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# Alexandria Gazette Packet



PAGE 15

25 CENTS

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NOVEMBER 22, 2018



PHOTO BY JEANNE THEISMANN/GAZETTE PACKET

**Gold Star mother Jeanette Lilly, 93, stands near the newly unveiled memorial to her son, 1st Lt. Lawrence Lilly, at the Capt. Rocky Versace Plaza and Vietnam Veterans Memorial Nov. 15 in Del Ray.**

## 'A Long Time Coming'

POW/MIA Lilly's name added to memorial.

BY JEANNE THEISMANN  
GAZETTE PACKET

**A**s snow blanketed the Captain Rocky Versace Plaza, the newly chiseled name of 1st Lt. Lawrence Lilly was unveiled Nov. 15, bringing to 68 the number of Alexandrians fallen during the Vietnam War and honored with a Gold Star at the city's Vietnam Veterans Memorial in Del Ray.

"This was a long time coming," said Jim Kurtz, who served with Lilly in the Army's 1st Cavalry Division. "On behalf of his comrades, I am so thankful to the City of Alexandria for keeping his memory alive."

Lilly's 93-year-old mother, Jeannette Lilly, unveiled the Gold Star tribute to her son on the out

**1st Lt. Lawrence Lilly, shown in an undated photo, was shot down over Cambodia in March of 1971 and is one of seven Alexandrians still considered a POW/MIA from the Vietnam War. The Friends of Rocky Versace held a ceremony Nov. 15 to add Lilly's name to the memorial plaza in Del Ray.**



PHOTO CONTRIBUTED

SEE 'A LONG TIME COMING', PAGE 14

## Nickels and Dimes

Enrollment growth, cost additions and increases drive another big school system CIP.

BY DAN BRENDEN  
GAZETTE PACKET

**T**he public schools superintendent put forward another nearly half-billion dollar 10-year capital improvement budget this year, stemming mostly from continued capacity needs, but also in part by creeping non-capacity costs.

In its budget last year, the city government committed fully to the School Board's 10-year capital request of \$475 million through FY

2028. That represented about a fifth of the city's total \$2.2 billion capital outlook — the second largest expenditure category behind sewers. It also represented at 27 percent increase over the city's funding commitment the year before, and a 73 percent increase over its commitment the year before that. However, the School Board repeatedly cautioned that last year's amount, despite the big bump, wouldn't cover the full price tag of deferred maintenance and

SEE ENROLLMENT, PAGE 20

## 'Can't Do It All'

Public schools administration considering decreasing teacher benefits, increasing pay.

BY DAN BRENDEN  
GAZETTE PACKET

**T**he public school system will consider adjusting its mix of salary and benefits, in part to improve teacher retention, administrators told the School Board on Tuesday, Nov. 13. "We have a high floor but a low

ceiling — meaning that our first steps, the bottom of our [pay] scale, tend to be higher than our surrounding jurisdictions", but we top out sooner than other jurisdictions," said acting CFO Dominic Turner.

For a teacher with a bachelor's

SEE TEACHER PAY, PAGE 20

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Members of the Departmental Progressive Club visit Harvest Assembly Baptist Church in Gum Springs last month for a morning worship service to celebrate the club's 91<sup>st</sup> anniversary.

# Happy Birthday DPC

## Departmental Progressive Club celebrates 91 years.

The Departmental Progressive Club celebrated its 91st anniversary last month with its annual Open House and presentation of club awards. Located at the corner of Royal and Gibbon streets, the DPC was formed on Sept. 27, 1927, as a place for African American men to gather, socialize and interact with each other.

The anniversary celebration began with members, including several members of the DPC Ladies Auxiliary, visiting Harvest Assembly Baptist Church in Gum Springs for a morning worship service. DPC club president Nelson E. Greene, Jr. presented a gift to Rev. Johnnie L. Abrams.

The annual open house took place later that day in the DPC building and featured the presentation of the club's community service award to City Councilman Willie Bailey. In his absence, the award was received by DPC Vice President Merrick Malone.

Among the guests were Mayor Allison Silberberg, City Councilwoman Del Pepper and Superintendent of Schools, Dr. Gregory C. Hutchings, Jr.

The evening culminated with the Anniversary Dinner Dance at the club. Several "Years of Service" plaques were presented to club members with the club's highest award, The Lawrence D. Day Distinguished Service Award, presented to William Chesley for his outstanding service to the club.

— JEANNE THEISMANN



City Councilwoman Del Pepper with President of the DPC Ladies Auxiliary Rosa Byrd at the 91<sup>st</sup> anniversary celebration of the Departmental Progressive Club.



Merrick Malone, center, accepts the Departmental Progressive Club Community Service Award on behalf of City Councilman Willie Bailey at the 91<sup>st</sup> anniversary celebration of the DPC. The plaque was presented by DPC President Nelson E. Greene, Jr., left, and Lawrence P. Robinson, chairman of the Public Relations Committee.



William Chesley, vice chairman of the DPC Public Relations Committee, Mayor Allison Silberberg, Superintendent of Schools, Dr. Gregory C. Hutchings, Jr., Gwen Day-Fuller and McArthur Myers at the 91st anniversary celebration of the Departmental Progressive Club.

# 'Economic Spin-Off'

## Amazon expected to buoy employment, businesses, tax base.

BY DAN BRENDEN  
GAZETTE PACKET

The city is abuzz with the news of Amazon's decision to locate a new headquarters in Arlington and Alexandria's jointly rebranded National Landing neighborhood.

Arlington will get Amazon's tax-generating offices. But Alexandria will rise with the economic tide of new jobs, a "tech talent pipeline" spurred largely by a new Virginia Tech campus, and state investment, city administrators say.

"This announcement is one of the best things that's happened in Alexandria in decades," said City Manager Mark Jinks. "The economic impact in Northern Virginia [of] high-paying, high-tech, highly educated jobs is terrific. ... We'll get the economic spin-off. And, probably most importantly, we got something we've been talking about for a long time, and that's a higher ed campus located in the city, and one that's going to focus on high-tech."

Planners expect Amazon's facility to create at least 25,000 direct jobs, as well as 22,000 "permanent indirect and induced jobs in Virginia," according to a regional fiscal impact report.

Jinks expects new jobs will include "a wide range ... at all levels," though they'll probably "skew to the high end," in terms of skill and pay.

The city also hopes that Amazon's decision will catalyze similar economic development in other areas of the city, like Eisenhower and the Landmark Mall.

"If there are companies who value what Amazon values, they should know that we have multiple sites that mimic those same characteristics," said Stephanie Landrum, who heads up the Alexandria Economic Development Partnership, a city-funded nonprofit.

Virginia Tech plans to put a \$1 billion "Innovation Campus" in the southern portion of the National Landing area, which spills over from Arlington into Alexandria's Potomac Yard area. The graduate-level campus, which will start construction in 2020 and open in 2023, will act as a kind of feeder for Amazon, focusing on tech-related fields. Amazon will hire these graduates, but so will local companies who were hungry for tech talent anyway, according to Landrum.

Under state law, the university won't pay property taxes in Alexandria. But, because the Virginia Tech will only own and occupy

SEE 'ECONOMIC SPIN-OFF', PAGE 21



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# Weighing Public Priorities: Art and Science

Mixed responses to new method of grading public services, prioritizing budget cuts.

BY DAN BRENDL  
GAZETTE PACKET

In this year’s city budget process, the city government is test-driving a new outcome-oriented method of prioritizing public services.

Senior administrators think the new system will help optimize increasingly scarce revenues, and also help the public to weigh relative costs more consistently. City Council members offered mixed responses at a budget retreat on Saturday, Nov. 10. Some expressed concern that the new approach could over-automate what ought to be a political process, while others applauded what they see as improved meticulousness.

The system, known as Priority Based Budgeting, intends to “help us examine everything we do in the context of its relative influence over the city’s priorities,” said Lisa Henty, the city’s assistant budget director. Every service determined to have a low relative priority wouldn’t automatically head to the chopping block, but public expenditures continue to outpace revenues from year to year. Priority Based Budgeting aims to identify areas from which the city might reallocate existing funds, before resorting to new

taxes as a last resort.

In building the city manager’s FY 2020 budget proposal, forthcoming this winter, inter-departmental staff teams numerically scored and ranked some 510 city services. Higher scores went to services that are mandated by the state or federal government; serve many residents; offset their costs through, for example, user fees; and rely on city government for their provision. Lower scores went to services that are locally self-imposed; serve fewer residents; generate little or no cost-recovery revenue; and could come from institutions other than local government.

Additionally, for community services, staff scored the degree to which each service advances relevant goals set out in the city’s Strategic Plan. For internal services, they scored how well each service advances characteristics of good governance — for example, “recruiting and retaining a high-quality workforce” and “maintaining the [city’s] bond rating,” said Morgan Routt, the city’s budget director. Higher scores went to services with “strong” or “some influence,” lower scores to those with “some,” “minor,” or “no” influence.

Finally, based on composite scores, all 510

services were divided into quartiles, with higher quartiles indicating higher “alignment” with the city’s big-picture priorities. Staff put about two-thirds of city service into the top two quartiles and about one-third in the bottom two, including about \$40 million in the lowest portion.

“That doesn’t necessarily mean that we can cut \$40 million from the budget,” said Routt. “But it does give [council] an area to look at” for potential service reductions and resource reallocation. The city manager’s budget proposal document will include each service’s ranking, as of yet unpublished, for public consideration.

Taking a more cautious view, Mayor Allison Silberberg said: “It’s really important to be data-driven,” but also to weigh the “humanistic side,” which scoring might not capture.

Similarly, Councilwoman Redella “Del” Pepper said: “When something [that’s important to people] comes forward, I don’t want to hear, as if it were a deciding factor, ‘Oh, but, we analyzed all of this and it’s a low priority,’” said

Taking a more positive view, Vice Mayor Justin Wilson said: “There’s always clearly going to need to be the council looking at what is proposed.” But “applying a pretty rigorous qualitative and quantitative rubric to all the spending in the city, in order to make proposals for reductions that are go-

ing to be difficult no matter what, ... [is] a really, really good thing.”

Councilman Tim Lovain said: “Lots of times we budget by ‘squeaky wheel,’” referring to “passionate” sub-constituencies that resist cuts in their favored areas. By contrast, Priority Based Budgeting “provides some really good, objective basis for making these tough decisions.”

“The budget process is always a mix of subjective and the objective,” said City Manager Mark Jinks. “The intent here is to put ... a lot more of the objective in, to establish a rigor in the budget process so the questions get asked. That’s a fairness issue, to make sure every program gets a thorough review, and this is one way of helping us identify areas to look at. But there’s still a subjective nature that says, what are the factors that aren’t neatly scorable ... ?”

Priority Based Budgeting isn’t objective in the strictest sense. Ranking a service’s strategic influence depends on how one interprets certain Strategic Plan goals, said Routt. But consideration “doesn’t just end when the number pops out.” The method’s primary value lay in its systemization and consistency across city government. It could also help the public to take a broader view, and not zero in on line item tweaks that amount to only a fraction of the total budget, he said.

See [www.alexandriava.gov/Budget](http://www.alexandriava.gov/Budget).

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# Dentist Salartash Focuses on Whole Body Health

BY SHIRLEY RUHE  
GAZETTE PACKET

**D**r. Sheri Salartash wanted to be a dentist since she was 9 years old when a dental student needed a practice patient and she volunteered. "And I always liked apparatuses and they were making models in the lab." Now Salartash is a holistic dentist practicing integrative medicine in Del Ray. "The mouth is the gateway to total health, more important than you might realize."

She sees patients from newborn to "120 or so, you know." Parents come in with a fussy baby with reflux or stomach issues or colic. "We

## PEOPLE AT WORK

do an assessment. Since the first thing a baby does is breastfeed, if anything restricts the lip, the baby can't latch on properly. He gets a lot of gas and colic and sucks in air. The mother gets discouraged so goes to bottle feeding that doesn't give the baby the same good nutrients."

Salartash says often a tie of the lip (a piece of skin inside the upper mouth) or a tongue-tie on the bottom can restrict the baby's mouth movement. "It used to be the midwife would keep one nail long to clip it automatically when the baby was born. Today in the office it is a simple procedure. "We use a little numbing jelly and then a soft tissue laser to snip the tie." Salartash says a lot of pediatricians don't know about the relationship of a tie to breastfeeding and just automatically give a fussy baby Zantac. She goes to pediatricians' offices to discuss this connection.

She says, "As dentists we fix teeth but who will fix the medical issues?"

She often sees people who come in with sleep apnea issues. She says they do a scan and take full body pictures of the patient. The sleep apnea is often caused by restrictive airways so she creates an osteopathic appliance to expand the adult arches very slowly and gently. She had one patient who



**Dr. Sheri Salartash presents a lecture to Westin A. Price Foundation (WAPF) members on the importance of the mouth as the gateway to total health.**

PHOTOS BY SHIRLEY RUHE/GAZETTE PACKET

was experiencing 23 events an hour. "He went down to six after having the area expanded."

She explains if the teeth are misaligned a person may have a restricted airway. The person automatically thrusts the bottom jaw forward in order to take in more air. This puts extra weight on the neck and affects the posture and related muscles. Everything is related. In dental school she explains they learn about drilling and how to keep up with science so they don't get behind. "They don't talk

about airways."

Salartash says she is often the general contractor working with other professionals to fix the underlying issues so a condition doesn't happen again. For instance, you can give a patient who is grinding her teeth an appliance but it doesn't take care of the reason why it is happening.

She quotes Westin A. Price who founded WAPF (Weston A. Price Foundation), the sponsor of today's lecture. If you have wide dental arches and non-crowding there is plenty of room for the glands, good skeletal development, muscles, keen eyesight and hearing. Salartash adds, "How our health care system functions today, we don't really talk to each other. But you can't treat one part of the body and leave the other parts alone."

Salartash attended dental school in 2009 but was led in the direction of holistic dental medicine in



**Dr. Sheri Salartash (left) and Janice Curtin, president of the Alexandria chapter of (WAPF) chat with members before the lecture on Nov. 11.**

2010 when she started to have health issues. They had given her mercury fillings in dental school. "Mercury causes stress." She had symptoms of thyroid problems. "And they told me to put a fluoride tray in my mouth every day. But that is toxic. All this made my condition worse. It was the fifth endocrinologist who tested my antibodies and found I had an autoimmune disease."

"I am better now. I used to be exhausted at noon and have to take a nap. I did a liver detox protocol. I'm on a good supplement program with D3, K2 and B methyl since some people have a gene that doesn't allow them to absorb vitamins. I have both mutations."

She had the mercury fillings removed from her teeth under safe conditions and started looking into diet. In Tehran where she grew up she says she had a really good diet and ate at home. When she came to America she started having stomach issues because she was eating gluten, which makes autoimmune diseases even worse. "You add all the toxins, the bowel will overload."

Salartash's lecture was given at the WAPF fall meeting on Sunday, Nov. 11 at the Integrative Dental Center where she works. Janice Curtin, president of the Alexandria chapter says, "The best source I have found for information on how to eat for good health, straight teeth, and good bone structure comes from the Weston A. Price Foundation."



**Dr. Sheri Salartash, dentist practicing integrative medicine in Del Ray.**

"This is the information I wish I had known when my children were growing up. I believe they could have had a wider bone structure to allow straight teeth and we could have avoided the stress and expense of braces several times."

"The diet they needed was the one my parents had growing up on a farm, with nearly all food from the farm, including milk. My parents had beautiful straight teeth, no cavities, and they had room for their wisdom teeth. I just wish I could tell the parents raising children now because it is difficult to undo the structural damage of a processed food diet."

*People at Work is a regular column focusing on people in the community doing their work. Suggestions may be sent to slrbca@aol.com*



**Illustration of the importance of proper dental arches for development of the tooth structure.**





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# Universal Lodge #1 Makes History

## First Prince Hall Masonry gathers at Masonic Memorial.

BY JEANNE THEISMANN  
GAZETTE PACKET

In 1845, 17 years before the Emancipation Proclamation, Universal Lodge #1 in Alexandria became the first Lodge to be organized by African American men in the Commonwealth of Virginia and marked the introduction of Prince Hall Masonry into the state. On Oct. 24, Universal Lodge #1 again made history by becoming the first Prince Hall Masonic Lodge to hold an official meeting at the George Washington National Masonic Memorial.

"On Oct. 24, I was honored and pleased to welcome to the Memorial the Brethren of Universal Lodge # 1," said George Segher, executive director of the Masonic Memorial. "This historic event was the first Prince Hall Affiliated Masonic Lodge to meet in the Memorial and was well attended by Brethren from Masonic Lodges in Virginia, Maryland and the District of Columbia."

The Lodge began as the Prince Hall Free Masonry on Feb. 5, 1845, in what was then Alexandria, D.C. It was created by three seaman, William Dudley, Sandy Bryant and Benjamin Crier, who had been initiated Masons at the St. George Lodge #32 in Liverpool, England. They settled in Alexandria in 1838 and became members of Social Lodge #7 of Washington, D.C.

The lodge began to function on Aug. 26,



Attendees pose for a photo as the Brethren of Universal Lodge No. 1 made history Oct. 24 as the first Prince Hall Masonic Lodge to hold an official meeting at the George Washington National Masonic Memorial.

1845 with George Sims as Worshipful Master. Charter members included Ephraim Bancroft, Dennis Bourbon, Pete Costin, Edward Evans, James Evans, Richard Garrett, Joseph L. Gibson, Alfred Hamilton, the Rev. Robert H. Robinson (P.G.M.), and George Sims.

Universal Lodge #1 held regular meetings on the second floor of a house at 424 S. Royal St. in a section of Alexandria known as Hayti.

"Several Grand Lodge officers were in attendance," said Universal Lodge #1 Worshipful Master McArthur Myers, who worked with Segher to facilitate the event. "Other Brethren visited from Lodges throughout the region to participate in what was a historic event for all Lodges."



Universal Lodge No. 1 Worshipful Master McArthur Myers, second from right, poses with other Brethren Oct. 24 as the first Prince Hall Masonic Lodge held a meeting at the George Washington National Masonic Memorial.

PHOTOS CONTRIBUTED

# Predatory Lending or Loans of Last Resort?

## Agenda Alexandria to examine high-interest borrowing and sub-prime lending.

BY MICHAEL LEE POPE  
AGENDA ALEXANDRIA

Recent years have seen an explosion of online lending, an unregulated space where lenders have been known to charge as much as 5,000 percent interest. Critics say online lenders are just as predatory as payday lenders and car-title lenders, except they don't have to submit paperwork to state regulators. Sub-prime lenders say they are offering a valuable service, one that connects quick cash to people in need of fast money. Agenda Alexandria will take a look at both sides of the issue with a panel of experts:

❖ Jack Murray is president of FixMedia, an Alexandria-based marketing firm that helps people who need money find online lenders. A native of Alexandria, he currently lives in Lorton. He has a bachelor of arts in communications from University of Dayton.



Bassam



Murray



Speer



Witte

Before co-founding FixMedia, he worked in sales and management for CBS Radio and Radio One.

❖ Joel Bassam is director of marketing at Easterns Automotive Group, a used-car dealer that specializes in the subprime auto loan market "where your job is your credit." A native of Springfield, Va., he currently lives in Reston. He has a bachelor of science in business administration from the University of Mary Washington.

❖ Erin Witte is assistant attorney general in the Predatory Lending Unit of the Consumer Protection Section. A native of Vineland, N.J., she currently lives in Vienna. She has a bachelor of arts in law and justice from Rowan University and juris doctorate from George Mason University. Before joining the Virginia attorney general's office, she worked for Surovell Isaacs & Levy PLC doing consumer-protection litigation focused on used-car dealers and predatory lenders.

## Details

**What:** Agenda Alexandria: Loan Sharks or Lenders of Last Resort?

**Where:** Hermitage, 5000 Fairbanks Ave, Alexandria VA 22311

**When:** Monday, Nov. 26 2018

**Time:** Reception starts at 6:30 pm, program starts at 7:15 pm

**Cost:** \$5 at the door, optional dinner for \$32

**Details:** agendaalexandria.org

❖ Jay Speer is executive director of the Virginia Poverty Law Center, a nonprofit organization in Richmond that runs a predatory lending hotline and advocates for policy change in the General Assembly. A native of Philadelphia, he was raised in Pittsburgh and St. Louis and has lived in Virginia since 1976. He has a bachelor of arts in foreign affairs from the University of Virginia and a juris doctorate from the Marshall-Wythe School of Law at College of William and Mary.



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# OPINION

## Give Locally in Alexandria

For tens of thousands of poor children and families in our area, uncertainty and need are distant from the celebrations and plenty that so many of us associate with this holiday period.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Northern Virginia is among the wealthiest areas in the country. Many if not most of us go through our daily and seasonal routines without encountering evidence of the needy families among us.

In Alexandria City Public Schools, most

(more than 60 percent) students are poor enough to receive subsidized meals. Among Alexandria's families with children, more than 10 percent have incomes below the poverty line.

Many are children living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. Some of these are children who may not be sure that they will have a meal between the meals they get in school.

School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate with Thanksgiv-

ing and Christmas.

Hundreds of homeless students attend the public schools, and their needs are greater.

Many nonprofits in the city need your help to provide a holiday meal for Thanksgiving or Christmas, to provide children with gifts.

There are literally hundreds, probably thousands, of ways to give locally this season. Here are a few ideas. We will rerun this list again after Thanksgiving, so please let us know what we have missed.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

## Where to Give Locally in Alexandria

- ❖ ALIVE! Alexandria; 2723 King St, Alexandria, VA 22302; 703-837-9300; ALIVE! serves thousands Alexandrians annually with shelter; low-cost early childhood education and childcare; financial help for rent, utilities, medical care and other critical needs; emergency food; and deliveries of donated furniture and houseware. [www.alive-inc.org](http://www.alive-inc.org)
- ❖ Senior Services of Alexandria, 703-836-4414, [www.seniorservicesalex.org](http://www.seniorservicesalex.org), Support services for elders enabling them to age with dignity.
- ❖ Animal Welfare League of Alexandria, 703-746-4774, [www.alexandrianimals.org](http://www.alexandrianimals.org), Pet adoptions, spay and neuter assistance, education and community service and outreach.
- ❖ Stop Child Abuse Now (SCAN) of Northern Virginia, 703-820-9001, [www.scanva.org](http://www.scanva.org), Parent education, public education — re: child abuse and court advocacy for abused and neglected children.
- ❖ Rebuilding Together Alexandria, 703-836-1021, [www.RebuildingTogetherAlex.org](http://www.RebuildingTogetherAlex.org), Home repair and maintenance for vulnerable veterans, elderly, disabled and families with children.
- ❖ ACT for Alexandria, 703-739-7778, [www.actforalexandria.org](http://www.actforalexandria.org), Nonprofit and donor services.
- ❖ Carpenter's Shelter, 703 548-7500, [www.carpentersshelter.org](http://www.carpentersshelter.org), Homeless services and programs including education and case management.
- ❖ The Campagna Center, 703-549-0111, [www.campagnacenter.org](http://www.campagnacenter.org), Educational and social development programs for children, teens, and adults.
- ❖ Center for Alexandria's Children, 703-838-4381, [www.centerforalexandriaschildren.org](http://www.centerforalexandriaschildren.org), Child abuse and neglect and parent support.
- ❖ Child and Family Network Centers, 703-836-0214, [www.cfnc-online.org](http://www.cfnc-online.org), Provides caring, high-quality, free early education and related services to at-risk children and their families in their own neighborhoods to prepare them for success in school and life
- ❖ Community Lodgings, Inc., 703-549-4407 Transitional and affordable housing, youth education, adult education, bilingual staff assistance.
- ❖ Computer C.O.R.E. 703-931-7346, [www.computercore.org](http://www.computercore.org), Adult education, computer training and career development.
- ❖ Hopkins House, 703-549-8072, [www.hopkinshouse.org](http://www.hopkinshouse.org), Preschool academy, family budgeting and literacy, family education and youth summer enrichment camp, Early Childhood Learning Institute.
- ❖ Northern Virginia Family Services, [www.nvfs.org](http://www.nvfs.org), Employment and job training, healthcare, housing, mental health, foster care and Healthy Families. 571-748-2500
- ❖ Volunteer Alexandria, 123 N Alfred St., Alexandria, VA 22314; 703-836-2176; <http://volunteeralexandria.org>; Volunteer recruitment and placement, court-referred community service placement, community awareness events, and volunteer management training.

- ❖ Bethany House, 6121 Lincolnia Rd #303, Alexandria, VA 22312; (703) 658-9500; <http://www.bhmv.org/>; Bethany House provides emergency shelter and supportive services to victims of domestic violence throughout Northern Virginia and the surrounding DC metro communities.
- ❖ Literacy Council of Northern Virginia, 703-237-0866, [www.lcnv.org](http://www.lcnv.org), Teaches adults the basic skills of reading, writing, speaking and understanding English.
- ❖ The Community Foundation of Northern Virginia, [www.cfnova.org](http://www.cfnova.org) The Community Foundation for Northern Virginia works to respond to critical need and seed innovation in the region. Make grants in its focus areas of interest while also bringing a spotlight on the benefits of community philanthropists
- ❖ Friends of the Alexandria Mental Health Center, an all-volunteer, 501(c)(3) nonprofit, serves as a safety net for clients of the CSB who encounter extraordinary or emergency financial needs. Able to devote more than 98 percent of the donations and grants to direct client support and co-sponsorship of free public educational programs. [bit.ly/friendsoftheAMHC](http://bit.ly/friendsoftheAMHC)
- ❖ Neighborhood Health, 6677 Richmond Highway, Alexandria, VA 22306. Partners with patients to treat the whole person through medical, behavioral health and dental programs. Ten clinics throughout region. Participating with all insurance including commercial, Medicare, and Medicaid, 703-535-5568, [www.neighborhoodhealthva.org](http://www.neighborhoodhealthva.org)

## LETTERS TO THE EDITOR

## Importance of Working Together

To the Editor:

At the Nov. 17 meeting of City Council where a matter of importance to the residents of Seminary Hill was being discussed (a proposal to build a large affordable housing building in the neighborhood) Council Member Tim Lovain stated from the dais that the Seminary Hill Association opposes all development in our area and even opposed the redevelopment of the Safeway at King and Braddock. As the representative who was presenting the viewpoint of the Seminary Hill Association at the time, I would like the opportunity to respond.

Contrary to Councilmember Lovain's view, the Association did not oppose the Safeway project — we did, as is our responsibility — raise concerns about delivery truck cut-through, and increased traffic congestion at a

tight traffic choke point. Concerns which have proved valid.

The Association has supported the city's management plan for Fort Ward, as well as the Hammond Middle School soccer field (we did object to the lights).

We supported the Virginia Theological Seminary in its work to build a new chapel, memory garden and student dorms. The city must rely on its residents in its many and varied neighborhoods to fully understand the subtle implications of city projects, that at-large members of council, with their responsibility for a city of 160,000, could never hope to achieve. We at Seminary Hill Association stand ready to work with those who will work with us to achieve the kind of city we are all proud to live in.

**Tom Fulton**

Vice President

Seminary Hill Association, Inc.

## Examine Costs

To the Editor:

Now that Amazon has decided to split its second headquarters between locations in Long Island City and Crystal City, with 25,000 jobs each, it is therefore a good time to review the bidding.

Any proffers made to lure Amazon to these respective areas need to be revised and drastically downsized, since there will be no large headquarters presence (just two smaller entities) and less financial gain for each area.

Since Alexandria is part of the Crystal City bid due to the Potomac Yards parcel, it is not known what offers Alexandria has made in conjunction with the Crystal City package, but their "very competitive option" needs to be reviewed. Moreover, it is now clear to me why

SEE LETTERS, PAGE 11

## Alexandria Gazette Packet

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## OPINION

# Groceries to Go

Getting help with grocery shopping.

BY SANDY FREEDMAN  
DIRECTOR, GROCERIES  
TO GO PROGRAM  
SENIOR SERVICES OF ALEXANDRIA



Did last week's glimpse of winter weather have you thinking about how you'll manage getting to and from the grocery store in the months ahead? Carrying enough groceries to last you a week or two is especially challenging when roads and sidewalks are slippery. But there's help available to you if you're a senior living within the City of Alexandria. Senior Services of Alexandria (SSA) offers a grocery shopping and delivery service for seniors who live within the city limits.

As we age, eating right can make a difference in our health and help improve how we feel, especially during the cold weather when we might choose to go with convenience foods instead of braving the elements to shop for healthy foods. Studies tell us that it is especially important for people 65 and older to get proper nutrition to stay healthy and active.

According to the National Institutes of Health, good nutrition for the elderly helps to reduce the risks of degenerative and other age-related diseases like osteoporosis, heart disease, high blood pressure, and some forms of cancer. Additionally, the government reports that eating well can reduce the risks of stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia. This includes eating a diversity of foods so that the body is getting a variety of nutrition. Furthermore, for those who already have some of these

conditions, good nutrition can help to manage them better.

As people age, they need fewer calories, but that does not mean they need fewer nutrients. Making sure that senior nutrition considerations are addressed is a step in the right direction for healthy aging.

SSA operates its Groceries to Go program with the help of more than 40 volunteers, who team up with more than 60 seniors by shopping for and delivering groceries every other Thursday morning. Alice S., a senior who lives in west Alexandria, says the service is something she always looks forward to. "Thanks for this wonderful service and to the wonderful volunteers who make it possible for us to have a variety in our menu," she says.

Ms. D., another Alexandria senior, says her volunteer Rebecca has become a friend. She "makes you feel good. She doesn't just deliver my groceries. She's such a nice lady."

This program is for seniors, age 60 years or older, who have difficulty doing their own shopping. You provide us with your grocery list, and a volunteer shops for your groceries and then helps you put away any items you need help with. There is no minimum order required or delivery fee, recipients only pay for their groceries. The program also accepts SNAP benefits. If you'd like to sign up to receive groceries, or if you're looking for a fun and rewarding volunteer opportunity, contact me at 703-836-4414, x119, or email [groceries@seniorservicesalex.org](mailto:groceries@seniorservicesalex.org).

## LETTERS TO THE EDITOR

FROM PAGE 10

the Potomac Yards Metro is being pushed, and why the northernmost gate (close to Crystal City) was selected when the project needed to be reduced due to cost considerations. However, it seems like the good citizens of Alexandria are paying for something that also benefits Arlington and Amazon — why are we alone stuck with this bill for the Metro? It reminds me of a father of the bride who is expected to just show up at the wedding and to write a check, no questions asked. Time to put on the green eyeshades, Alexandria, and get to work on

revising this offer.

**Townsend A. Van Fleet**  
Alexandria

## Underestimating Consequences

To the Editor:

Alexandria city hall's unquestioning embrace of Amazon's HQ2 spanning Arlington County's Pentagon City and Crystal City and Alexandria's Potomac Yards illustrates city hall's misunderstanding of how development impacts city finances and overemphasizes de

SEE LETTERS, PAGE 12

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## Public Meetings

### Fall Transportation Meetings: Updated Schedule

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a public comment period. At the open house you can learn about various transportation initiatives, as well as Virginia's project prioritization process (SMART SCALE), Virginia's Statewide Transportation Improvement Program, and the VTrans Multimodal Transportation Plan. Representatives from the Office of Intermodal Planning and Investment and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, where you can provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at [www.CTB.Virginia.gov](http://www.CTB.Virginia.gov).

Updated Schedule: Area Public Meetings will be held at the dates, locations and times listed below:

**Wednesday, November 28, 2018 at 5:30 p.m.\***  
NOVA District Office  
Potomac Conference Room  
4975 Alliance Drive  
Fairfax, VA 22030

**Thursday, November 29, 2018 at 4 p.m.\***  
Fredericksburg District  
Office Auditorium  
86 Deacon Road  
Fredericksburg, VA 22405

Fall meeting materials will be available at:

<http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2018.

\*Please note that these dates have been changed from previous listings.

If you cannot attend a meeting, you may send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or [Six-YearProgram@VDOT.Virginia.gov](mailto:Six-YearProgram@VDOT.Virginia.gov).

You may send comments on rail, public transportation, and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or [DRPTPR@drpt.Virginia.gov](mailto:DRPTPR@drpt.Virginia.gov).

Comments will be accepted until December 13, 2018.

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# 'Radium Girls' Shines at Bishop Ireton High School

BY GRACE HODGES  
TEEN THEATRE COMPANY

**"L**ip, dip, and paint" away ladies! As the first World War raged across the Atlantic, luminous watches were all the rage back home. Assured that the luminous paint was harmless, the watch painting job seemed like a dream come true for these young ladies. Follow Bishop Ireton High School as they reenact the tragic true story of the Radium Girls. This chilling play recounts the story of young ladies that painted watch dials with luminous radium paint. Instructed to lick the brushes to achieve a fine point, the girls soon became ill with mysterious jaw ailments and back aches. The play was originally produced by Playwrights Theater of New Jersey, penned by D.W. Gregory.

The story is told primarily through the eyes of young watch painter Grace Fryer (Lyndsey Lawrence). Her powerful performance transported the audience into a world of desperation and despair. Opposite of Grace was the conflicted company boss Arthur Roeder (Andrew Holland), who knew something was wrong, but was torn between his company's profits and the safety of his workers. His booming voice and looks of anguish made the audience ask,



From left are Lyndsey Lawrence, Abigail Abraham, Sophie de Waal, Kip Sisel, and Matthew Monaghan.

"What would I do in this situation?"

Doomed from the beginning, Irene Rudolph (Samantha Fisher) and Kathryn Shaub (Abigail Abraham) blissfully trusted the miracle paint. "Time is on your side!" they would say. As the audience watched in horror, the girls laughed as they painted each other's faces and teeth. Abraham impressively delivered every last bit of energy she had into her character with both looks of delight and horror. Irene's death was the first indication that something was terribly

wrong with the paint.

Other notable performances included characters such as Mrs. Diane Roeder (Olivia Hays), Sob Sister (Sophie de Waal), and Tom Kreider (Kip Sisel). With her clicking heels and annoyed-wife facial expressions, Hays exposed a softer caring side of Arthur Roeder. Waal's performance as an energetic reporter was like that of a bumble bee, always buzzing around the characters, attempting to snatch up any valuable information for her newspaper. Her wide

smile and energetic delivery dazzled the crowd with her every appearance. Sisel's depiction of Grace's distressed love grew more powerful as the story progressed, pulling on the heartstrings of the viewers as they watched him grow more and more hopeless.

The setting of Orange, N.J. was brought to life with the effort and expertise of the talented production crew. Costume team leader (Celia Curry), and her sensational costume team accurately portrayed the 1920s, and did an outstanding job progressing the outfits as the characters aged during the story. Lighting was a key element due to the gloominess of the play, and the lighting crew (Thomas Monaghan and Hailey Crow) was up to the task. The lights slowly begin to dim near the end of Act 2, giving the sense that the characters were running out of time.

The Radium Girls' lives and deaths exposed the ghastly truth of the "miracle" radium paint. The performance of Bishop Ireton High School left the tragic memories of these young ladies glowing in the hearts of the audience, just as the radium left these poor ladies glowing in their graves for years to come.

*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.*

## 'The Little Things I Think Of — For It's Thanksgiving'

The beauty of kindness throughout the year  
For now it's that time of Season.  
Family friends and good neighbors  
Walking through autumn leaves  
And the sound of many colors because it's Fall.  
Autumn colors and cool breeze and crisp smell of firewood,  
Through the air you can hear the sound of children playing, full of laughter:

Those are a few things I think of and of course "Thanksgiving Dinner"

The smell of pumpkin, apple and sweet potato pies  
Basket full of red apples, oranges on the counter and cinnamon sticks,  
Cappuccino coffee, hot chocolate and green tea, that's just the start  
Glazed turkey and some ham, stuffing and gravy of course  
And all the trimming — mashed potatoes, casserole, yams, cranberry sauce,  
Roasted glazed carrots, onions, rice, home-made macaroni, cabbage, walnut relish  
And celery along with a good salad.

Of the many things I am thankful for: My Mother,  
She loved to fix a feast for Thanksgiving,  
Especially her potato soup I miss  
And how she would smile for I loved her home-made soup  
And the laughter we shared because I would say  
"Mom I'm still a vegetarian"  
And then she would ask and just how old are you today?,  
With a smile I reply I'm the baby; But of course I wasn't  
And we laugh 'cause that had nothing to do with being a vegetarian  
And dinner we would have family together  
And friends and good neighbors  
And many different conversations  
And football of course.

Happy Thanksgiving to all throughout the City of Alexandria,

Activist Geri Baldwin  
Alexandria

## LETTERS TO THE EDITOR

FROM PAGE 11  
velopment benefits while underestimating development's consequences. Their embrace is so single-minded that both municipalities have acceded to renaming the three neighborhoods to the marketing non sequitur "National Landing."

Our city hall has completely ignored how Amazon's novel business model turns neighborhoods into a package-thief's paradise. Such a criminal element, once attracted by packages on doorsteps advertising that nobody is home, may target residences to burglarize. Amazon's business model also siphons off business from bricks-and-mortar businesses, such as those on King Street, which will lose business to online retailers such as Amazon, leaving the city with losses of sales tax revenue and empty storefronts whose property values would decline, leading to lower property tax revenue.

It is hard to imagine how existing market affordable housing in Lynhaven and Arlandria will remain affordable in such close proximity to Amazon's HQ2. City hall crows about how much additional state funds will flow into affordable housing consequent to HQ2, but it is hard to imagine how this infusion of taxpayer funds will

be enough to fully offset the loss of existing market affordable housing. We see a city hall which has sacrificed residents' quality of life on open space, density, and historic preservation in the name of affordable housing, yet throws itself at Amazon's feet regardless of the affordable housing consequence.

Why is our city government treating a distant corporation better than its own residents and taxpayers and sticking its head in the sand about the downsides of HQ2?

Dino Drudi  
Alexandria

## More Revenue, More Expenses

To the Editor:

Hardly a week goes by that our city government doesn't do or say something that is inexplicable. This week, it's a veritable Two-Fer. First, rejoicing that Amazon will come to town. Our delighted city manager says Amazon will produce more tax revenue. Praise be.

What he doesn't say is the tax revenue will never be enough. Nor does he say, as Alexandria becomes Amazon-denser and more congested, our tax rate goes up — not down — and our housing be-

comes more expensive; not less, and demand for evermore costly city services increases, never decreases.

And to be a total party-pooper, it's simply unseemly to provide any concessions to Amazon, a gargantuan company. Although I don't know exactly what give-a-ways the state, Arlington County or Alexandria city gave Amazon, whatever it is means less money for roads, schools and infrastructure elsewhere in Virginia, especially in southwest Virginia where poverty and need is rampant.

Second: The utterly baffling city government take-over of the Torpedo Factory Arts Center. Operating any revenue-generating enterprise, even a not-for-profit one like the Arts Center, is not a government mission. Our tax dollars should not be paying city employees to operate the Torpedo Factory. Period. As in other cities, the artists, their supporters and volunteers should run the community arts center.

History tells us no government can operate a revenue-generating enterprise efficiently. If you are a Doubting Thomas, then look at any country from the past (USSR) or the present (Venezuela) where government owns and operates businesses. Closer to home, look

SEE LETTERS, PAGE 22



# EYA, City Earn National Award

**E**YA, LLC and City of Alexandria Archaeology received the national "Culture Builds Community Award," presented at the National Press Club on Nov. 12 by Partners for Livable Communities, a Washington-based nonprofit.

Partners announced the honor as part of the "Celebrating Champions of Livability" national awards program, which recognized 23 individuals, four organizations and two communities for their role in shaping a more livable, sustainable and equitable America.

The Culture Builds Community Award honors projects and individuals who foster community engagement using the arts and heritage as building blocks for community value and participation.

The City of Alexandria Archaeology and EYA, LLC, developers of urban neighborhoods including Robinson Landing in Old Town Alexandria, have formed a partnership to preserve and highlight the historic importance of the city's waterfront.

During its long history, Alexandria boasted one of the busiest seaports in America. It was common at that time to use derelict boats as the fill to expand waterfronts, and build new wharves and piers. In the course of EYA's recent excavations for the new development at Robinson Landing, they began unearthing pieces of these



**From left: EYA, LLA Vice President of Land Acquisition and Development Evan Goldman; Alexandria Mayor Allison Silberberg; and Alexandria Archaeologist Dr. Eleanor Breen.**

forgotten vessels. Working with Alexandria Archeology and under the nearly 30-year-old Archaeological Protection Code, EYA and its contractor WSSI Thunderbird Archeology embarked on the most extensive effort to date to investigate, document and preserve artifacts that go back to the founding of this early-American seaport.

EYA engaged and funded a team of archeologists to research the history of the property and applied this information to excavate the site over an 18-month period.

This effort resulted in the discovery of more than 150 individual features and over 100,000 artifacts. The major discovery of three 18th century ships marked this as one of the most significant archeological sites in Virginia.

When completed, Robinson Landing, located between Duke and Wolfe streets in Old Town, will feature 70 condominiums, 26 townhomes, retail and an indoor/outdoor restaurant along with a new waterfront promenade and revitalized pier.

## Door Decorating Contest Returns

**C**elebrating its 51st year, the Old Town Walled Garden Club has released the details of this year's holiday door decorating contest.

The contest recognizes the most striking holiday door decorations in the Historic District. In keeping with Old Town's historic provenance, contest rules require that — except for festive bows and ribbons — the door decorations should feature only natural materials and be made by the homeowners themselves. Professionally-made decorations are not eligible for the contest.

Judging criteria include originality of design, scale, color, contrast, and attractiveness from the street.

The first, second, and third place winners, as well as runners up, will be awarded prizes donated by local restaurants. Photographs of the winning doors will appear in the holiday issue of the Gazette Packet. Judging will take place between Dec. 10 and 16.

For more information, contact the Old Town Walled Garden Club at OTWGClub@gmail.com.

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## Notice of Public Hearing

### NOTICE OF BUDGET AND WATER RATE PUBLIC HEARING

December 13, 2018 at 6:30 p.m.

At 6:30 p.m. on Thursday, December 13, 2018, Fairfax Water will conduct a public hearing on its Proposed Schedule of Rates, Fees, and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2019, include the following:

1. An increase in the Availability Charge from \$4,150 to \$4,260<sup>1</sup>.
2. An increase in the Local Facilities Charge from \$13,420 to \$15,285.
3. An increase in the Service Connection Charge from \$1,260 to \$1,300<sup>1</sup>.
4. An increase in the Base Commodity Charge from \$2.94 to \$3.07 per 1,000 gallons of water.
5. An increase in the Quarterly Billing Service Charge for meters larger than a standard 5/8" residential meter<sup>1</sup>.
6. An increase in the Turn Off / Turn On Charge from \$45 to \$48.
7. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge.
8. An increase in the Installation of Sewer Use Meter Charge from \$36 to \$38.

<sup>1</sup>Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

Fairfax Water is also proposing a \$183.2 million budget for calendar year 2019<sup>1</sup>. Revenues are expected to be \$183.2 million in 2019. Water sales are expected to provide \$158.3 million. Approximately \$24.9 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	-\$1,000s-	
	2018	2019
Personal Services and Employee Benefits	\$ 55,934	\$ 57,584
Power and Utilities	10,755	11,102
Chemicals	6,958	7,532
Purchased Water	7,810	7,155
Supplies and Materials	5,261	5,444
Insurance	955	1,075
Fuel	700	728
Postage	603	612
Contractual Services	12,481	12,974
Professional Services	1,001	1,065
Other	2,428	2,505
Sub-Total	104,886	107,776
Transfer to Improvement Fund	(10,248)	(10,380)
<b>Total</b>	<b>\$ 94,638</b>	<b>\$ 97,396</b>

Net revenues are expected to be appropriated as follows:

Debt Payment	\$42,988,000
Improvement Fund	\$11,000,000
General Fund	\$31,337,000

<sup>1</sup> Fairfax Water's Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

A copy of the proposed changes to the rates can be viewed on our website at [www.fairfaxwater.org/rates](http://www.fairfaxwater.org/rates). A copy of the proposed budget can be found at [www.fairfaxwater.org](http://www.fairfaxwater.org). Those wishing to speak or receive a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017.

Interested parties may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water  
Public Hearing Comments  
8570 Executive Park Avenue  
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 12, 2018, to be included in the record of the public hearing.

## News

**Master Sergeant Todd Taylor of the U.S. Army Band plays Taps following a ceremony unveiling the name of Lawrence Lilly at the Capt. Rocky Versace Vietnam Veterans Memorial in Del Ray.**



PHOTOS BY JEANNE THEISMANN/GAZETTE PACKET



**Jim Kurtz, who served in combat with 1st Lt. Lawrence Lilly as a member of the Army's 1st Cavalry Division, details the circumstances that led to Lilly being shot down over Cambodia in 1971. Lilly's body was never recovered.**



**Susan Lilly Harvey places a POW bracelet bearing the name of her brother, 1st Lt. Lawrence Lilly, in the Vietnam Veterans Memorial display case at Mount Vernon Recreation Center Nov. 15.**

## 'A Long Time Coming'

FROM PAGE 1

door plaza. Lilly's sister, Susan Lilly Harvey, then placed a POW bracelet bearing her brother's name inside the Capt. Rocky Versace Vietnam Memorial display case, which is a permanent exhibit inside the entrance to the Mount Vernon Recreation Center.

"Larry was a special guy in our platoon," said Kurtz, who spoke about the circumstances that led to Lilly being shot down over Cambodia in March of 1971. "He was a college graduate who enlisted in the Army and worked his way up. He was respected and loved by everyone who knew him."

Lilly graduated from Catholic University in 1968 and enlisted in the Army at Alexandria's recruiting station.

"In 1968, the nation was in turmoil," Kurtz said. "Yet as the son of Air Force Colonel Bob Lilly, who was part of 'the Greatest Generation,' Larry wanted to serve his country as his father did."

When he was shot down on March 17, 1971, Lilly was a member of Troop A, 1st Squadron, 9th Cavalry, 1st Cavalry Division, flying as co-pilot of a Cobra helicopter gunship on a secret visual-reconnaissance mission over Cambodia.

The incident report states that as the aircraft was near a landing zone, it was hit by enemy fire and forced to the ground deep inside Cambodia in the Snuol District of

Kracheh province, near Seang village. The pilot, Capt. David P. Schweitzer, was rescued, but heavy enemy fire forced the rescue helicopter to leave the area before Lilly could be extracted.

Lilly, who was 26 years old, was last seen by U.S. personnel lying on his back with his shirt partially open and blood on his chest and neck. "He was being fired on by Viet Cong forces," Kurtz said, "and is considered KIA/BNR, or Killed in Action-Body Not recovered."

Kevin Rue, a West Point graduate and organizer of the ceremony on behalf of The Friends of Rocky Versace organization, said that the delay in adding Lilly's name to the memorial was due to a common practice of military families listing an alternate hometown in Department of Defense records.

Lilly was raised in Alexandria, where his mother and sister still reside. But as a "military brat," his hometown of record at the time of his death was listed as Los Angeles, where his father was stationed at the time. When friends and family members contacted Rue, he moved quickly to seek approval from the city to add a Gold Star and Lilly's name to the memorial honoring Alexandria's fallen from the Vietnam War.

"The Lilly family waited more than 47 years to have their son and brother honored here today," Rue said. "His service and sacrifice will never be forgotten."

WWW.CONNECTIONNEWSPAPERS.COM



# Teaching Gratitude, Giving

Child development experts share suggestions for helping children develop a sense of altruism.

BY MARILYN CAMPBELL

**W**hen teaching their three young children about gratitude and benevolence, Marcus Rosano and his life Laura began with what they consider the basics: treating others with kindness.

“After leaving a sports practice, we tell them to go back and say, ‘goodbye’ and ‘thank-you’ to their coach,” he said. “My wife and I have focused on the way we treat others. Part of kindness is understanding that there are people in our community who can’t afford presents at Christmas and who aren’t going to have a Thanksgiving turkey with all the trimmings.”

The Rosanos’ method of instruction is an effective one, according to researchers who say that parents are their children’s most influential teachers. “The best thing a parent can do to promote altruistic behavior is to model the behavior themselves,” said Jessica McLaughlin, Ph.D., assistant professor of psychology at Montgomery College. “Kids imitate their parents and they are more likely to engage in altruistic behavior if we show them how to treat others with kindness and empathy.”

Parents can choose to partake in simple, random acts of kindness, while they are with their children, added Joanne Bagshaw, Ph.D., professor of psychology at Montgomery College. “For example, paying for someone in line behind you in the grocery store, or helping an elderly person carry their grocery bags to the car, or helping a neighbor shovel snow or clear ice from their walkway.”

Use that opportunity to initiate a dialogue, continued Bagshaw. “Then afterwards, talk with your child about how it made you feel to help someone else. Through that discussion, brainstorm with your child how it might have made the person you helped feel. [This will] help develop empathy in your child.”

“I would suggest that parents discuss with kids what circumstances other kids and families may be in over the holidays and how it may differ from their own,” said child psychologist Stacie Isenberg, Psy.D., “For example, there are families who have limited food and those who rely on shelters. They could also discuss ways to acknowledge and express gratitude for specific things they have, from food to heat to their personal belongings, like saying something from their day that they are grateful for; not just at Thanksgiving dinner, but every day at dinner or before bed.”

It is important that parents tailor their dialogue and lessons on gratitude and altruism to a child’s age and level of development, advises Linda Guly, Ph.D., professor of psychology at Marymount University.



PHOTO COURTESY OF MARCUS ROSANO

**Lesson on gratitude and giving during the holidays should be age-appropriate say psychologists.**

“Preschool-aged kids need to see the immediate and tangible effects of helping and giving to others,” she said. “For example, ‘See how much grandpa likes it when you help him carry the holiday decorations?’ Or ‘Because you shared your train tracks, now [your playmate] can get his train over the hill.’”

School-aged children learn best by seeing the social benefits and being part of group activities associated with giving and helping, suggests Guly. “[This is] because peers and people outside immediate family are more interesting to them,” she said. “For example the Girl Scout troop helped the elderly people decorate the senior living rec center.”

Teenaged children, on the other hand, are idealistic and interested in social justice issues, says Guly. “They care about pop culture, too,” said said. “My teens enjoyed shopping for holiday gifts for other kids who were socioeconomically disadvantaged. They bought sports team gear for fel-

low teen boys.”

Identify issues that are important to a child and provide opportunities for them practice altruism around those topics, suggests Carolyn Cass Lorente, Ph.D., professor of psychology at Northern Virginia Community College. “For instance if your child is interested in animals you might help them collect old towels and blankets in the neighborhood to take to a shelter,” she said. “This helps build a sense of agency and responsibility and shows them that we each can make a difference.”

“During the holidays, parents should share their family histories and traditions and note their good fortune in living today with many daily comforts and conveniences that their grandparents did not have,” said Short, Ph.D., professor of psychology at George Mason University. “Gift giving encourages empathy and perspective-taking to consider what others might like and it brings people closer together.”

## STATE OF BUSINESS

### ANNUAL MEETING

December 4, 2018  
7:30AM-9:30AM  
Alexandria Hilton Mark Center  
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# ENTERTAINMENT



PHOTOS CONTRIBUTED



Mount Vernon by Candlelight returns Nov. 23, with holiday themes and special tours of the Mansion and grounds.

## Tour Mount Vernon by Candlelight

And chat with America's first First Lady.

BY ROBERT BLIZARD

**A** warm welcome from smiling hosts and hostesses, candlelit walkways, as well as warm apple cider and cookies. Hard to get better than that for a holiday season festival.

But imagine the following enhancements: a glowing bonfire, a visiting camel, a tour of one of the world's most famous historic homes and a brief chat with America's first First Lady.

That's right, Martha Washington, along with an array of costumed 18<sup>th</sup>-century personalities, will welcome visitors to the Mount Vernon estate on chilly nights during Mount Vernon by Candlelight, a special Christmas-themed tour for the whole family.

Arrive at Mount Vernon's Ford Orientation Center and be led by a tour guide to

the majestic lawn leading to the famed house. Walk in the moonlight under enormous, stately trees while learning more about General Washington and his celebrated mansion.

Once there, you'll be greeted by actors portraying real-life people who once lived at the estate or visited there in Washington's day. They include the farm manager, an enslaved worker in the kitchen, a granddaughter and, of course, the President's wife.

The role of Martha Washington is inhabited by actress Mary Wiseman, who has been interpreting the persona for more than a decade at the estate. She'll welcome you in the dining room — both colorful and filigreed — where she entertained not only friends and family at Christmas, but also American history luminaries such as the Marquis de Lafayette. The French nobleman was a George Washington protégé who

brought this nation's first leader a key from the Bastille; it hangs in the house's central hallway for all visitors to see.

After departing the home, step into a garden landscaped according to Mount Vernon historical records. Once there, you'll be guided into the garden house where you can watch — and even participate in — 18<sup>th</sup>-century dancing. Accompanied by a recorder, the dancers invite both adults and children to join in while showing everyone the proper steps.

Before leaving, one can stop at outdoor tents set up in a meadow where historically dressed volunteers will help you warm up by cauldron fires and direct you to cider and treats. You can also bid Aladdin the camel a merry Christmas. The animal has become a holiday favorite with visitors over the last decade and is historically accurate. Records show that George Washington invited a representative of a traveling circus to his estate one Christmastime so he could bring the circus's camel, a site which few, if any, 18<sup>th</sup>-century Americans had ever seen.

If, after the tour, you're still in need of cozy warmth, stop at the Inn at Mount Vernon, the on-site restaurant, for Virginia peanut soup or some other fare. Or stop at the bar for spirits distilled as Washington might have distilled spirits and which are marketed under a special Mount Vernon label.

"This is a terrific way to see the mansion and all that it represents come to life," said Rebecca Aloisi, Mount Vernon's vice president of marketing. "Usually, people learn about the architectural details and other facts as they tour the house but for this event, the tour is provided by people from George Washington's life, all of whom tell their personal story about the holidays and the estate for guests. It's a very special opportunity to take a unique peak into the past."

*Mount Vernon by Candlelight basic information: Nov. 23, 24, and 30; Dec. 1, 7, 8 and 16. 5-8 p.m. Tickets: \$25 adult (12 and up); \$17 youth (ages 6-11); Children 5 and under are free. Free parking on site. For tickets and more information, visit: [www.mountvernon.org/candlelight](http://www.mountvernon.org/candlelight).*

### CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

#### ONGOING

**Art Exhibit: "Connecting Threads."** Through Nov. 25 at Del Ray Artisans, 2704 Mount Vernon Ave., Alexandria. The exhibit features the work of regional artists showcasing traditional and non-traditional ways to manipulate fiber and highlights narratives where textiles and fiber trigger nostalgia. See the exhibit and donate new towels for Carpenter's Shelter from

Nov. 2-25. Visit [www.DelRayArtisans.org/event/connecting-threads](http://www.DelRayArtisans.org/event/connecting-threads).

**Art Exhibit: "Pattern+Texture."** Through Dec. 2, gallery hours at the Torpedo Factory Art Center, 105 North Union St., Studio 21, Alexandria. 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. Visit

[www.theartleague.org](http://www.theartleague.org) or call 703-683-1780.

#### Mount Vernon Farmers Market.

Wednesdays, 8 a.m.-noon at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, Alexandria. Every Wednesday (through Dec. 19), 15 local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; honey, jams and jellies; dairy products and eggs; herbs; and more. Visit [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets).

**"Christmas at the Old Bull & Bush."** Through Dec. 23, at MetroStage, 1201 N. Royal St., Alexandria. Admission is \$55. The Old Bull and Bush Public House is

alive with British music hall songs and carols, corny jokes and funny sketches, tuneful melodies, sing-alongs and sausage rolls. Celebrate the holidays with Florrie Forde, the most famous music hall star of the era, and her troupe of British performers. Call 703-548-9044 or visit [www.MetroStage.org](http://www.MetroStage.org).

#### FRIDAY/NOV. 23

**Heather & Greens.** 9 a.m.-5 p.m. At 418 S. Washington St., Alexandria. Heather & Greens pre-order sale ends on Friday, Nov. 23. Orders are available for pick-up at The Campagna Center from 9 a.m.-5 p.m. on Friday, Nov. 30 and Saturday,

Dec. 1. Limited quantity. Proceeds benefit the programs of The Campagna Center that serve over 2,000 children and families in Alexandria. Call 703-224-2395 or email [developmentoffice@campagnacenter.org](mailto:developmentoffice@campagnacenter.org).

#### George Washington Spirits Sale.

10 a.m.-9:30 p.m. At the Shops at Mount Vernon, 3200 Mount Vernon Memorial Highway, Mount Vernon. All distilled spirits made at George Washington's Distillery will be on sale for the first time in its history. This Black Friday, visit the Shops at Mount Vernon to enjoy 20 percent off Mount Vernon's award-winning whiskey and spirits, including George Washington's Rye Whiskey—the



# ENTERTAINMENT

State Spirit of Virginia—two-year and four-year straight rye whiskey, Peach Eau de Vie, Apple Brandy, and George Washington Whiskey gift sets. Visit [mountvernon.org/spiritsale](http://mountvernon.org/spiritsale).

**Tree Lighting Ceremony.** 6 p.m. At Market Square, 301 King St., Alexandria. Kick off the holiday season at the 2018 City of Alexandria Tree Lighting Ceremony. The event will begin with a welcome by the Town Crier and remarks from Mayor Allison Silberberg, followed by a performance by Santa's Frosty Follies from the Metropolitan Fine Arts Center, the lighting of the tree, and a visit with Santa and Mrs. Claus. Visit [www.alexandriava.gov](http://www.alexandriava.gov).

## FRIDAY-SATURDAY/NOV. 23-24

**Mount Vernon by Candlelight.** 5-8 p.m. At George Washington's Mount Vernon Estate. Join Mount Vernon's residents and visitors for a festive evening tour. The experience begins in the Ford Orientation Center, where visitors enjoy the sounds of the holiday season and view spectacular Christmas trees highlighting the lives of the Washingtons and their home. Visitors will be guided into the 18th century for a lantern-lit tour of the historic area, where they will see the Slave Quarters and the Blacksmith Shop. Inside the Mansion, Martha Washington and other Mount Vernon residents will welcome visitors into their home and share stories of past Christmases. Tickets: \$25 adult, \$17 youth (ages 6-11). Visit [mountvernon.org/candlelight](http://mountvernon.org/candlelight).

**Holiday Shopping.** Through Old Town Alexandria. Returning this year is Alexandria's alternative Black Friday experience on Nov. 23, with one-of-a-kind deals at more than 50



## George Washington Spirits Sale

All distilled spirits made at George Washington's Distillery will be on sale for the first time in its history. This Black Friday, visit the Shops at Mount Vernon to enjoy 20 percent off Mount Vernon's award-winning whiskey and spirits, including George Washington's Rye Whiskey—the State Spirit of Virginia—two-year and four-year straight rye whiskey, Peach Eau de Vie, Apple Brandy, and George Washington Whiskey Gift Sets. Friday, Nov. 23, 10 a.m.-9:30 p.m. at the Shops at Mount Vernon, 3200 Mount Vernon Memorial Highway, Mount Vernon. Visit

locally owned boutiques in Old Town and Del Ray, plus the Old Town Boutique District's first-ever Plaid Friday. On Alexandria's Small Business Saturday, Nov. 24, shoppers will be treated to free parking at parking meters, the Elf Prize Patrol and special in-store activities at more than 50 boutiques in Old Town and Del Ray. Alexandria Restaurant Partners' offering 10 percent off at all ARP restaurants (Vola's Dockside Grill, Mia's Italian Kitchen, The Majestic, Joe Theismann's Restaurant & Bar and Lena's Wood-Fired Pizza &

Tap) when you present a receipt from a local small business. Visit [VisitAlexandriaVA.com/ShopSmall](http://VisitAlexandriaVA.com/ShopSmall).

## FRIDAY-SUNDAY/NOV. 23-25

**Christmas Tree and Wreath Sale.** 9 a.m.-6 p.m. At St. Aidan's Episcopal Church, 8531 Riverside Road, Alexandria. Fraser Fir trees and wreaths will arrive fresh from Pennsylvania and be ready to sell the day after Thanksgiving. The tree lot is a festive atmosphere, complete with hot cocoa and cookies. Join for

caroling on Dec. 1 at 2:45 p.m. and Dec. 2 at 11:45 a.m. Visit [www.staidanepiscopal.com](http://www.staidanepiscopal.com).

## NOV. 24-DEC. 16

**Christmas Tree Sale.** At Belle View Shopping Center, 1632 Belle View Blvd., Alexandria. Mount Vernon Kiwanis will hold its annual Christmas Tree Sale featuring Frasier Fir trees and garland and wreaths. 100 percent of profits will go to high school scholarships and local charities.

## SATURDAY/NOV. 24

**Small Business Saturday.** More than 50 independently owned boutiques in Old Town Alexandria and Del Ray will offer special in-store activities. The Elf Prize Patrol returns from 11 a.m.-1 p.m. treating shoppers in Old Town and Del Ray with surprise giveaways. Other highlights include free parking at parking meters, pop-up musical performances by The Alexandria Singers and the Alexandria Citizens Band from 11 a.m.-1 p.m., a postcard pop-up from Penny Post, special activities at the Torpedo Factory Art Center, hands-on arts activities by the Mobile Art Lab and holiday tunes and cheer by DJ Josh Goldman. Visit [alexandriaVA.com/SmallBusinessSaturday](http://alexandriaVA.com/SmallBusinessSaturday).

**Christmas Tree Sale.** 10 a.m.-8 p.m. At 110 Callahan Drive, in the Amtrak Parking Lot, Alexandria. The Alexandria Police Youth Camp Christmas tree sale begins. The lot will be open daily until they run out of trees, which will likely take three weeks. They have purchased more trees than ever before because they may be faced with an additional

\$10,000 bill to transport the kids to camp next summer; the goal is to cover that cost in additional tree sales. The youth camp has been operating for more than 70 years and this fundraiser is the largest, helping to cover approximately 50 percent of the summer camp operation. The tree sale runs from Mon.-Fri., 4-8 p.m.; and Sat. and Sun., 10 a.m.-8 p.m.

**Photos with Santa.** 12 p.m.-3 p.m. At Hooray for Books, 1555 King St., Alexandria. Hooray for Books! and Visit Alexandria will present photos with Santa and Mrs. Claus. Advance reservation is required. To reserve a 10-minute slot for a child to meet with Santa, make any size donation to the bookstore's special Santa account, which will be used to provide books, toys and games for the Alexandria Domestic Violence Program's Holiday Party. Visit [www.Hooray4Books.com](http://www.Hooray4Books.com).

**Urban Redeux Grand Opening.** 1-3 p.m. At 8742 Cooper Road, Alexandria. Celebrate the Grand Opening of Urban Redeux, a unique, small business in the community. Meet the owners and artists who create the one-of-a-kind "junkie, funk, and furnishings" and receive special Small Business Saturday giveaways. See all this new store has to offer and enjoy light refreshments. Hosted by Mount Vernon Lee Chamber of Commerce.

**Wetlands Nighttime Hike.** 4:15-5:45 p.m. At Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. On the "Hot Cocoa Wetland Night Hike" look for signs and listen for sounds of beavers, owls, deer and other nocturnal winter animals. \$9 per person. Designed for participants age 6-adult, and children must be accompanied by a registered adult. The program will be canceled in the

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# Lady Misrule

## A CHRISTMAS NOIR

A dark tale from the jolliest place on earth, Lady Misrule explores faith, family, and the dirty work of doing good deeds.

**Friday, November 30  
&  
Saturday, December 1**

**6:45 p.m. – Reception  
7:30 p.m. – Performance**

Free performance  
Registration required  
For more information and to register, please visit [www.vts.edu](http://www.vts.edu).

Saturday performance includes a Q&A with writer and director Paul Sapp and the cast after the show. Lady Misrule is intended for an adult audience.

VIRGINIA THEOLOGICAL SEMINARY

**3737 Seminary Road  
Alexandria, Va. 22304**



# ENTERTAINMENT

event of inclement weather. Call 703-768-2525 or visit [www.fairfaxcounty.gov/parks/huntley-meadows](http://www.fairfaxcounty.gov/parks/huntley-meadows).

## SUNDAY/NOV. 25

**Museum Store Sunday.** Free to browse. Visit favorite historic Alexandria museums on Museum Store Sunday for unique and historically inspired gifts with special offers, seasonal refreshments and more. Participating museum stores include the Stabler-Leadbeater Apothecary Museum, the Alexandria History Museum at The Lyceum, Friendship Firehouse Museum, Gadsby's Tavern Museum, Alexandria Black History Museum, Fort Ward Museum, Freedom House Museum, and the Carlyle House. Visit [www.VisitAlexandria.com/MuseumStoreSunday](http://www.VisitAlexandria.com/MuseumStoreSunday).

## MONDAY/NOV. 26

**Loan Sharks or Lenders of Last Resort?** 7:15 p.m. At The Hermitage Auditorium, 5000 Fairbanks Ave., Alexandria. Part of the Agenda:Alexandria program, which falls on the fourth Monday of the month. Programs are \$5 each or free with your \$35 membership, payable on-line at [www.AgendaAlexandria.org/sign-up](http://www.AgendaAlexandria.org/sign-up) page or at the door by check or credit. All are invited to a pre-program dinner if desired. Dinner is 6:45-7:15 p.m., prices starting at \$32 with reservations by the Friday prior to the program. Visit [www.Agenda:Alexandria.com](http://www.Agenda:Alexandria.com).

## TUESDAY/NOV. 27

**Snacks & Self-Expression.** 3:15 p.m. At Ellen Coolidge Burke Branch Library, 4701 Seminary Road, Alexandria. Free. Teens find their inner artist using the mediums of painting, sketching, collage and more. Plus snacks. They'll bring the supplies, teens bring the inspiration. For teens (grades 6-12). Contact Anton Murray at [amurray@alexlibraryva.org](mailto:amurray@alexlibraryva.org). Or visit the website: [alexlibraryva.org](http://alexlibraryva.org).

**Preserving Heritage.** 7 p.m. At Kate Waller Barrett Branch Library, 717 Queen St., Alexandria. Free. Victoria Vasques and Marty Abbott will discuss the work being done to preserve and support learning of indigenous languages of North America. Contact Anton Murray at [amurray@alexlibraryva.org](mailto:amurray@alexlibraryva.org).

## WEDNESDAY/NOV. 28

**Building Relationships.** 6 p.m. At Charles E. Beatley Jr. Central Library, 5005 Duke St., Alexandria. Free. This workshop will help attendees to experience MLK's call to develop "understanding with the enemy and release those vast reservoirs of goodwill that have been blocked by impenetrable walls of hate." Contact Anton Murray at [amurray@alexlibraryva.org](mailto:amurray@alexlibraryva.org). Visit [alexlibraryva.org](http://alexlibraryva.org).

## THURSDAY/NOV.29-SATURDAY/DEC. 1

**Alexandria Community Nutcracker.** At West Potomac High School, 6500 Quander Road, Alexandria. Celebrating its 10th year, the Alexandria Community Nutcracker – in collaboration with The West Potomac Academy Program – will once again delight guests of all ages with the holiday classic, "The Nutcracker." This season's four performances will take place at 5:30 p.m. on Thursday, Nov. 29; 6:30 p.m. on Friday, Nov. 30; and 2:30 p.m. and 6:30 p.m. on Saturday, Dec. 1. Cost is \$10-\$25. Visit [www.alexandrianutcracker.com](http://www.alexandrianutcracker.com).

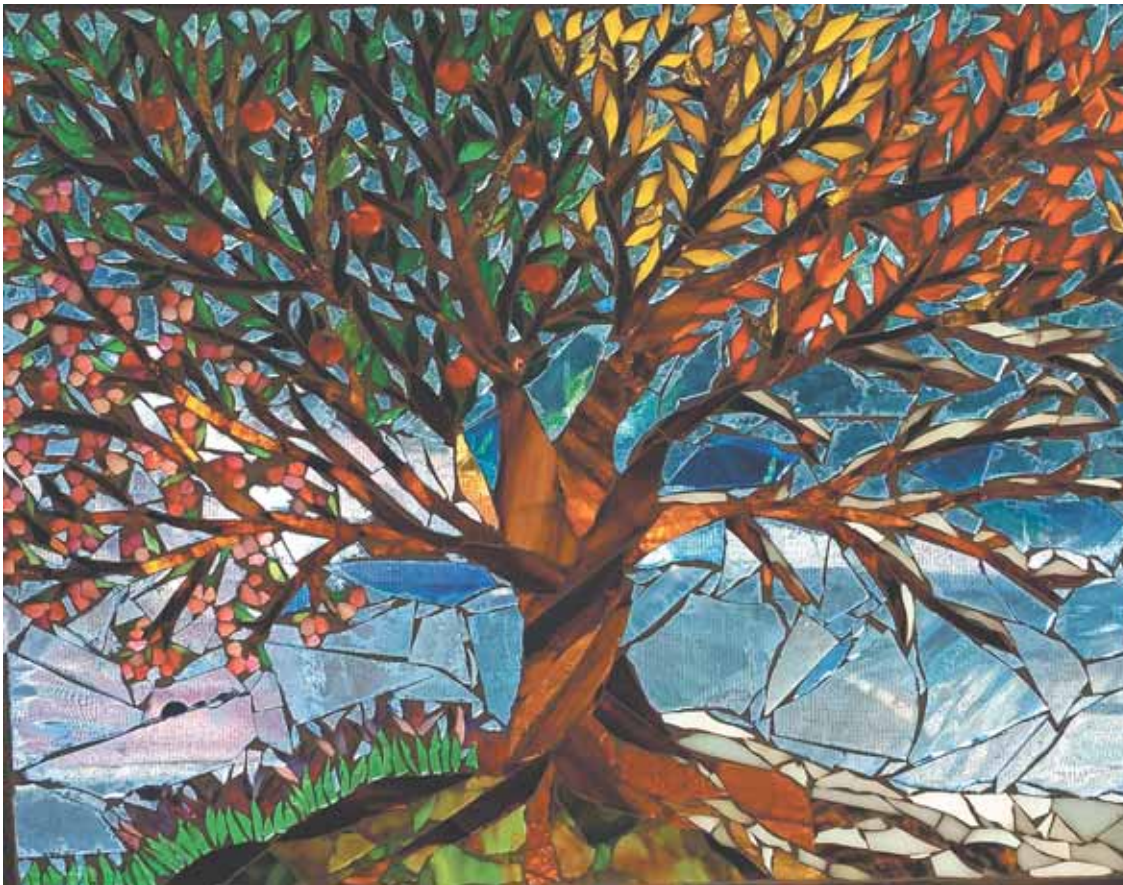


PHOTO BY MARIA ILLINGWORTH

## Del Ray Holiday Show

The Fifth Annual Del Ray Holiday Show, studio show of fine arts/crafts, 7 artists (glass mosaics, fine jewelry, woodfired pottery, turned pens, paper mache masks, upcycle bags/scarves, gourmet dog treats). Sunday, Dec. 2, noon-6 p.m. at Studio of Stephen Lally, 8 East Howell Ave., Alexandria. Email [slallypottery@gmail.com](mailto:slallypottery@gmail.com), call 703-819-9990 or visit [stephenlallypottery.com](http://stephenlallypottery.com) for more.

## FRIDAY-SATURDAY/NOV.30-DEC. 1

**Mount Vernon by Candlelight.** 5-8 p.m. At George Washington's Mount Vernon Estate. Join Mount Vernon's residents and visitors for a festive evening tour. The experience begins in the Ford Orientation Center, where visitors can enjoy the sounds of the holiday season and view spectacular Christmas trees highlighting the lives of the Washingtons and their home. Visitors will be guided into the 18th century for a lantern-lit tour of the historic area, where they will see the Slave Quarters and the Blacksmith Shop. Inside the Mansion, Martha Washington and other Mount Vernon residents will welcome guests into their home and share stories of past Christmases. \$25 adult, \$17 youth (ages 6-11). Visit [mountvernon.org/candlelight](http://mountvernon.org/candlelight).

## FRIDAY/NOV. 30-SUNDAY/DEC. 2

**Del Ray Artisans Holiday Market.** Friday, 6-9 p.m.; Saturday-Sunday, 11 a.m.-6 p.m. at 2704 Mount Vernon Ave., Alexandria. Offers handmade fine arts and crafts from local artists. Different artists each weekend. Choose from wall art, pottery, photography, jewelry, glass, and more. Plus FUNdraising 2019 wall calendars, cookbooks, and upcycled tote bags to support Del Ray Artisans. Free admission. Visit [DelRayArtisans.org/event/holiday-market-2018](http://DelRayArtisans.org/event/holiday-market-2018).

## NOV. 30-DEC. 15

**"Adventures with Mr. Bear."** At The Lab at Convergence, 1819 N. Quaker Lane, Alexandria. Presented by Arts on the Horizon. One winter afternoon, a young girl and her favorite stuffed animal, Mr. Bear, play a game of hide and seek which evolves into a series of exciting adventures. \$10. Performance Schedule:( Friday, Nov. 30 - 10:30

a.m.; Saturday, Dec. 1 - 10 a.m. and 11:30 a.m.; Thursday, Dec. 6 at 10:30 a.m.; Friday, Dec. 7 at 10:30 a.m.; Saturday, Dec. 8 at 10 a.m. and 11:30 a.m.; Thursday, Dec. 13 at 10:30 a.m.; Friday, Dec. 14 at 10:30 a.m.; Saturday, Dec. 15 at 10 and 11:30 a.m. Purchase tickets at [www.artsonthehorizon.org/mr-bear-2018.html](http://www.artsonthehorizon.org/mr-bear-2018.html).

## NOV. 30-DEC. 16

**LTA's "A Christmas Carol."** At 600 Wolfe St., Alexandria. The Little Theatre of Alexandria rings in the holiday season with a return of the classic by Charles Dickens. Ebenezer Scrooge, a miserable, bitter old miser travels with ghostly guides through Christmas past, present and future to find the true meaning of the holidays. Tickets \$20. Call 703-683-0496 or visit [www.TheLittleTheatre.com](http://www.TheLittleTheatre.com).

## SATURDAY/DEC. 1

**Holiday Market.** 10 a.m.-2 p.m. at Mount Vernon High School, 8515 Old Mount Vernon Road, Alexandria. The Mount Vernon High School PTSA presents their 2018 Holiday Market. Accepting vendors. Learn more at [Facebook.com/MVHSHM](https://Facebook.com/MVHSHM) or email [ptsaholidayfest@gmail.com](mailto:ptsaholidayfest@gmail.com).

**Christmastide at Gunston Hall.** 10 a.m.-7 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Mason Neck. A full day of holiday activities starts with a visit from Santa to games and crafts for all ages. The evening hours provide a romantic holiday experience by candlelight as visitors sample period food in the kitchen and explore the grounds by candlelight. \$15 for adults; \$10 for children. Visit [www.gunstonhall.org/](http://www.gunstonhall.org/) or call 703-550-9220.

**Brunch With Santa.** 10:30 a.m.-12:30 p.m. At Pinecrest Golf Course, 6600 Little River Turnpike, Alexandria. Skip the lines at the mall and bring

the family to Pinecrest's new indoor golf studio. Meet and take pictures with Santa while enjoying a family friendly brunch. Santa will be making his way around to mingle with families, take requests for holiday wish lists and give out goody bags before he heads back to the North Pole. \$12 for ages 3 to 12; \$14 for ages 13 and up. Children must be accompanied by a registered adult. Email [fcpapinecrestgc@fairfaxcounty.gov](mailto:fcpapinecrestgc@fairfaxcounty.gov) or call 703-941-1061.

**Scottish Walk Open House.** 11 a.m.-4 p.m. At The Stabler-Leadbeater Apothecary Museum, 105 S. Fairfax St., Alexandria. Tour the historic Stabler-Leadbeater Apothecary Museum and learn about this family-run business and the products they sold to the residents of Alexandria between 1792 and 1933. Special guests The Schod Family Apothecary will demonstrate the making of 19th century apothecary products. Don't miss the Apothecary's museum shop, which is filled with fun, creative and unique holiday gifts. Call 703-746-3852 or visit [AlexandriaVA.gov/Apothecary](http://AlexandriaVA.gov/Apothecary).

**Story Time for Little Historians.** 11 a.m. at the Alexandria Black History Museum, 902 Wythe St. "Why the Sun & Moon Live in the Sky," retold and illustrated by Niki Daly. Enjoy cultural stories and creative craft activities that introduce world history and folklore. Afterwards, explore the museum exhibits to learn about local Black history. All ages welcome, but most suitable for children 4 and older. Admission is \$3 per person. All children must be accompanied by an adult. Call 703-746-4356.

**48th Annual Campagna Center Scottish Christmas Walk Parade.** 11 a.m. Dozens of Scottish clans dressed in colorful tartans parade through the streets of Old Town, joined by pipe and drum bands from around the region, as well as terriers and hounds. The parade, which takes place rain or

shine, begins at St. Asaph and Wolfe Streets and concludes at Market Square with a massed band concert. Parade admission is free. Call 703-549-0111 or visit [www.CampagnaCenter.org/ScottishWalkWeekend](http://www.CampagnaCenter.org/ScottishWalkWeekend).

**Scottish Walk Open House.** Noon-4 p.m. At Carlyle House Historic Park, 121 N. Fairfax St., Alexandria. Visit Old Town to enjoy Alexandria's rich Scottish heritage and see the Scottish Walk Parade march past Alexandria's oldest stone building, Carlyle House. After the parade, enter the museum gates and step back in time for an open house in the spirit of the holiday season. The museum will be open for free and docents will be available to answer questions about the house and the collection while guests tour at their own pace. Visit [www.novaparks.com/parks/carlyle-house-historic-park](http://www.novaparks.com/parks/carlyle-house-historic-park).

**Ship Biscuit Ornament Making.** 1-4 p.m. At Alexandria Archaeology Museum, Torpedo Factory Art Center, 105 N. Union St., #327, Alexandria. An almost completely intact ship's biscuit from the 18th century was found in Alexandria last year. To commemorate the discovery, visitors are invited to make their own ship's biscuit. Each biscuit will be stamped with the year and then baked at home to track its preservation. No registration required. Call 703-746-4399 or visit [www.AlexandriaArchaeology.org](http://www.AlexandriaArchaeology.org).

**19th Annual Holiday Boat Parade of Lights.** 5:30 p.m. At Alexandria City Marina, Cameron Street. Alexandria's waterfront shines as dozens of brightly lit boats cruise the Potomac River for the Alexandria Holiday Boat Parade of Lights. Parade viewing areas include: Founders Park (351 North Union St.), Alexandria City Marina (0 Cameron St.), Waterfront Park (1A Prince St.), Shipyard/Harborside Park (1 Wilkes St.), and Ford's Landing Park (99 Franklin St.). Call 703-746-3301. Visit [www.VisitAlexandriaVA.com/BoatParade](http://www.VisitAlexandriaVA.com/BoatParade).

**Country-Western Dance.** At Lincolnia Senior Center, 4710 North Chambliss St., Alexandria. The Northern Virginia Country-Western Dance Association will hold a dance. Lessons, 6-7 p.m. Open dancing, 7-9:30 p.m. A DJ provides music. Couples and singles of all ages welcome. Admission for NVCWDA members \$10; non-members \$12; \$5 for children under 18 accompanied by a paying adult. Smoke-free, alcohol-free. BYO refreshments. Toys 4 Tots Dance: collecting unwrapped toys for donation. Visit [www.nvcwda.org](http://www.nvcwda.org).

**Holidays on the Avenue in Del Ray.** 6 p.m. At Pat Miller Neighborhood Square at Mount Vernon Avenue and E. Oxford Avenue, Alexandria. Kick off the holidays with a visit to Del Ray for the annual holiday tree lighting, featuring a special appearance by Santa Claus who will lead carols and sit for photos with children. Continue the celebration and start your holiday shopping with a stroll down Mount Vernon Avenue, which will be illuminated by thousands of luminarias. Pick your favorite in the neighborhood business association's annual Christmas tree decorating contest. Call 703-683-2570 or visit [www.VisitDelRay.com](http://www.VisitDelRay.com)

## SATURDAY-SUNDAY/DEC. 1-2

**Watercolor Exhibition.** Saturday, 4-7 p.m.; Sunday, noon-4 p.m. At Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Some 60 local artists will exhibit and offer for sale original paintings at the 26th annual Watercolor Exhibition and Sale. Free. Email [blackhawk245@hotmail.com](mailto:blackhawk245@hotmail.com) or call



# ENTERTAINMENT

703-799-9635.

## SATURDAY-SUNDAY/DEC. 1-2

**Christmas Tree and Wreath Sale.** 9 a.m.-6 p.m. At St. Aidan's Episcopal Church, 8531 Riverside Road, Alexandria. Fraser Fir trees and wreaths will arrive fresh from Pennsylvania and be ready to sell the day after Thanksgiving. The tree lot is a festive atmosphere, complete with hot cocoa and cookies. Join for caroling on Dec. 1 at 2:45 p.m. and Dec. 2 at 11:45 a.m. Visit [www.staidanepiscopal.com](http://www.staidanepiscopal.com).

## SUNDAY/DEC. 2

**Holiday Sweater Run.** 8 a.m. Meet at Waterfront Park, 1A Prince St., Alexandria. Followed by brunch at 9 a.m. and 10 a.m. at Chadwicks, 203 Strand St., Alexandria. Join Pacers Running, the City of Alexandria and Chadwicks at Waterfront Park for a run. All paces are welcome, and no ticket is required to join the run. Come out in your holiday finest (running shoes strongly encouraged). The run route will take you south through Old Town on Union Street and then connect to the George Washington Memorial Parkway Trail. There will be different turnarounds options from 4 miles up 20 miles. Call 703-836-1463 or visit [www.RunPacers.com](http://www.RunPacers.com).

**Del Ray Holiday Pop-Up Market.** 11 a.m.-3 p.m. At the Pat Miller Neighborhood Square at Mount Vernon Avenue and E. Oxford Ave., Alexandria. Find the perfect gift at this pop-up market featuring local artisans and at-home entrepreneurs. Call 703-683-2570 or visit [www.VisitDelRay.com](http://www.VisitDelRay.com).

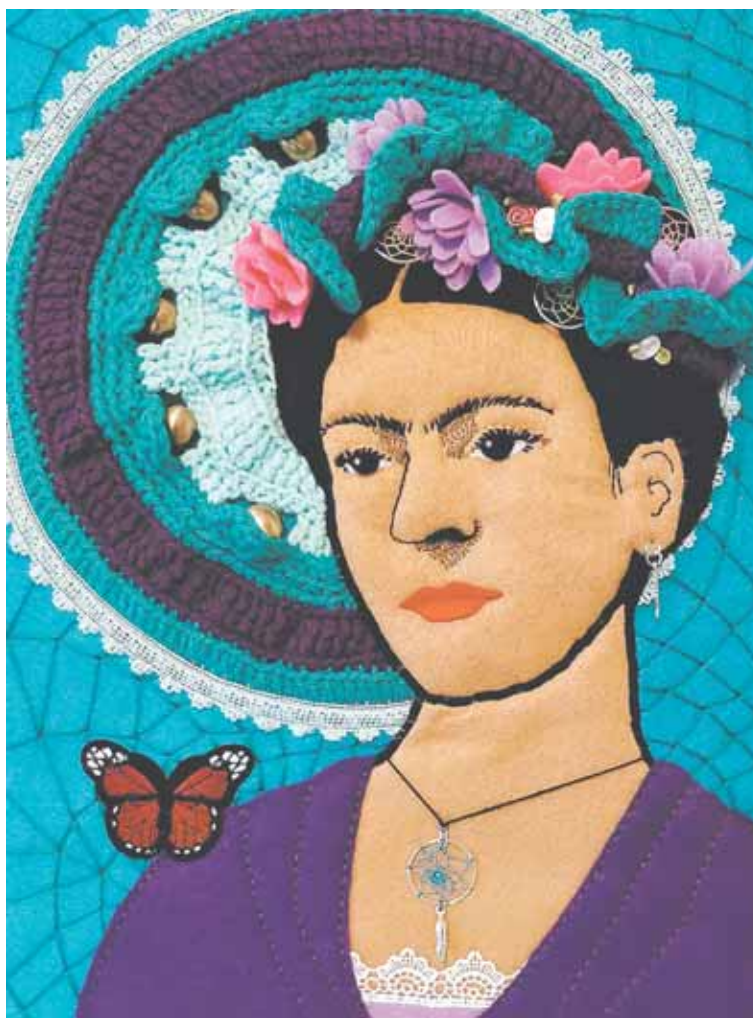
**Gardeners' Holiday Open House.**

Noon-4 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. Treat yourself to a day of fun as Green Spring features holiday decorations, seasonal displays, live music and holiday breads. There will be ornaments for sale and free refreshments. For gardeners of all ages. Children, and the young at heart, will enjoy the holiday puppet shows by Bob Brown Puppets at 1 and 3 p.m. \$5 per person, and advance registration is recommended. Call 703-642-5173 or visit [www.fairfaxcounty.gov/parks/green-spring](http://www.fairfaxcounty.gov/parks/green-spring).

**Del Ray Holiday Show.** Noon-6 p.m. At Studio of Stephen Lally, 8 East Howell Ave., Alexandria. The Fifth Annual Del Ray Holiday Show, studio show of fine arts/crafts, seven artists (glass mosaics, fine jewelry, woodfired pottery, turned pens, paper mache masks, upcycle bags/scarves, gourmet dog treats). Email [slallypottery@gmail.com](mailto:slallypottery@gmail.com), call 703-819-9990 or visit [stephenlallypottery.com](http://stephenlallypottery.com).

**New Dominion Chorale.** 4 p.m. At Schlesinger Concert Hall and Arts Center, 4915 East Campus Drive, Alexandria. New Dominion Chorale to perform Gloria in Excelsis. The concert, conducted by Artistic Director Thomas Beveridge, will feature Puccini's "Messa di Gloria," Bach's "The Childhood of Jesus," and Beveridge's "Carols for Singers and Orchestra." \$35 for adults, \$30 for seniors (62+), and \$15 for students up to age 22. Call 202-244-7191; e-mail [ndcpublicity@gmail.com](mailto:ndcpublicity@gmail.com) or visit [www.newdominion.org](http://www.newdominion.org).

**Messiah Sing-Along.** 4-6 p.m. at Fairlington United Methodist Church, 3900 King St. This year, sing all choruses (parts 1, 2 and 3) accompanied by the Amadeus



"Dream Weaver Frida" by Dawn Wyse Hurto and Liz Martinez (artwork in exhibit).

Orchestra. The audience is the chorus, led by the Fairlington United Methodist Church Choir with Dr. Louise Wilson, conductor. Free. Visit [bit.ly/messiahsing-along](http://bit.ly/messiahsing-along).

## MONDAY/DEC. 3

**Poetry Workshop.** 6:30-8 p.m. at Durant Arts Center, 1605 Cameron St., Alexandria. "Building Cultural Bridges" with Wendi R Kaplan, Poet Laureate. At these workshops, poetry can be read and written. The Poet Laureate and literary programs are part of the Office of the Arts, a division of the Alexandria Department of Recreation, Parks and Cultural Activities. The workshops are free; to register, RSVP at [poet@alexandriava.gov](mailto:poet@alexandriava.gov) or contact Cheryl Anne Colton at 703-746-5565 or [cheryllanne.colton@alexandriava.gov](mailto:cheryllanne.colton@alexandriava.gov), or visit [www.alexandriava.gov/Arts](http://www.alexandriava.gov/Arts).

## Connecting Threads

Art exhibit, "Connecting Threads," will be at Del Ray Artisans, 2704 Mount Vernon Ave., Alexandria Nov. 2-25. The exhibit features the work of regional artists showcasing traditional and non-traditional ways to manipulate fiber and highlights narratives where textiles and fiber trigger nostalgia. See the exhibit and donate new towels for Carpenter's Shelter through Nov. 25. Visit [www.DelRayArtisans.org/event/connecting-threads](http://www.DelRayArtisans.org/event/connecting-threads)

## DEL RAY ARTISANS HOLIDAY MARKET 2018

[DelRayArtisans.org](http://DelRayArtisans.org)

WEEKEND 1  
November 30th  
through  
December 2nd

WEEKEND 2  
December 7th  
through  
December 9th

WEEKEND 3  
December 14th  
through  
December 16th

NVHG  
**ART & CRAFT  
SHOW**  
AT VIENNA COMMUNITY CENTER  
120 CHERRY STREET, SE  
VIENNA, VA 22180  
THANKSGIVING WEEKEND  
NOVEMBER 23-25, 2018  
FRIDAY 10AM - 5PM  
SATURDAY 10AM - 5PM  
SUNDAY 11AM - 4PM

\$5 ADMISSION

PRESENT THIS AD FOR A  
\$2 DISCOUNT ON \$5 ADMISSION

Open for Thanksgiving

Three Seatings: 12:30, 2:30 or 4:30 P.M.  
~Offering a 3 Course Menu~  
Including the Traditional Turkey Breast  
Call Early for Reservations

# Le Refuge

## Restaurant

### Fall Specials

- Split Pea Soup with Smoked Sausage
- Asparagus with Fresh Trout
- Beef Wellington
- Rack of Lamb
- Dover Sole
- Cassoulet
- Frog Legs

Patio seating available

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Smoke-Free Restaurant

[www.lerefugealexandria.com](http://www.lerefugealexandria.com)



# Enrollment Growth, Added Costs Drive School's CIP

FROM PAGE 1

enrollment-driven need to build new schools. Plenty more work waited beyond the 10-year horizon, they said.

So it came as little surprise that Superintendent Dr. Gregory Hutchings, Jr. proposed to the School Board on Thursday, Nov. 8 a \$476 million capital improvement budget through FY 2029. The School Board will debate the proposal, tweaking it however they deem necessary, before adopting a final, official request on Thursday, Dec. 20 to send to the city manager.

The current proposal also “does not fully satisfy all of our projected capacity needs. ... We need to make sure that the public and everyone knows that,” said School Board member Bill Campbell.

Unabated enrollment growth continues to drive the bulk of Hutchings’s proposal. The division forecasts enrollment to grow by about 2,500 students (16 percent) over the next 10 years. The biggest capital line items for the schools in FY 2019 included \$30 million for potential but as-of-yet unspecified land acquisition and \$12 million for re-locatable classrooms, an interim Band-Aid. But even with those dominoes knocked down, this year another new school entered the horizon, adding \$45 million for construction in FY 2029.

All in all, the next 10 years will include high school capacity expansion; renovations or replacements of three elementary schools; and two new schools, one of which will serve as temporary “swing space” to house students while

other projects are underway, before converting to its permanent new use.

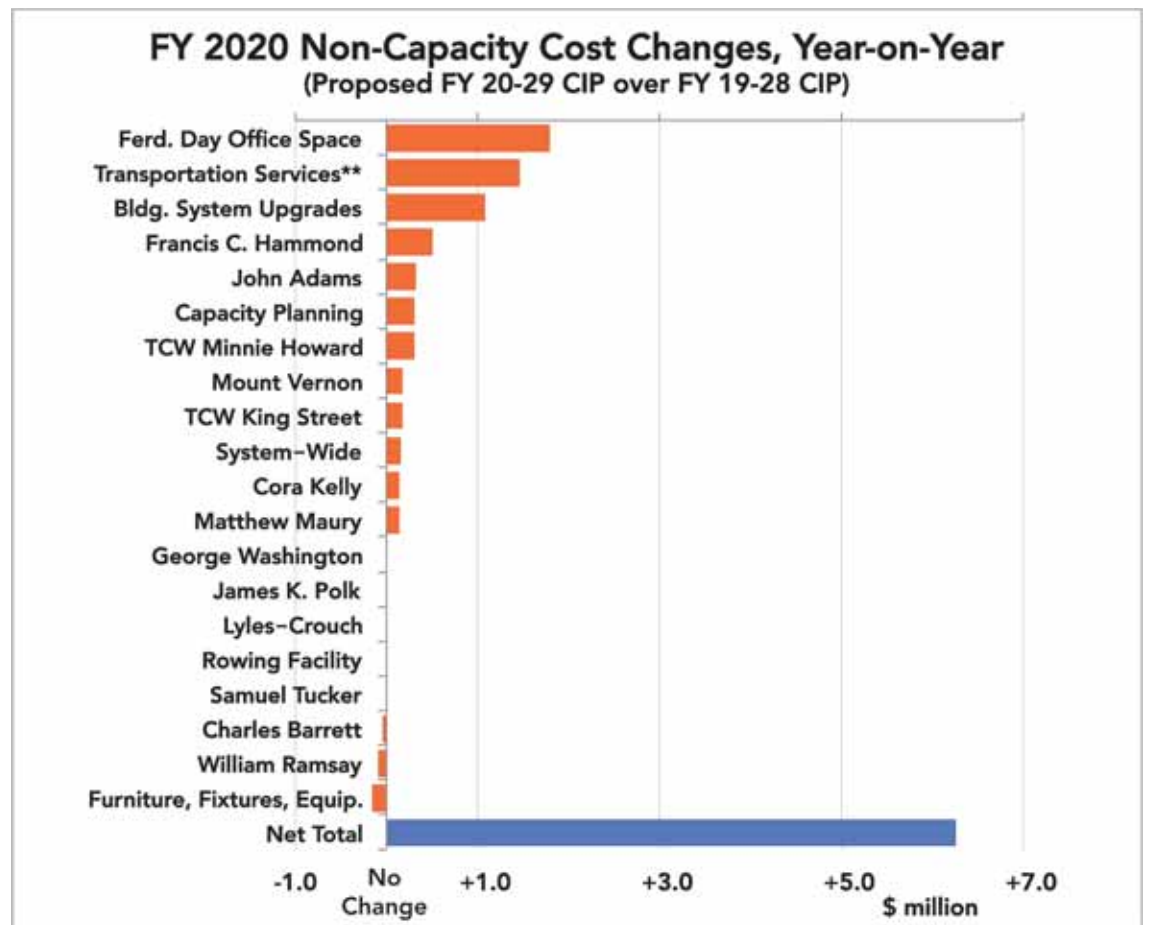
But some of this year’s big budget request also results from numerous year-on-year non-capacity cost increases, and some new additions, for FY 2020.

For example, this year includes a new line item for \$1.8 million to refurbish an unused floor above Ferdinand T. Day Elementary School for an office use. This year also includes \$1.5 million in additional transportation dollars, in part to upgrade the school bus fleet, only a quarter of which is equipped with air conditioning. All together, the changes add up to \$6 million in additional single-year costs, up 50 percent increase from estimates only a year ago.

This raised some concern at the School Board’s first budget work session, held Tuesday, Nov. 13.

Miscommunication and contention between the City Council and School Board have simmered for several years. It came to a head during the FY 2018 process, when the School Board requested \$611 million in 10-year capital funding, more than double its request one year earlier. So last year’s budget agreement represented something of a détente, hailed as the beginning of a new era of collaboration.

Part of the mutual understanding “was to have some certainty in terms of how much money per year we were looking at, so that people could plan,” said School Board member Hal Cardwell. But “if we’re trying to get to consistency year to year, but here the school system proposes a [50] percent jump from one year to the



**The public school system’s added or increased budgeted costs for non-capacity capital projects in FY 2020 rose by \$6.3 million (50 percent) over last year.**

next ..., that’s not giving it.” The schools need “a rationale for why, all of a sudden, things got moved up [on the timeline], why things weren’t in there, 12 months ago.”

“We are being a little more aggressive in this area because we do not want to be in the situation [of deferred maintenance] we’re in currently,” said Hutchings. But “this is still not doing everything. ... This is being extremely conservative to still try to keep the buildings warm, safe and dry. We may

see even more once [the division’s forthcoming facilities assessment update] is done. ... I don’t know what those results are going to bring.”

School Board member Margaret Lorber thinks a facilities audit, prepared in October last year, immediately prior to the then-superintendent’s FY 2019-28 proposal, gives a necessary justification. Virginia schools should “plan to spend an amount equal to at least 4 percent of its facilities’ cur-

rent replacement value annually” for capital needs, according to the audit. But it found that Alexandria’s school system spent only a bit over one percent in 2017.

The audit “told us we were under-spending on maintenance. ... Now we’re sort of realizing where we needed to be, not that we’re being spendthrift and foolhardy,” said Lorber.

For more, visit [www.acps.k12.va.us/budget](http://www.acps.k12.va.us/budget).

## Reviewing Teacher Pay

FROM PAGE 1

degree, Alexandria offers an entry-level salary of about \$49,000, middle of the pack among 10 regional jurisdictions. Entry-level pay for teachers with master’s degrees is \$56,000, third highest in the region. The maximum for teachers with a master’s is \$106,000, dropping to seventh place regionally.

Overall, teachers in Alexandria receive a total compensation package valued at about \$110,000 — third highest among regional competitors, and on the order of \$10,000 more than six.

This is due to “a very robust fringe benefit package” in Alexandria, particularly health care, which consultants have called “a platinum-plus plan,” said Turner.

The school division offers has a zero

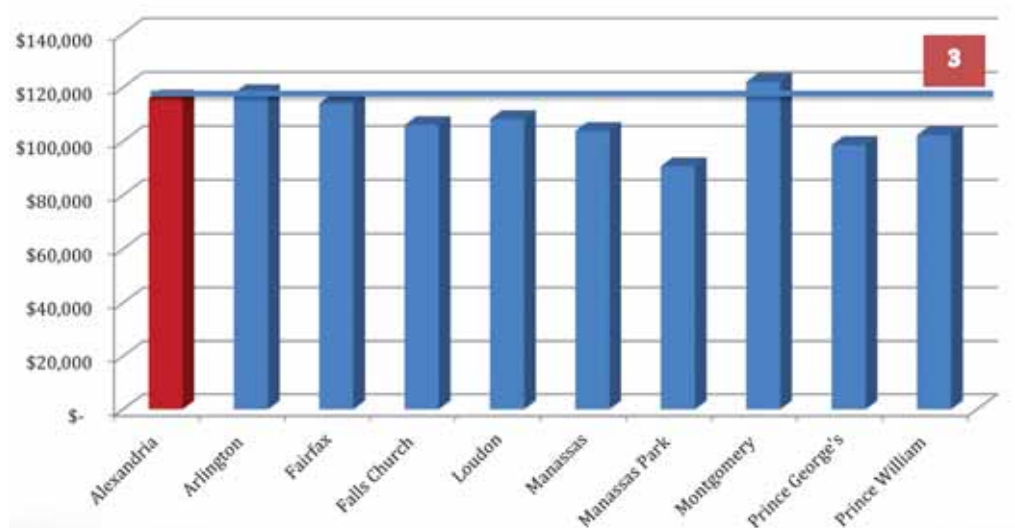
deductible plan, which is “unheard of,” said Dr. Gregory Hutchings, Jr., the division’s superintendent.

As a result, beginning teachers might come to Alexandria to build up their résumés, only to go somewhere else where they can make more, said School Board member Ronnie Campbell. A top-shelf benefits package might become less enticing to older and more experienced teachers, especially if they’re covered under a spouse or partner’s plan anyway, said Hutchings.

“We can’t do it all, right? We’re already giving a ‘platinum-plus’ benefits package. Most people don’t even have that,” he said. “We have to start thinking about, how can we possibly repurpose some of the benefits funds to have a higher salary. ... We want to recruit and retain, not just recruit.”

The administration is currently looking into a high deductible plan, said Turner.

**Average Teacher Compensation Package**



**Alexandria teachers’ average total pay-and-benefits, compared to other regional jurisdictions. The third place ranking results largely from a “platinum-plus” health care plan, which may help recruitment but hurt retention, school division administrators say.**



# ‘Economic Spin-Off’

FROM PAGE 3

some the neighborhood’s planned new office space, Jinks expects the direct negative tax impact for the city will be “fairly minor.” Rather, here again, he expects a positive ripple effect.

Studies show that, while some new residents put children in the public school system and consume city services, “we still net out ahead,” he said. Plus, “people will come stay in our hotels; there will be businesses that will spin off of the research that is done at Virginia Tech. The community will benefit by that. We will see values — probably particularly townhouse and single-family home values — will go up.”

**THE STATE HAS ALSO** committed a variety of new resources to beef up supporting infrastructure. This will include \$195 million state money for transportation-related projects, including a reinstated south entrance to the Potomac Yard Metro station and expansion of bus rapid transit along the Route 1 corridor. Helen McIlvaine, the city’s housing director, also expects an additional \$15 million for affordable housing projects in Northern Virginia, via the Virginia Housing Development Authority, a state-sponsored not-for-profit.

Granted, “no gain like [this] is 100 percent positive. Our job ... is to say, what issues does it create and how to we mitigate and how do we address those issues?” said Jinks.

He and other senior city administrators fielded residents’ questions and concerns through a online forum held Monday, Nov. 19:

What’d the city give up?

“The city is not giving any incentive to Amazon. Our incentive investment is in transportation projects and affordable housing,” said Landrum.

How will Amazon contribute to infrastructure development?

The company will pay property taxes on their offices in Arlington, and their employees will invariably pay property and consumer taxes, said Jinks.

**WHAT’S THE EXPECTED** impact with respect to traffic and schools?

“Are we prepared for development of this magnitude? The answer is, we are,” said Karl Moritz, the city’s planning and zoning director. “We had planned ... not just

that there’d be this amount of development and where, but what are the public facilities — roads, schools, parks and open space — that would be needed to support that growth. We had all of that prepared in our plans ahead of time.”

With respect to traffic, as many as 75 percent of people in National Landing are expected to move some way other than car, said Yon Lambert, the city’s director of transportation and environmental services.

“This is a very transit-centered employer,” he said.

With respect to public schools, young Virginia Tech graduate students aren’t expected to bring in as many children as would regular market rate housing, said Landrum.

The proximity may bring new partnership opportunities, such as internships, in connection with the school system’s planned expansion of high school capacity.

“Aspirationally, we would love for this site to be one of the only places in the country where you could go K through graduate school with a STEM focus,” said Landrum.

**WHAT ABOUT** the housing market?

McIlvaine expects rents will increase by 4-6 percent, which isn’t far off the upward trend the city has seen in recent years. She noted Alexandria’s existing homebuyers assistance and pilot rental subsidy programs.

“While it’s appropriate to be concerned, I think collectively we have lots of new opportunities, including a recognition [from the governor] that housing affordability is very important” for Northern Virginia’s economic health, she said.

What happened in Seattle won’t happen here, because Northern Virginia and Washington, D.C. have planned an “enormous” amount of housing development along transit, which will “create more supply,” said Jinks.

How done is this deal, is there still time for public input?

Virginia Tech’s timeline leaves “plenty of time for us to go to the community in the next months to talk about the plans, to make sure that the community understands what’s being proposed, answer their questions, get their feedback, get their input,” said Moritz.

For more, visit [www.alexandriava.gov/NationalLanding](http://www.alexandriava.gov/NationalLanding).

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## Announcements

## Obituary



**David “Coach” W. Rice**, 91, of Ft. Pierce, FL passed away on November 9, 2018. Services will be held in Fort Pierce, FL and Denver, CO at a later date.

Arrangements are under the direction of Haisley Funeral & Cremation Service. An online guest book may be signed at [www.haisleyfuneralhome.com](http://www.haisleyfuneralhome.com)

## Legals

After many years of serving the community, Kristin Rosenthal, L.P.C., and Mount Vernon Family Therapy Associates, LLC will be selling its practice to Jennifer McEwan, Ph.D., who will continue the practice at 1707 Belle View Blvd, Alexandria, VA. Unless Kristin Rosenthal, L.P.C., and Mount Vernon Family Therapy Associates, LLC, receives by December 31, 2018, written direction from a patient, or patient’s agent, to transfer a copy of the patient’s medical records to another health care provider, or send a copy of such records directly to the patient, all medical records will be transferred to Jennifer McEwan, Ph.D., at the address above. There will be a copying fee of \$0.50 per page charged for the transfer of your records to another provider or for the release of the records to you.

## 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:

RFP 794: Carlyle Vitality Initiative - Event Management Services  
RFP Close Date and Time: December 17, 2018, 4 p.m., local time

This will be a Living Wage Contract

For general inquiries contact James Pearson, Contract Specialist, at 703.746.4275.

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 Bids 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: Invitation to Bid No. 771, Four Mile Run Connector Bridge.

Closing Date and Time: January 9, 2019, 4:00 p.m., prevailing local time.

There will be a non-mandatory pre-bid meeting on December 4, 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](mailto: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

### PUBLIC NOTICE

In accordance with the Virginia Voluntary Remediation Program (VRP) public participation requirements of 9 VAC 20-160-120, the general public is hereby notified that the property identified as Rushmark Eisenhower, located at 2827 Telek Place, Alexandria, Virginia, is working towards obtaining a Certification of Satisfactory Completion of Remediation from the Virginia Department of Environmental Quality (VDEQ) through VRP, Case Number VRP00713. This property is referenced by the City of Alexandria parcel number (Property) 071.04-02-88.

The VRP participant is the property owner, Rushmark Eisenhower, LLC, whose address is 2900 Fairview Park Drive, Falls Church, Virginia 22042, and who performed remediation in 2018 as a result of historical petroleum, arsenic and semi-volatile organic compound (SVOC) contamination resulting from historical fill material on the Property, and from the Property’s previous use as a Virginia Department of Transportation (VDOT) construction staging area during the construction of the Wilson Bridge. The Property has been successfully remediated through the removal or capping of petroleum-impacted, arsenic-impacted and SVOC-impacted soil. Institutional land use controls to be established by the property owner have been selected as an additional remedial action to satisfactorily protect human health based on the future use of the site. The institutional will consist of land deed restrictions incorporated in the Declaration of Restrictive Covenants specifying that:

- (1) Groundwater beneath the Property shall not be used for any purpose other than environmental monitoring or testing,
- (2) The Property shall be maintained with, and any disturbed area restored with, cover of two feet of clean fill, concrete, asphalt, or porous pavement, and
- (3) Any subsurface work or excavation on the Property other than within clean utility corridors, clean soil or cover material shall be completed in accordance with a health and safety plan (HASp).

Anyone with an interest in this voluntary remediation who has comments or questions may call or write Rushmark Eisenhower, LLC through their representative, Mr. Christopher M. Elliott of ECS Mid-Atlantic, LLC, 14026 Thunderbolt Pl, Suite 100, Chantilly, Virginia 20151, 703-471-8400. Comments will be accepted for 30 days following the date of publication of this notice.



## Indeed, A Festivus Miracle

By KENNETH B. LOURIE



For those readers still following me after reading last week's column: "Airing of a Grievance," when I moaned and groaned about my anxiety and fear concerning the impact of my possibly having to delay the first of my three holiday-season infusions due to unacceptable lab results, let me real-time you: chemotherapy went ahead Friday, Nov. 16, as regularly scheduled.

Now, there will be no need to drive back from Pennsylvania to Maryland on the Friday after Thanksgiving – after arriving there the preceding afternoon, only to have to drive back to Pennsylvania Friday after my morning infusion, in order to resume our holiday weekend; and then drive back home again on Sunday during one of the busiest driving weekends of the year.

Given that there's no delay, this means I'll be sitting down for Thanksgiving dinner on Thursday afternoon. Unfortunately, the eating side effects typical of my treatment will have not subsided as yet so enjoying my favorite meal of the year will be impaired. Still, given the alternatives discussed, no delay in treatment is an altogether better outcome. I will be able to enjoy leftover turkey sandwiches on Friday though.

And so, perhaps you can imagine the relief I felt when I called the Infusion Center on Friday morning, Nov. 16, to confirm my appointment.

It has happened previously when I've made this pre-appointment confirmation call, that I've been told not to come and to reschedule. Moreover, it has also happened – once, that after making this call, receiving approval to come in, driving 45 minutes, checking in at reception and then getting hooked up to an IV, that I was told after further review by my oncologist, that I had to go home.

Disappointing, as you can imagine, but had it happened last week, the Friday before Thanksgiving, as has been well-blathered about in two columns, it would have been particularly discouraging and extremely disheartening.

It really wasn't until 10:30 a.m., after my oncology nurse set up my IV and ordered my drug (alimta) that I had the nerve to ask if I was 100 percent getting my drugs today. Enthusiastically, Nora said: "Oh. You're getting your drugs today. I've checked everything."

After hearing her response, my eyes welled up with tears and I heaved a sigh of relief, the likes of which I've never heaved before.

In addition to writing about this scheduling 'heave,' I've been worried for a few months now based on the finding of my most recent CT scan during my last post-scan appointment with my oncologist on Oct. 5. This scan confirmed an enlarged tumor under my Adam's Apple.

This every-three-week infusion schedule was implemented specifically to determine if this new growth was old growth recently impeded or new growth indicating my treatment has stopped working. If my treatment has stopped working, and I believe I have written about it previously, I might not be living the life going forward that I want to.

And so, when Nora confirmed my infusion mid morning on Friday, the pent-up emotion, the worry, the fear, the holiday hassle all faded away and I began to breathe more normally and easily as I had in six weeks or so anticipating this day. At least the first hurdle has been passed.

My next scheduled infusion is Dec. 7. Three weeks later is another infusion on Dec. 28. Followed up by a CT scan on Jan. 2, 2019. I would love to receive both infusions before that next scan to maximize the medicine I will be receiving.

Certainly there will be anxiety and fear worrying about those results, but absent the holiday season, I think I can manage it. More of a mindset than a miracle at that point.

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

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## LETTERS

FROM PAGE 12

at our city-owned and operated bus company and our bike company. Both are big-time money-losers whose revenue shortfalls are but two more holes our tax dollars have to fill. My suggestion: Get these tax burdens off taxpayers' backs. If they can't be privatized, then sweeten our list of concessions by giving them to Amazon. It can use their hefty operating losses as a tax deduction.

**Jimm Roberts**  
Alexandria

## BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

### MONDAY/NOV. 26

**Potomac Yard Metrorail Implementation Work Group Meeting.** 7-9 p.m. at the Charles Houston Recreation Center, Pre-School Room, 901 Wythe St. This meeting will provide Potomac Yard Metrorail Station project updates on the Development Special Use Permit (DSUP) Amendment, environmental permitting, and funding associated with the Amazon and Virginia Tech Innovation Campus announcements. The public is welcome. To view Potomac Yard Metrorail Implementation Work Group meeting materials, including materials presented during the Nov. 12 meeting, visit [alexandriava.gov/PotomacMetroWorkGroup](http://alexandriava.gov/PotomacMetroWorkGroup).

### ESDAY/DEC. 5

**Policymaker Breakfast Series.** 7:30-9 a.m. at WGL, 8614 Westwood Center Drive, 12th Floor, Vienna. Join the Northern Virginia Transportation Alliance for a conversation about the future of Metro with GM Paul Wiedefeld moderated by Washington Post Senior Regional Correspondent Robert McCartney. Breakfast will be provided. Register at [secure.everyaction.com/gajS3CnuLES-1sbtYefx3g2](http://secure.everyaction.com/gajS3CnuLES-1sbtYefx3g2). Individual tickets are \$25 per person. Call 703-883-1830 for more.

### THURSDAY/DEC. 6

**Community Health Meeting.** 6:30-8:15 p.m. at the Dr. Oswald Durant Memorial Center, 1605 Cameron St. Residents are invited to make community health a priority by attending the second Community Health Meeting. The community health assessment process represents a grassroots effort to identify and address key health issues affecting Alexandrians. Light refreshments will be served, and live translators will be provided for Spanish, Arabic, and Amharic speakers. The meeting is free and open to the public; RSVP online. Visit [www.alexandriava.gov/Health](http://www.alexandriava.gov/Health).

### FRIDAY/DEC. 7

**Monthly Memory Café.** 1-3 p.m. at 7910 Andrus Road, Suite 6 Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and highly recommended to reserve a spot, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email [bdesai@seniorhelpers.com](mailto:bdesai@seniorhelpers.com). Visit [www.dementiacareconnections.com/memory-cafe](http://www.dementiacareconnections.com/memory-cafe) or [www.seniorhelpers.com/arlington-alexandria-va](http://www.seniorhelpers.com/arlington-alexandria-va) for more.

### SATURDAY/DEC. 8

**Volunteers Wanted.** 9-11 a.m. at the corner of N. Fairfax at King Street. The We Love Old Town group hopes to improve areas of Alexandria. Their focus is on identifying crumbling, loose or missing bricks; reporting vacant tree wells in need of mulch; and picking up trash. They provide gloves and managers at Trader Joes provide trash bags and water. Visit [WeLoveOldTown.com](http://WeLoveOldTown.com) or call Marjorie Scott at 703 625-2428.

**Mayor on Your Corner.** 10-11:30 a.m. at Union Street Public House, 121 S. Union St. Join Mayor Allison Silberberg for her final monthly coffee, "Mayor on Your Corner." Come join the circle and share your thoughts, ideas, and concerns. The gathering is free. Flat fee of \$5 for coffee and danish. See [www.allisonsilberberg.com](http://www.allisonsilberberg.com) for more information.



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