hope Nelson owns and operates the Kitchen Recessionista blog, located at www.kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.

CALENDAR

followed by the premier of the documentary film: "Ann Arnhart." The morning's events will conclude with an 11 a.m. Colonial-period Morning Prayer Service in the historic church. Call 703-339-6572, or visit the website at www.pohick.org.

Bird Walk. 9-10:30 a.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Wander through the autumn gardens where birds are making their preparations for the cold winter ahead. Bring field glasses, if you have them, and Green Spring will provide a bird search sheet. Warm up with some hot cider and talk with your guide about the birds you see and hear. Cost is \$10 per person. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-spring.

Craft Fair. 9 a.m.-2 p.m. at First Christian Church, 2723 King Street, Alexandria. First Christian Church invites you to unwrap the holiday season by shopping at its craft fair/pancake breakfast. Visit the website www.fcalexandria.com.

Civil War Tours. 10 a.m. and 2 p.m. at Fort Ward Museum, 4301 W. Braddock Road, Alexandria. Fort Ward Museum will offer soldier-led tours of historic Fort Ward in honor of Veteran's Day. Tours are free, and will begin in the Museum. Call Fort Ward Museum at 703-746-4848.

Portside History. 11 a.m.-2 p.m. at Old Town Alexandria waterfront, 1 King St., Alexandria. Free. On Nov. 10: Honoring Our Veteran. Through the centuries, war brought changes and challenges to the waterfront. See archival documents and images highlighting everything from embargos to wartime industries as Alexandria commemorates the 100th Anniversary of WWI. Visit www.PortsideInOldTown.com.

Veteran's Day Lecture. 11 a.m. at The Alexandria History Museum at The Lyceum, 201 S. Washington St., Alexandria. Free Veterans Day lecture by C.R. Gibbs, "Come Out Fighting: How the Original Black Panthers and Other African Americans Helped to Defeat the Axis and Win World War II." This presentation describes the gallant and inspiring story of the nation's first African American armored unit. Visit www.alexandriava.gov/Lyceum.

Autumn Fest Beer Festival. 11:30 a.m.-4 p.m. at Pizzeria Paradiso Old Town, 124 King Street, Alexandria. This season's festival features 21 brews from 21 Virginia-based independent breweries. The festival has no entrance fee but guests can purchase drink vouchers for \$15 which include three 6 oz. beer samples and a free Autumn Fest glass. The event will also feature entertainment for the whole family like corn hole, giant Jenga, and board games. Pizzeria Paradiso's non-profit partner, Art Works Now, a local organization which provides arts programming for the community, will have mini-pumpkin painting for a suggested donation of \$5.

Learn to Discern. 12 p.m. At Kate Waller Barrett Branch Library, 717 Queen St., Alexandria. Free. Author of Raising America's Zoo, the story of the National Zoo's shift from a Victorian-era menagerie to its current day center for animal conservation, research and education. Email amurray@alexlibraryva.org or visit alexlibraryva.org.

Mount Vernon Kitchen. 1-3 p.m. At George Washington's Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. Admission: \$35 per person. Participate in a scavenger hunt in the historic area and discover locations and ingredients that were important

to chocolate production. After finding the ingredients, observe how chocolate was made in George Washington's time while learning about the history and science. Call 703-780-2000 or visit www.MountVernon.org.

The United States Air Force Band. 2 p.m. at The Athenaeum, 201 Prince St., Alexandria. The United States Navy Concert Band will present a special Veterans Day Weekend performance. The chamber music recital performance will feature a diverse array of traditional and contemporary music. This performance is free and open to the public. Visit www.nfaa.org or call 703-548-0035.

AAUW Meeting. 2 p.m. at Heritage Presbyterian Church, 8503 Fort Hunt Road, Alexandria. Free. American Association of University Women Mt. Vernon Branch presents AAUW Then and Now with Suzanne Gould, AAUW Archivist and Historian. Learn about AAUW's founding story and work throughout its 137-year history. Light refreshments will be available. Call 703-360-8678, or visit mtvernon-va.aauw.net.

Taste of Thanksgiving History. 2 p.m. at Lee-Fendall House, Alexandria. Food historian Joyce White will give a lecture and tasting program. Tickets are \$15 per person for this 90 minute program and are available at www.leeendallhouse.org.

Author Talk. 2 p.m. at Ellen Coolidge Burke Branch Library, 4701 Seminary Road, Alexandria. Author of Raising America's Zoo, the story of the National Zoo's shift from a Victorian-era menagerie to its current day center for animal conservation, research and education. Email amurray@alexlibraryva.org
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ENTERTAINMENT

p.m. at Lee-Fendall House, 614 Oronoco Street, Alexandria. This program explores the traditions that have made Thanksgiving the truly American holiday that it is, followed by samples of Thanksgiving food from four centuries. Tickets \$15. Visit www.leefendallhouse.org.

SATURDAY-MONDAY/NOV. 10-12

Colonial Market & Fair. Hours are Saturday and Sunday from 9 a.m.-4 p.m.; Monday from 9 a.m.-1 p.m. at George Washington's Mount Vernon. Features dozens of America's historic craftspeople and plenty of family fun. Colonial-attired artisans demonstrate 18th-century crafts and sell traditional wares such as food, woodcarvings, metalwork, furniture, and more. Visit mountvernon.org/colonialfair.

SUNDAY/NOV. 11

Armistice Day Ceremony. 10 a.m. at Gadsby's Ballroom, 400 Cameron St., Alexandria. The American Legion Post 24 of Alexandria will be holding an Armistice Day ceremony. To commemorate the 100 years anniversary, an Alexandria City representative jointly with American Legion officers will unveil a new plaque that will be affixed to the side of the historical Post home to honor local World War I heroes. Visit www.alexandriava.gov/historic/info/default.aspx?id=93363

Free Tours on Veterans Day. 11 a.m.-4 p.m. at Gadsby's Tavern Museum, 134 N. Royal St., Alexandria. Gadsby's Tavern Museum was saved from destruction thanks to the efforts of American Legion Post #24. To honor this connection, tours of the Museum on Veteran's Day will be free for all guests. Visit alexandriava.gov/historic.

AAUW Talk. 2-4 p.m. At Cameron Station Clubhouse, 200 Cameron



SSSAS Presents 'Peter and the Starcatcher'

A magical adventure that reveals the origins of Peter Pan, Wendy, the Lost Boys, and their piratical nemesis, Captain Hook – and a far-off place known as Neverland. Friday-Saturday, Nov. 9-10, 7:30 p.m. At St. Stephen's and St. Agnes School, 1000 St. Stephen's Road, Alexandria. \$5; call 703-212-2777 or visit sssas.org/arts.

Station Blvd., Alexandria. Melanie Barr-Brooks, J.D., Associate Vice President, Fair Practices, Northern Virginia Community College will speak to the Alexandria Branch of AAUW (American Association of University Women). Her topic is the current status of Title IX, passed in 1972 as a follow-up to the Civil Rights Act of 1964. The event is open to the public. Email gailkalin@yahoo.com or vmvkress@gmail.com.

Thanks for Giving. 4-8 p.m. At Rachel M. Schlesinger Concert Hall, 4915 East Campus Drive, Alexandria. Free. A seasonal community concert presented by The National Capital Band of the Salvation Army. Email Debra.Byrd@uss.salvationarmy.org. For tickets, visit www.eventbrite.com/e/thanks-for-giving-2018-concert-tickets.

51424931354.

TUESDAY/NOV. 13

Alexandria Women in World War

I. 7 p.m. at The Lyceum, 201 S. Washington Street, Alexandria. The Alexandria-Caen Sister Cities presents a lecture by Elizabeth Foxwell, editor of "In Their Own Words: American Women in World War I." Featuring wine, desserts and light fare. Cost of \$10 per person supports ACSCC programs. For information and tickets, visit shop.alexandriava.gov. Contact AlexandriaCaenSisterCities@gmail.com or call 202-907-5941.

WEDNESDAY/NOV. 14

Book Discussion. 2 p.m. At Ellen Coolidge Burke Branch Library, 4701 Seminary Road, Alexandria. Free.

The Round House by Louise Erdrich. Celebrate Native American Heritage Month for a discussion of a page-turning masterpiece by one of the most revered novelists of our time and a brilliant chronicler of Native-American life. Contact Anton Murray at amurray@alexlibraryva.org.

Rock the Block. 6-9 p.m. Eat at the top restaurants in Old Town and support the National Center for Missing and Exploited Children. Each guest will receive a wristband at their reserved "starting restaurant" and enjoy unlimited food and drink at all participating restaurants. Admission: \$125; \$300 for VIP and includes reception from 5-6:30 p.m. and after party 9-11 p.m. Call 877-446-2632, ext.3145 or visit the website www.rocktheblocks.org.

Winter's Bone. 6:30 p.m. At James M.

Duncan, Jr. Branch Library, 2501 Commonwealth Avenue, Alexandria. Free. The Friends of Duncan Library are sponsoring A Year of Great Art House Films on the first Wednesday of each month. Due to the book sale, this month they will view our film on the second Wednesday. Contact Anton Murray at amurray@alexlibraryva.org.

Weaving and Beading. 7 p.m. At Charles E. Beatley Jr. Central Library, 5005 Duke Street, Alexandria. Free. Explore traditional skills and use them to make a craft in honor of Native American Heritage Month. All ages with adult. Contact Anton Murray at amurray@alexlibraryva.org.

THURSDAY/NOV. 15

Historic Pohick Church Christmas

Mart. 10 a.m.-2 p.m. at Pohick Episcopal Church, 9301 Richmond Highway, Lorton. The Parish House and the Vestry House will be transformed into a festive Christmas atmosphere with rooms filled with Attic Treasures, a Consignment Shop, fresh baked goods, homemade candy and apple butter, and frozen casseroles made by the women of Pohick Church. Colonial-attired ladies will serve luncheon at three sittings (11 a.m., noon and 1 p.m.) for \$13. Admission to the Christmas Mart is free. Visit www.pohick.org or call 703-339-6572.

The Georgetown Saxatones A Cappella Concert. 7 p.m. At The Athenaeum, 201 Prince St., Alexandria. As Georgetown's only community service a cappella group, they are passionate about sharing their music in support of worthy causes. Proceeds to benefit the Saxatones' preferred charity: the D.C. Autism Society. Tickets \$15. Visit www.nfaa.org or call 703-548-0035.

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ENTERTAINMENT

7:30-10 p.m. at The Lloyd House, 220 N. Washington St., Alexandria. Join the Alexandria-Caen Sister Cities Committee and the Office of Alexandria, and participate in the world's largest wine party. On Beaujolais Nouveau Day, parties are held throughout France. Cost of \$40 per person supports ACSCC programs. Call 703-746-4994 or visit alexandriava.gov/Shop.

NOV. 15-JAN. 6

Art Exhibit – Re:Vision. Gallery hours at The Athenaeum, 201 Prince St., Alexandria. In Re:Vision, Elizabeth Casqueiro reflects on the emotional content of immigration and what it means to push forward with a new life while remaining pulled by the old. Visit www.nfaa.org or call 703-548-0035.

FRIDAY/NOV. 16

Cape Science. 4 p.m. At James M. Duncan Jr. Branch Library, 2501 Commonwealth Ave., Alexandria. Free. Mixed Reactions explores the signs and signatures of chemical changes, featuring one of the most exciting areas of chemistry: combustion. Contact Anton Murray at amurray@alexlibraryva.org.

Community Dance. 7:30-9:30 p.m. At Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Third Friday Community Dance with the Mount Vernon Swing Band; live music conducted by Owen Hammett. Cost is \$4 at door. Open to the community. Call 703-765-4573.

SATURDAY/NOV. 17

Tour de Mount Vernon. 8:30 a.m. Starting and ending at Fort Hunt Park in Mount Vernon with Mount Vernon District Supervisor Dan Storck. This has been rescheduled. Register today to ride or volunteer.

Visit www.fairfaxcounty.gov/mountvernon.

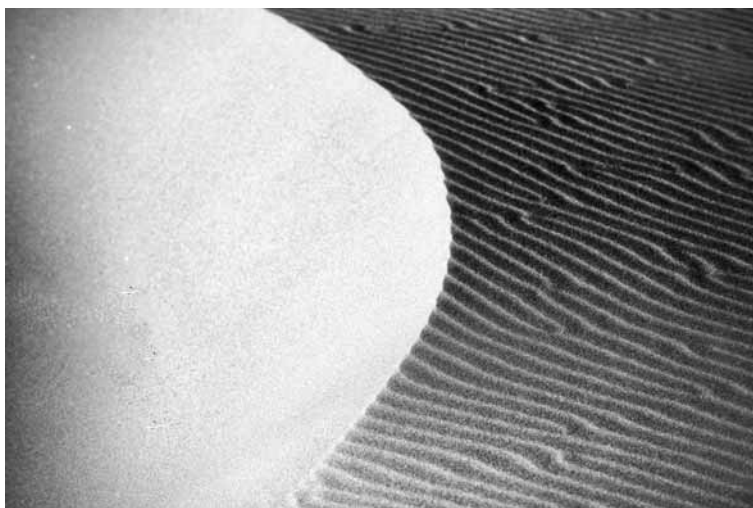
Walking with Washington Tour. 10 a.m.–noon at the Alexandria Visitor Center (Ramsay House), 221 King St., Alexandria. Free. Explore important sites associated with George Washington in his hometown of Alexandria. This guided walking tour of historic Old Towne covers significant people and events in Washington's life and in American history. No reservations required. Call 703-379-7460 or visit www.washingtonbirthday.com.

Dinorock Production Puppet Show. 10 and 11:15 a.m. At Durant Arts Center, 1605 Cameron St., Alexandria. Dinorock Production puppeteers will explore characteristics that human babies and dinosaur babies share, using award winning music and dynamic puppetry. Reservations per show are \$5 for all ages (adults and children). Children must be accompanied by at least one adult. Visit www.alexandriava.gov/webtrac.

Kids Krafts. 10 a.m.–2 p.m. At Friendship Firehouse Museum, 107 S. Alfred St., Alexandria. Create and take home craft projects inspired by early firefighting history. This program is for ages 5-8 and their caregivers. Space is limited, pre-purchased timed tickets are required. \$5 per child includes a craft kit and museum admission. \$2 for adults. Purchase tickets at alexandriava.gov/Shop or call 703-746-4994.

Portside History – Preserving Ice. 11 a.m.–2 p.m. at Old Town Alexandria waterfront, 1 King St., Alexandria. Free. Discover how Alexandrians preserved ice before the invention of home refrigerators. Visit www.PortsideInOldTown.com.

Make Old-Fashioned Toys. 1-2 p.m. At Historic Huntley, 6918 Harrison



Division Arch, 2018, photograph printed on metallic paper

Art Exhibit: 'Pattern + Texture'

Photographer Pete McCutchen captures mesmerizing patterns found in rock, ice, and sand, transforming natural scenery into abstract, alternate realities. Presented in monochrome and printed on metallic paper, McCutchen's photographs bewitch the eye with their ability to evoke two-dimensional patterns; jagged rocks become houndstooth; sand dunes pose as pinstripes. Exhibit runs through Dec. 2, gallery hours at the Torpedo Factory Art Center, 105 North Union Street, Studio 21, Alexandria. An opening reception is planned for Thursday, Nov. 8, 6:30-8 p.m. Visit www.theartleague.org or 703-683-1780.

Lane, Alexandria. Make simple toys to take home and play games like those the children who once lived at Historic Huntley enjoyed. A special children's house tour and scavenger hunt are part of the fun. The program is designed for participants age 4 to adult. Cost is \$7 per person. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/

historic-huntley.

American Girl Talk. 1:30-3:30 p.m. or 2:30-4:30 p.m. At Mount Vernon Estate, Alexandria. American Girl author Valerie Tripp brings Felicity to Mount Vernon. Listen to "Martha Washington" and Valerie Tripp, author of the first American Girl book Felicity, as they share the story of their collaboration for the book. The

menu includes tea and 18th-century desserts. Tickets: \$36/adult, \$20/youth. Visit www.mountvernon.org.
Alexandria Cider Festival. 2-6 p.m. At Lloyd House, 220 N. Washington St., Alexandria. Enjoy a selection of ciders from more than 12 Virginia cideries. Ticket includes tastings, a souvenir glass, live music and fun fall activities. Food trucks will also be on-site. Additional tasting tickets and tasting lectures available for purchase. Dress for the weather—this event is outdoors. \$45. Visit www.visitalexandriava.com/fall.

SUNDAY/NOV. 18

MIN-Contemporary Flute and Guitar Duo. 1 p.m. At The Athenaeum, 201 Prince St., Alexandria. Free. "MIN" will engage the audience with music from many diverse styles and genres including baroque, be-bop, blues, bossas, ballads, Broadway and beyond. Visit www.nfaa.org or call 703-548-0035.
Opening Reception – Re:Vision. 4-6 p.m. at The Athenaeum, 201 Prince St., Alexandria. In Re:Vision, Elizabeth Casqueiro reflects on the emotional content of immigration and what it means to push forward with a new life while remaining pulled by the old. Visit www.nvfaa.org.

Capitol Steps UCM Benefit. 5 p.m. At the U.S. Patent & Trademark Office, 600 Dulaney St., Alexandria (Madison Building). Tickets: \$80 reserved table seating includes appetizers, beer, wine. Sponsorships start at \$500. No matter who or what is in the headlines, The Capitol Steps tackle both sides of the political spectrum and all things equally foolish. A fundraiser for the United Community Ministries. Visit www.ucmagency.org for tickets.

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Democrats Sweep City Council

FROM PAGE 1

local issues are “as important to me as the bigger federal issues,” she said she didn’t know much about local candidates.

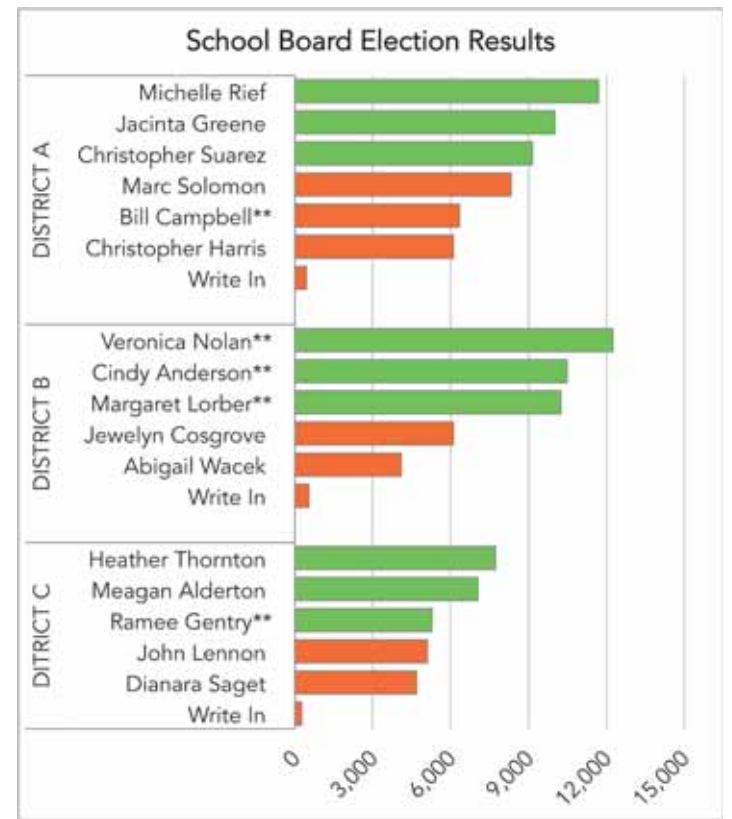
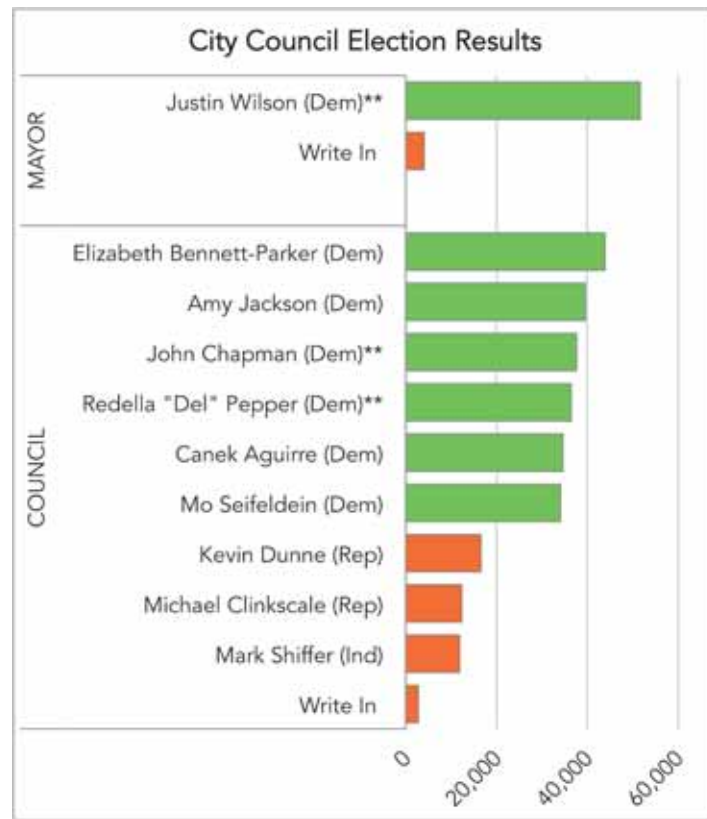
Democrat Nate Ho said the election for him was mostly about national issues, that he hasn’t paid much attention to local issues, and voted the ticket.

Voters wanted to “send a message, federally,” said Wilson, agreeing that many people were primarily interested in the federal races. At the local level, “we’re going to have a great team,” which is “the most diverse council this city has ever seen,” in terms of race and gender, he said. “We’ve got some big work to do,” for example, securing the city’s economic future. “We’re going to need some new thinking.”

Republican James Cottrell said the most important issues for him vis-à-vis the federal races were the economy and foreign policy. Inasmuch as the election was a referendum on Trump, he thinks Trump is doing a “sensational” job.

But “I pay attention to every level,” he said. At the local level, he’s most concerned about limiting development and controlling spending. He thinks the “short-term gain” for the city of more development will lead to “long-term pain” in terms of increasing costs for services to more and more residents.

He thinks some voters wrongly believe



** = incumbent. Unofficial election results from Virginia Department of Elections (results.elections.virginia.gov). Official results will be available Saturday afternoon, Nov. 10.

that supporting partisan candidates at the local level will affect the federal level. He usually votes Republican or Libertarian, but in the past voted for Silberberg and independents.

“I’m a deplorable” and “very much in the Trump camp,” said Laurie Kirby. At the national level, she expressed most interest in the economy and defense. At the local level, she’s concerned about “spending generally,” and wants to “temper” expansion in order to relieve strain on infrastructure. She thinks Republicans would be more respon-

sible with taxpayers’ money, saying that, for retirees, it’s “tough to keep up with [local] taxes as they are.”

Republican Michael Lane, a former Arlington County Board member, said he’s concerned that the Alexandria City Council’s “knee-jerk reaction to any issue is a government-sponsored spending program.”

“I’m looking for accountability in schools and concrete programs to improve Alexandria’s public schools academic reputation.

I wasn’t inspired by any of the [School

Board] candidates,” he said.

Republican Terri Hauser thinks an over-focus on national issues has “diluted” focus on local issues and candidates.

“A city that prides itself on diversity ought to have diversity of opinion reflected on its City Council,” she said. She thinks local elections should occur in May, as in the past, and not alongside state and federal races in November.

Regarding partisan diversity on the City Council, “voters settled the issue,” said Wilson.



Novlie Evans talks with City Council candidate Amy Jackson. Jackson says, “It’s been busy at all of the polling places where I’ve been today. There has been a steady stream of rain and voters. That’s good for the Democrats.”



PHOTOS BY SHIRLEY RUHE/GAZETTE PACKET

Steady Stream of Rain and Voters

Natoma Jalloh and Rashidau Kanu from Sierra Leone with mayoral candidate Justin Wilson outside Samuel W. Tucker Elementary School polling place. Kanu says, “I am voting because we need change. We are all one people, no matter what color. My husband is back there in Sierra Leone. I have two kids here. I’ve tried and tried to get him here.”

Renee O’Brien, precinct captain of 308 just around the corner from Samuel Tucker, says she is helping out at this location for a while. “When we vote we win. These badges say it all. ... It has been busy all day.”



Maranda Boson, assistant chief elections officer for the City of Alexandria, is sitting at the Ballot Table. She said she arrived at 4:45 a.m. to setup. “The doors have to be open at 6 a.m. There was a line around the building waiting to vote when we opened. The woman who was the first in line had probably been here since 5 a.m.”



A double line of 13 chairs stays filled with voters at Samuel W. Tucker Elementary School.

LETTERS

FROM PAGE 13

schools, to succeed later in life; systematically teach that content to all students; and assure that they learn it. In effect, achieve excellence through insistent, uniformly high expectations and true integration.

Finally, given the vocal obsession with school-system “capacity” among ACPS actors — surely a prelude to another “fully fund our schools” campaign leading to even higher taxes — let us first fully audit our schools to determine their accountability and take time-proven measures to redress any and all shortcomings. Such should be the principal remit of the new School Board.

Judy Navarro
Alexandria

Retain Name For Park

To the Editor:

For over 20 years, Pat Troy, and countless other Alexandria citizens, city councilmen, and mayors supported recognizing city founding father Colonel John Fitzgerald. Since 2012, Fitzgerald Square Park was the approved name for the park located at the foot of King Street, and it should be retained. No citizens petitioned for a name change.

Why recognize Colonel Fitzgerald and others who contributed to the history of the waterfront? Review the City's own extensive report, dated 2012,

[https://www.alexandriava.gov/uploadedFiles/planning/info/Waterfront/A6_History%20Appendix\(1\).pdf](https://www.alexandriava.gov/uploadedFiles/planning/info/Waterfront/A6_History%20Appendix(1).pdf). A public survey and a public hearing were held on Fitzgerald Square Park in 2016. What is the reason behind the arbitrary name change?

American Revolutionary War Veteran Col. John Fitzgerald saved Alexandria from being burned down by the British, was a mayor of Alexandria, started the City Council, founded the Alexandria bank and library, and filled in land to establish current Alexandria waterfront. Col. Fitzgerald is also a founding father of St. Mary's Catholic Church, the first Catholic Church in Virginia, now the Basilica of St. Mary, as designated by the Vatican, with over 7,000 parishioners. St. Mary's was built with the assistance of Fitzgerald's friend George Washington and protestant Col. Robert Hooe, Alexandria's first mayor. Col. Fitzgerald was George Washington's Aide-de-Camp and served with Col. Hooe. Fitzgerald

SEE LETTERS, PAGE 22

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Legals

Sealed proposals for the City of Alexandria per specifications will be received in the office of the Purchasing Division until the date and time designated as follows:

Title: Request for Qualifications No. 769, Backlick Run Trail Extension Phase One.

Closing Date and Time: December 7, 2018, 4:00 p.m., prevailing local time.

For general inquiries contact Randy Burns, CPPB, Purchasing Agent at randy.burns@alexandriava.gov.

The City of Alexandria reserves the right to reject any and all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. **THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS.**

Legals

Sealed proposals for the City of Alexandria per specifications will be received in the office of the Purchasing Division until the date and time designated as follows:

Title: Request for Qualifications No. 786, Gadsby's Tavern 10-Year Plan.

Closing Date and Time: November 30, 2018, 4:00 p.m., prevailing local time.

There will be a non-mandatory pre-proposal meeting on November 7, 2018 at 10:00 am EST in the purchasing conference room located at 100 N. Pitt St., Suite 301 Alexandria, VA 22314

For general inquiries contact Randy Burns, CPPB, Purchasing Agent at randy.burns@alexandriava.gov.

The City of Alexandria reserves the right to reject any and all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. **THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS.**

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ALEXANDRIA RENEW ENTERPRISES (AlexRenew) REQUEST FOR PROPOSAL NO 19-006

AlexRenew is seeking proposals for the Process Air Compressor (PAC) System Upgrade – Purchase of PAC Turbo Blowers. Sealed Proposals with the notation "PAC System Upgrade – Purchase of PAC Turbo Blowers", RFP# 19-006, will be received at Alexandria Renew Enterprises, 1800 Limerick Street, Alexandria, VA 22314, Attn: Maryam N. Zahory, Purchasing Agent, on or before 2:00 pm, December 12, 2018. RFP documents may be obtained from the AlexRenew website <https://alexrenew.com/business-opportunities> and the Commonwealth of Virginia website <http://www.eva.virginia.gov/pages/eva-i-buy-for-virginia.html>.

Legals

Legals

ALEXANDRIA RENEW ENTERPRISES (AlexRenew) REQUEST FOR PROPOSAL NO 19-007

AlexRenew is seeking proposals for the Process Air Compressor (PAC) System Upgrade – Purchase of PAC Electrical Gear. Sealed Proposals with the notation "PAC System Upgrade – Purchase of PAC Electrical Gear", RFP# 19-007, will be received at Alexandria Renew Enterprises, 1800 Limerick Street, Alexandria, VA 22314, Attn: Maryam N. Zahory, Purchasing Agent, on or before 4:00 pm, December 12, 2018. RFP documents may be obtained from the AlexRenew website <https://alexrenew.com/business-opportunities> and the Commonwealth of Virginia website <http://www.eva.virginia.gov/pages/eva-i-buy-for-virginia.html>.

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Sounds Not So Silent



By KENNETH B. LOURIE

With apologies to Simon and Garfunkel: burping, hiccuping, coughing, “expectorating,” wheezing, sneezing, sniffing, nose running, nose bleeding, nose blowing, “gassing,” gurgling and “nauseating.”

If this were football, I’d likely receive a penalty for piling on: too much not of a good thing.

For me, it’s just another day in cancer’s side-effect paradise. For my wife, Dina, however, it’s more difficult; caught in the crossfire, so to speak. Aside from how cancer makes you look and feel, there is also an element of how it makes you sound.

Not that I’m self-conscious or anything; I’m just more self-aware. But there’s only so much one can do, or quite frankly, want to do to manage/control one’s sights and sounds.

After all, side effects are sort of the cost of doing business in the medical/pharmaceutical world. And though every patient doesn’t experience identical symptoms, we’re all warned equally that there could be trouble in them “thar” pills. Part of that trouble is internal: what you feel, and part of that trouble is external: what you see and hear. And depending upon what medication you’re receiving, you could be experiencing side effects that manifest more like main effects.

Generally speaking, unless I was really uncomfortable and/or insistent when speaking to my oncologist, he has refrained from treating side effects – too much. His thinking has been that too many pills treating too many side effects makes Kenny an extraordinarily dull and dependent boy, and likely makes matters worse. Granted, there have been exceptions.

But prescribing an ever-increasing number and variety of pills seems akin to chasing one’s own tail. It may be amusing to look at (if you’re a cat or dog owner), but it’s a hell of a price to pay for a minimal amount of relief. You may not be any worse for the wear, but neither are you any better off than when you started.

Obviously, in the cancer-treatment world, there’s going to be some discomfort, and I have been prescribed some side-effect medication accordingly: for a skin rash, for constipation, to boost my appetite, for pain and for neuropathy. But overall, to ease my worried brow, we’ve tried to stay away from letting side effects affect my primary care.

Unfortunately, the reality is, every medication, every treatment, every procedure produces side effects. Trying to keep your eye on the ball during multiple processes, can become challenging. And though it may not be rocket science, it is medicine/science which for a Humanities graduate like me is as unnatural as it can possibly be.

All I understand is trying not to make matters worse, but when you’ve been diagnosed as “terminal,” which I was, things have already become worse. Ergo, knowing how to manage your situation so as not to exaggerate the challenge you already face itself becomes a side effect for which there’s very little treatment.

Knowing when to add or subtract medications, knowing when to change one’s infusion medicine, knowing when to schedule infusion intervals and knowing when to schedule diagnostic scans, are all wrenching emotional decisions which might have life-ending consequences so these decisions do carry the weight of the world. And though my father always told me that I had broad shoulders (meaning I could carry the weight), I have never been tested as I have these last nearly 10 years.

Having survived for as long as I have, presumably, I have made some correct decisions. Nevertheless, I still feel like I’m one wrong move from disaster. And it’s never more clear to me then when I’m listening to what I’m hearing.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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LETTERS

FROM PAGE 21

was at George Washington’s side when Washington took over troops at Boston in 1775. Col. Fitzgerald was a war hero at the Battles of Trenton and Monmouth, where he was wounded.

After petitions and reports by the city’s Historical and Waterfront Commissions and much public input, the city approved the “Interim Fitzgerald Square Park” as part of the Alexandria Waterfront Plan, dated 2012. There was no indication in the waterfront plan indicating “Interim” applied to the actual name “Fitzgerald Square.” What we did find is that the city and other groups repeatedly referred to Fitzgerald Square as the park name and that the term “interim” was used because the funding for a permanent park was a long way off.

In addition, the city conducted a public survey on the Fitzgerald Square Park in March 2016, indicating that the city was using Fitzgerald Square as an official name. The city stated in its 2016 announcement: “The Waterfront Small Area Plan, approved in June 2014, envisions a new public plaza at the foot of King Street called Fitzgerald Square.”

Only after the name was stripped this past March, did City Spokesman Fifer, Councilwoman Pepper, Councilman Wilson and City Manager Jinks claim that the term “Interim” applied to the name of the park.

Mayor Silberberg was advised by the city spokesman only a few days prior to the announcement of the Fitzgerald name change to King Street Park, recalling our colonial subjugation to British tyranny. Mayor Silberberg was shocked by the name change and does support Fitzgerald Square. It was also a shock to the mortally ill Pat Troy and thousands of other Fitzgerald Square supporters who felt Alexandria City let them down. This did not stop Del Pepper and other politicians from riding the St. Patrick’s Day parade hoping to garnish votes in the next election.

Over 1,500 signatures have been collected in support of Fitzgerald Square in addition to the support of the Basilica of St. Mary and its 7,000-plus parishioners.

Please vote in City Park Naming Survey found at https://www.alexandriava.gov/news_display.aspx?id=106160

through Nov. 16. You do not have to be a city resident to take the survey.

Bernadette Troy
Kathleen Troy Molloy

BULLETIN BOARD

SATURDAY/NOV. 10

17th Annual Veterans’ Day Ceremony. 11 a.m. at the Captain Rocky Versace Plaza and Vietnam Veterans’ Memorial, Mount Vernon Recreation Center, 2701 Commonwealth Ave. The City of Alexandria and “Friends of Rocky Versace” will host the one-hour, indoor ceremony will honor posthumous Medal of Honor recipient, Ranger Hall of Fame inductee, Distinguished Member of the Special Forces Regiment and Distinguished Member of The Old Guard Regiment, Captain Rocky Versace; the 66 other Alexandrians who died during the Vietnam War; and all veterans of the U.S. Armed Forces in attendance. Visit www.virginia.org/Listings/EventsAndExhibits/VeteransDayCeremonyAlexandria.

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NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/18.

ALIGNMENT SPECIAL

\$69⁹⁵

Your car's alignment suffers, and can
cause uneven tire wear and steering problems.
INCLUDES: Inspect suspension, ball joints, struts
& shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/18.

BRAKE SPECIAL

\$79⁹⁵

Includes: Install Genuine Toyota front brake pads,
inspect front & rear rotors & drums, check tire
condition and inspect all hardware. Pads only.
MACHINE ROTORS ADDITIONAL

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WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/18.

**SIGHT LINE
WIPER BLADES**

\$10 OFF

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
PURCHASE. VALID ONLY AT ALEXANDRIA
TOYOTA PARTS CENTER ONLY. GOOD THRU 11/30/18.

VARIABLE DISCOUNT

\$15.00 OFF when you spend \$100.00 - \$199.99
\$30.00 OFF when you spend \$200.00 - \$299.99
\$45.00 OFF when you spend \$300.00 - \$399.99
\$50.00 OFF when you spend \$400.00 or more

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ALEXANDRIA TOYOTA

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FREE

BATTERY CHECK-UP

Check cold cranking amps and visual inspection of
battery condition. Includes battery condition print out.

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WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/18.

TRUESTART™ BATTERIES

**SPECIAL
OFFER**

\$99⁹⁵

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month free replacement,
24 month free roadside assistance.
Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/18.

Check your windshield. Does your sticker say **10/18, 11/18,**
or **12/18**? If so, your VA Safety Inspection is now due

VIRGINIA STATE INSPECTION

FREE

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/18.

CALL FOR AN APPOINTMENT AT 703-684-0710 OR SCHEDULE ONLINE AT ALEXANDRIATOYOTA.COM

For more than 38 years our Associates have lived in and supported the Alexandria community.

#WeAreAlexandria



OPEN SUN 11/11, 2-4

Potomac Greens | \$1,049,900

Fabulous former model with over \$230K in upgrades & almost 4,000 SF of living space. 4 fireplaces, huge 2-car garage. Custom cherry library, 10-ft ceilings and stone fireplace. Top level party room/optional 4th bedroom has wet bar and roof deck. 719 Bracey Lane
Joan Shannon 703.507.8655
www.JoanHome.com



OPEN SUN 11/11, 2-4

Old Town Crescent | \$1,139,000

One level living in Old Town. Gorgeous 2,200-SF corner penthouse offering 3 bedrooms, 3.5 baths, elegant living and dining area, family room, study, new kitchen and master bath, and 34-ft wide terrace. One parking space with additional available. 828 Slaters Lane #406
Annette Hinaman 571.216.4411
www.AnnetteHinaman.com



OPEN SUN 11/11, 2-4

SW Waterfront | \$1,070,000

Live in the HOTTEST new neighborhood in DC, District Wharf! Beautifully updated this townhome boasts 3 bedrooms, 3.5 baths, family room, hardwood floors, granite & stainless kitchen, gas fireplace, 2-car garage & more! Steps to Metro. 715 G Street SW
Mary Farrell 703.969.5522
www.ChooseMaryFarrell.com



OPEN SUN 11/11, 2-4

Alexandria | \$824,900

Located on a cul-de-sac & walking distance to King St Metro, this rarely available front-to-back split is a hidden gem! Newly expanded to 4 bedrooms and 3 full baths with renovated chef's kitchen, family room, screened-in porch & fenced flat yard. 501 Robinson Ct.
Jodie Burns 571.228.5790
www.JodieBurns.com



OPEN SUN 11/11, 2-4

Belle Haven | \$749,000

River Views in Belle Haven! Great new price for this value-added home! Outdoor kitchen with fireplace; updated 3-bedroom, 3-bath and garage! Across from golf course – be in for the holidays! 6036 Fort Hunt Road
Janet Caterson Price 703.622.5984
www.JanetPriceHomes.com



Fort Ellsworth Condo | \$340,000

Corner condo with unique 2 level floor plan features an open entry foyer overlooking sunken living area which opens onto 6-ft x 12-ft balcony. 3 bedrooms, 2 baths and laundry closet. Less than 1 mile to King St Metro with assigned parking, pool, tennis court & picnic area.
Charlene Schaper 703.217.3666
www.CSchaper.com



OPEN SUN 11/11, 2-4

Del Ray

\$629,900

2-bedroom, 2-bath semi-detached, light-filled home with open living and dining room leading to expanded and renovated kitchen. Finished lower level with full bath. Finished attic makes great office, guest room, play space. Fenced yard. Driveway. Walk to "The Avenue."
221 E Del Ray Ave

Jen Walker 703.675.1566
www.JenWalker.com



OPEN SAT 11/10, 2-4 & SUN 11/11, 2-4

Old Town/ Yates Gardens

\$724,000

2/3 bedrooms & 2 baths! Updated kitchen and baths! Finished lower level. Freshly painted throughout! Screened porch! Private rear garden. Assigned parking for one car. 406 Jefferson Street

Sally Z. Harper 703.517.2849
www.SallyZHarper.com



McEneaney Associates and Babs Beckwith are proud to be sponsors for the 2018 Toasting Our Town fundraiser to benefit the Historic Alexandria Foundation Preservation Fund. For 38 years, McEneaney Associates has made an investment in Alexandria that benefits our communities and organizations, and we are honored to have long-standing relationships that go beyond our real estate services.

www.historicalexandriafoundation.org/events

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