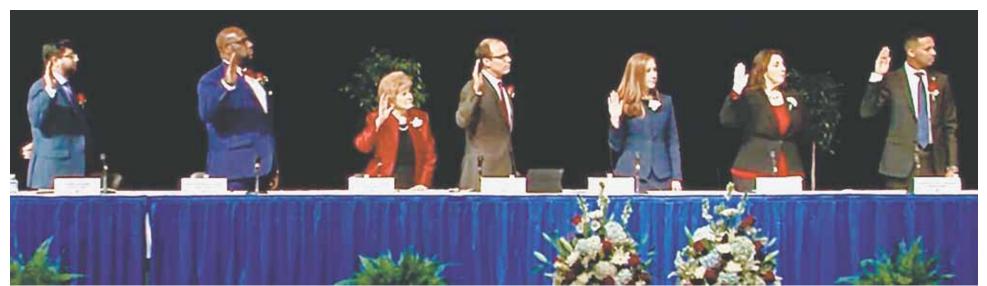
Alexandria bazette Packet

HomeLifeStyle

Page 14

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After taking the oath of office, the new City Council take an Ethics Pledge. From right to left: Mohamed "Mo" Seifeldein, Amy Jackson, Vice Mayor Elizabeth Bennett-Parker, Mayor Justin Wilson, Redella "Del" Pepper, John Taylor Chapman, Canek Aguirre.

Taking ControlNewly elected City Council and
School Board members take their posts.

By Dan Brendel GAZETTE PACKET

he 16 members of the City Council and School Board, who together exercise local legislative authority, began their terms with the New Year.

The new council, including three incumbents and four freshmen, all Democrats,

ceremony on Wednesday, Jan. 2.

"We have really, really big things ahead of this council and ahead of this community," including major infrastructure investments, said Mayor Justin Wilson. He outlined three principles that he hopes will guide the new council's decision-making:

✤ First, growth that benefits everybody. "Conflict about growth and development is

took their oaths of office at an installation really the lifeblood of controversy in local government. For us in Alexandria, this is not really a choice about whether or we grow or not. ... The question for us is whether we can chart a path of inclusive growth."

Second, economic sustainability. "We must build an economy in Alexandria that can provide for the services that our residents expect and demand. ... A development decision is also a decision about public safety, ... schools, ... human services." Third, bold experimentation. "We don't

chart the course of inclusive growth without trying things differently. We don't recalibrate an economy that's been predicated on a steady growth of federal spending that is not occurring anymore without trying

SEE NEWLY ELECTED, PAGE 20

Prioritizing Planning Efforts



City government planning efforts over coming years — including in relation to Amazon and Virginia Tech coming to National Landing — focus on neighborhoods in the "Growth Crescent."

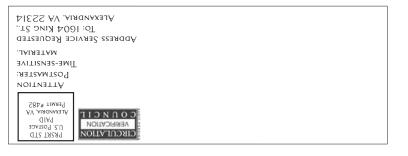
City government's draft planning document will influence FY 2020 budget and beyond.

By Dan Brendel Gazette Packet

ity staff are soliciting feedback this month from the Planning Commission and City Council on a long-range planning program, which will inform the city manager's FY 2020 budget proposal.

Every year the city's department of planning and zoning puts forward the Interdepartmental Long-Range Planning Work Program, which prioritizes city planning efforts, especially as they relate to land use. The FY 2020 draft describes and sequences 69 projects, plans, studies and policy initiatives through FY 2021. These items especially between planning and zoning, transportation and envi

SEE PRIORITIZING, PAGE 9





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Welcome to the Future CES looks to the future of technology.

By Jeanne Theismann Gazette Packet

f bigger is better, then CES 2019 is the place to be. Taking place Jan. 8-11 in Las Vegas, the world's largest technology show debuted a 219inch MicroLED display from Samsung, the diminutive by comparison 98-inch 8k TV from Sony, and a flexible OLED screen from LG.

Early show buzz centered around concept vehicles like the Hyundai Elevate, a concept "walking car" that uses articulated legs to navigate off road, and the Bell Nexus, a concept design for a hybrid air taxi, while the battle between the artificial intelligence devices from Amazon and Google heated up.

"AI is opening up a lot of possibilities in accessible technology." — Alexandria resident **Douglas Goist**

possibilities in accessible technology, "said Alexandria resident Douglas Goist. Goist, who is blind, served for many years on the city's Commission on Persons With Disabilities, and uses technology to navigate a variety of daily tasks.

"From screen readers to artificial intelligence and smartphone software, technology will continue to improve the lives of those with disabilities," he added. "I just arrived but am excited to see

what is new in accessibility technology this year."

According to Gary Shapiro, president and CEO of the Arlington-based Consumer Technology Association, which produces CES, the technology trends to watch this year include AI, or artificial intelligence, Smart Home technology, digital health, Esports and sports technology, and Smart Cities resilience.

"The U.S. is beginning a transformation that will create lucrative business opportunities for many," Shapiro said in his opening remarks. "5G is coming, which will allow a fast data stream and incentivize new services that cross the borders of all tech sectors."

Shapiro noted that 5G, which is expected to become available in late 2019 and early 2020, will be the backbone for the smart city infrastructure that will help cities be more resilient in coping

with unforeseen disasters.

"5G will also fuel the connected home, transform digital healthcare and create immersive experiences for global sports fans," he added. Google Assistant unveiled its new Interpreter Mode,

which translates live voices "AI is opening up a lot of into different languages with a degree of accuracy that surpasses Google Translate. And while Blackberry may be out when it some to smartphone devices, it is leading the way in security and will license its Blackberry Secure technology to smart device manufacturers in a bid to make smart speakers like Google Home and Amazon Echo, more secure.

"There's no place like CES to see what the future of technology looks like," Goist said. "It brings to reality previously unimagined possibilities that will improve the lives of people around the world."



Alexandria resident Douglas Goist, right, checks out an Alexa-enabled communications handset from Richard Hall-Smith of SGW Global at the Showstoppers press event on opening day of CES 2019. The annual technology show runs through Jan. 11 in Las Vegas.

Photos by John Bordner/Gazette Packet



Kwilt CEO Marc-Antoine Benglia demonstrates the interface that turns any hard drive into a personal cloud server Jan. 8 at the Showstoppers press event at CES in Las Vegas.



The Bell Nexus is a concept design for a hybrid electric air taxi.



Samsung debuted The Wall, an ultra-wide 219" MicroLED display with no bezels, during opening day of CES in Las Vegas.



The Hyundai Elevate, a concept vehicle dubbed the "walking car," uses articulated legs to navigate off-road following floods, fires, earthquakes and other natural disasters.

City Council Fills Planning Commission Seats Brown, Koenig reappointed; Goebel fills third vacancy.

By Dan Brendel GAZETTE PACKET

seats on the Planning Commission with two incumbents and one new face, out of a pool of 17 applicants, on Tuesday, Jan. 8.

Planning Commission "is one of the most important appointments that the

council makes," said Mayor Justin Wilson. The commission comprises seven citizens,

who influence development and land use ity Council filled three open decisions; make recommendations to council; and exercise approval authority over property subdivisions and "by right" development site plans. The commissioners serve staggered four-years terms.

> Council unanimously re-appointed incumbents David Brown and Stephen Koenig.

Brown is a lawyer who's lived in Alexandria for 33 years. Koenig is an architect who's lived in Alexandria for 37 years. Both commissioners now enter their second terms.

Council appointed John Goebel by a 6-1 vote to fill the third vacancy. Mary Lyman, the incumbent who had filled that seat, reached her term limit and so could not reapply.

Goebel is an architect with a LEED accreditation who's lived in Alexandria for 7 years and served two partial terms on the Old and Historic Alexandria District Board of Architectural Review.

Councilman John Chapman gave his third vote to James Spencer, an architect who's lived in Alexandria for 17 years.

Other applicants included architects, lawyers, a retired professor, a retired journalist, the head of a religious nonprofit, and various other professionals, especially government-related.

For more, visit www.alexandriava.gov/Planning.

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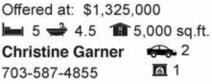




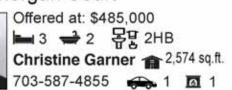


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1314 Duke Street











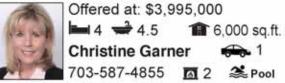
412 South Lee Street Offered at: \$675,000 🖿 2 🔿 1.5 🖚 Street parking Diann Carlson 703-628-2440



5904 Mt. Eagle Drive, #814 Offered at: \$500,000 🛏 2 🚽 2 🏦 1,525 sq.ft. Leslie Rodriguez 703-400-3010



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4 🏶 Alexandria Gazette Packet 🛠 January 10-16, 2019

Bomb Threat Re-routes Students

investigating a bomb threat at Francis Hammond Middle School in the 4600 block of Seminary Road. As it occurred during arrival on Tuesday, Jan. 8, buses were rerouted to another location.

The Alexandria Police Department and the Alexandria City Public Schools have been dealing with a series of these 911

Change in Cash Bail Policy

ryan Porter, Commonwealth's Attorney for the City of Alexandria, said that, effective immediately, his assistants will no longer recommend that cash bail be required in any misdemeanor case. Instead, his assistants will recommend that the accused be released on personal recognizance with attendant conditions such as pretrial supervision unless the person presents a substantial danger to the community or there is significant evidence that the person is unlikely to appear for trial.

"There is no reason why an accused citizen should be required to post a cash bond for a low-level, non- violent offense," Porter said. "For example, an indigent citizen charged with trespassing should not languish in jail before trial because he cannot afford to pay a bondsman to post a \$500 cash bond on his behalf. In these cases, the law prefers that the accused citizen be re-

he Alexandria Police Department is hang-up calls recently. While this call was similar to previous calls, police response is the same: full investigation of the property.

By 11:37 a.m., police finished checking the school and released the scene back to Alexandria City Public Schools personnel. Students were set to return to Hammond after being fed lunch at T.C. Williams High School.

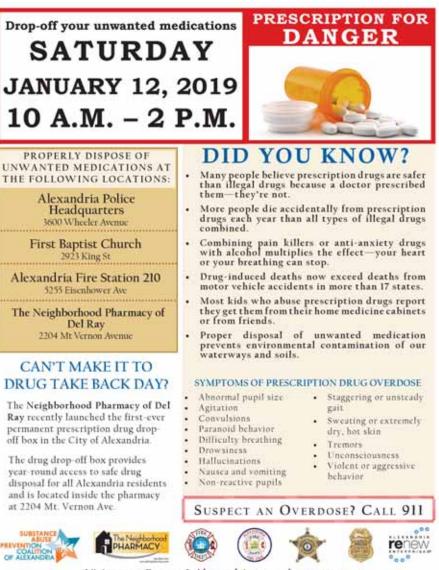
leased on his or her promise to appear. "I note that my office has a duty to protect the citizenry. In cases where the accused poses a significant risk to the community, such as stalking, sexual battery or offenses involving a firearm, or in cases where the accused has demonstrated that he or she is unlikely to appear for trial, my office retains the ability to recommend that bail not be granted pending trial.

"I am particularly interested in reviewing the forthcoming report on the pretrial process that is being prepared by the Virginia Crime Commission, which is described as a 'comprehensive' study. I will consider additional changes to our bail practices after this report is released.

"I also note that a robust, well-funded pretrial supervision program is a requisite part of our new policy. While I commend See Cash Bail, Page 22



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Alexandria Gazette Packet 🚸 January 10-16, 2019 🚸 5

PEOPLE











Duncan Black





Alonzo Decker



Andrew Higgins Jeff Kodosky





Joseph Lee



Joseph Muhler



Nebergall



Frederick Novello



Rehecca **Richards**-Kortum





Edmund Schweitzer





Ken Thompson

Inspiring Minds

By Jeanne Theismann Gazette Packet

he National Inventors Hall of Fame used the opening day of CES, the world's largest celebra tion of technology and innovation, to announce its class of 2019 honorees Jan. 8 in Las Vegas.

The Alexandria-based organization revealed the names of 19 individuals representing 12 different inventions who will be honored May 1-2 at a formal induction ceremony in partnership with the United States Patent and Trademark Office.

From the landing craft used in the D-Day invasion to the portable handheld power drill and fluoride toothpaste, the inventions

represent innovations that have significantly impacted technology around the world.

Attending the event were 2019 inductee William Warner, inventor of digital non-linear video editing; Nicole Black, winner of the recent Collegiate Inventor Competition; and Steve Sasson, inventor of the digital camera and a 2011 NIHF inductee.

This year's inductees include: Chieko Asakawa - Home Page Reader Web Browser for the Blind and Visually Impaired; Jeff Kodosky and James Truchard - Virtual Instrumentation - LabVIEW; Rebecca Richards-Kortum - Medical Devices for Low-Resource Settings; Dennis Ritchie (Posthumous) and Ken Thompson - UNIX Operating System; Edmund O. Schweitzer III -

NIHF announces 2019 inductees.

Digital Protective Relay; David Walt - Microwell Arrays (genetic analysis); William J. Warner - Digital Nonlinear Editing System; John Baer, Karl H. Beyer Jr., Frederick Novello and James Sprague — Thiazide Diuretics/

Chlorothiazide (posthumous); S. Duncan Black and Alonzo G. Decker - Portable Hand-Held Electric Drill (posthumous); Andrew Higgins -Higgins Boats LCVP Landing Craft, Vehicle, Personnel (posthumous); Joseph Lee -





William Warner

Bread Machines (posthumous); Joseph Muhler and William Nebergall - Stannous Fluoride Toothpaste (posthumous).

For more information on the inductees and their inventions, visit www. Invent.org.

ASC Baseball Night Set for Jan. 16

Nats' Mondry-Cohen to be guest speaker.

am Mondry-Cohen, director of Research and Development for the Washington Nationals, will be the featured speaker at the Alexandria Sportsman's Club annual Baseball Night Jan. 16 at the Old Dominion Boat Club.

Mondry-Cohen enters his 11th season with the Washington Nationals in 2019 and fifth season in his current position. As director of Research and Development, he leads the front office's analysis of baseball data, working with the R&D group of analysts and developers on

projects including projection of player performance, strategic planning and department-wide baseball systems.

Mondry-Cohen was promoted to his current role after spending the 2014 season as the manager of baseball analytics. He spent four seasons (2010-2013) as an analyst in baseball operations working directly for Adam Cromie.

A 2010 graduate of the University of Pennsylvania, Mondry-Cohen began his career with Washington as an intern in baseball operations in 2009. From 2004-08, he worked as a

batboy in the visiting clubhouse of the San Francisco Giants. The San Francisco native resides in Washington, D.C. where he sits on the board of directors for the Washington Legal Clinic for the Homeless.

The annual ASC Baseball Night is free and open to the public. It will be held Jan. 16 at the Old Dominion Boat Club in Old Town (200 Strand St.). Complimentary light dinner and refreshments begin at 6:30 p.m. The meeting starts at 7:15 p.m. with awards for the Athletes of the Month followed by a presentation and Q&A with Mondry-Cohen. www.alexandriavasports.org.

— Jeanne Theismann



Sam Mondry-Cohen, director of **Baseball Research and Develop**ment for the Washington Nationals, will be the featured speaker at the Alexandria Sportsman's **Club annual Baseball Night** meeting Jan. 16 at the Old **Dominion Boat Club.**



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Shaping the City: How Planning Commission Voted

Here's what the Planning Commission decided at its January meeting, held Thursday Jan. 3. All commissioners were present. For more, visit www.alexandriava.gov/Planning.

ltem	Applicant	Address	Request / Purpose	Outcome	Votes	Notes
			Parking reduction with lot modifications for			
Special Use Permit #2018-0104	S. Saunders	1011 Duke St	a commercial to residential use conversion	Approved	7 to 0	
pecial ose remit #2010 0104	o. ounders	TOTT DURC SC	Includes new plans scheduled to begin, the	Approved	1 60 0	
			completion of plans and studies underway,			
				Paralla and		
			and implementation of previously approved	CONTRACTOR PROPERTY		
				staff only,		
			guidance early in year to inform City	no formal		
nformation/Discussion item: Draft FY			Manager's Proposed Operating Budget and	action		
020 Long Range Planning			development of final work program	required at		
nterdepartmental Work Program	City P&Z Dept	N/A	docketed for Council approval in May.	this time	-	
	Alexandria Waterfront	1 Cameron St (Chart		Withdrawn	1	
Special Use Permit #2018-0069	Associates LP	House)	Outdoor speakers at an existing restaurant	by applicant	-	
			Initiation of Zoning Ordinance amendemnts			
			to: define attic spaces, bay windows,			
			trellises: remove private school,			
			commercial, from list of special uses;			
			redefine the permitted location of			
			accessory structures; remove duplicate			
			language regarding driveway surface			
			materials; allow additional structures to be			
			permitted in certain yards; add additional			
ext Amendment #2018-0015	City P&Z Dept	N/A	uses permitted as home occupations	Approved	7 to 0	
			Construct multifamily dwellings; increase			
			floor area ratio; utilize the 30 percent			
			density bonus including a height increase of	-		
			12 feet for an arts and cultural anchor in			
			Old Town North and a reduction of the			
42010 0000 De la serie			방송 가장 전 전 전 전 전 전 전 전 전 전 전 전 전 전 전 전 전 전			
Rezoning #2018-0006; Development			number of required loading spaces for the			
Special Use Permit #2017-0025;		1201 N Royal St	arts and cultural anchor; change relevant			
Transportation Management Plan Special		(Craddock Site	zones to to CRMU-X (Commerical		Rezong: 7 to 0;	Brown
Jse Permit #2018-0078	1201 N Royal LLC	Redevelopment)	Residential Mixed Use, Old Town North)	amended	DSUP, TMP: 6 to 1	against
		and the second se	Encroachment into public right-of-way for			
Encroachment #2018-0013	CP Alexandria Owner LLC	St	parking garage vents	Approved	7 to 0	
Special Use Permit #2018-0095	B. Raiszadeh	3120 Colvin St	Minor amendment	Approved	Administrative	
	MARKE RELEASE		A REAL PROPERTY AND A REAL			
Special Use Permit #2018-0105	Java Grill	611 King St	Change of ownership	Approved	Administrative	
					1	
	10111000000000000000000000000000000000			\$24577535757675401	Cardinal Contractory of Contractory of Con-	
pecial Use Permit #2018-0102	A. Moussaif	405 Fannon St	New use for a daycare establishment	Approved	Administrative	
Special Use Permit #2018-0102	A. Moussaif	405 Fannon St	New use for a daycare establishment	Approved	Administrative	

Where State and City Intersect General Assembly convenes; state and local legislators weigh in.

Gazette Packet

lexandria's state delegation and City Council are pushing legislation for school investment, vot ing reform, and gun restrictions, among other initiatives, at the state's 2019 8 🔹 Alexandria Gazette Packet 🔹 January 10-16, 2019

BY DAN BRENDEL General Assembly, which convened this clude numerous that are "of interest" to Fund. week.

The General Assembly kicked off on Wednesday, Jan 9 and will conclude on Saturday, Feb. 23. Legislators will decide on Gov. Ralph Northam's (D) proposed amendments to the FY 2019-2020 biennial budget. Northam's proposed adjustments in-

Alexandria, according to a memo from City Manager Mark Jinks. For instance: \$25 million in state bonds for Alexandria's sewer upgrades; a 2 percent pay bump for public school teachers; about \$160 million for various education investments; \$19 million in one-time money to the state's Housing Trust

The assembly will also decide on some 500 bills and resolutions submitted so far by state senators and house delegates. The three senators and two delegates whose districts include parts of Alexandria have together so far introduced 44 bills or reso See Where State, Page 13 www.ConnectionNewspapers.com

News Prioritizing City Planning Efforts, Resources

From Page 1

ronmental services, parks and recreation and housing.

"This is probably one of the most important items we hear all year, because it really does specify where the priorities are going to be in terms of placing an emphasis on planning activities," said Nathan Macek, the Planning Commission's vice chair, at their meeting on Thursday, Jan. 3.

The FY 2020 draft highlights priority efforts under four headings:

Amazon HQ2 & Virginia Tech Innovation Campus: includes updating plans for Oakville Triable, North Potomac Yard, Del Ray and Arlandria, in preparation for Amazon and Virginia Tech to Crystal City and Alexandria:

Equity & Affordable Housing: includes studying the potential for inclusionary zoning (flat rate affordability requirements for new development) and accessory dwelling unit ("granny flat") policies;

Mobility Initiatives: includes optimizing the city's bus system, updating the city's Transportation Master Plan (chapters on streets, traffic management and parking), and installing "smart" transportation tech, such as adaptive traffic signals;

Continuation of transit corridor & growth crescent planning: includes planning for development near Metro stations and dedicated bus lanes, especially as pending on Duke Street.

Other major efforts include Landmark Mall re-planning, slated for a public hearing in April; revising Resolution 830 (public housing preser-

vestments, slated for a public hearing in the

Certain efforts would require new fund-

ing — \$800,000 in total — in what the draft

cautions is "a very fiscally challenging bud-

get environment." It's too early to predict

which initiatives would likely make the FY

2020 budget cut, according to planning and

City-Schools Facili-

ties Master Plan,

which would aim

fall of 2020.

vation and tenant "The affordability relocation), the Environmental Action challenges we have in this Plan and Green Building Policy, all city are among our slated for public greatest, and if we have the hearings in June; revising zoning reoption to be exploring new quirements for open space in new tools to address that, ... development, slated for a public we would really want to." hearing next winter; and the Joint

Stephen Koenig.

zoning's Karl Moritz. City Manager Mark Jinks is reviewing all city departments' budget submissions. The Planning Commission's and council's input this month on the draft long-range program will inform Jinks'

> prioritization in his forthcoming budget proposal, said Moritz.

Discussion at last Thursday's Planning Commission meeting touched repeatedly on the issue of housing affordability. Related feasibility studies in the FY 2020 draft are among those that would require new money.

"There is a lot of interest in whether or not there is a constrained supply of approvable, buildable housing units in the region, compared to the number of jobs that are expected. The planning directors and housing directors throughout the region are studying that right now through the Council of Governments," a regional body, said Moritz.

The metropolitan area must add 690,000 housing units - 115,000 over what's currently assumed - by 2040 to accommodate workers for forecasted new jobs, according to Council of Government figures release last fall. For its part, Alexandria would have to add some 35,000 new units - around 50 percent more than its current supply.

While housing supply for jobs "is a distinctly different question than the supply of housing affordability" specifically, "supply constraints can drive up the cost, and that's a negative," said Moritz.

"The affordability challenges we have in this city are among our greatest, and if we have the option to be exploring new tools to address that, ... we would really want to," said Planning Commissioner Stephen Koenig.

"I'm particularly concerned about Arlandria," said outgoing Planning Commission Chair Mary Lyman. "Now that it has Amazon looming over it, that concern is increased. It has been a nice little nest of affordable housing in the city. ... It also adds to the city's diversity. It's got a real bit of ethnic flavor to it that you don't find in other parts of the city, and I think it would be a shame if it got overdeveloped and gentrified."

City Council will discuss the draft longrange program at a retreat tentatively scheduled for Saturday, Jan. 26. Council will consider the final work program for approval in May. Find more at www.alexandriava.gov/Planning.

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- Planning Commissioner to align and potentially consolidate where feasible the two bodies' public facilities in-

OPINION Wish List Things this session of the General Assembly, beginning Jan. 9., could/should accomplish.

better part of a decade, the most profound wish for the Virginia General Assembly session was the expansion of Medicaid under the Affordable Care Act, which could provide healthcare to as many as 400,000 poor Virginians who otherwise were living without coverage. Partisan obstruction prevented those people from gaining coverage for many years.

But coverage began this month for 200,000

COMMENTARY

new enrollees after Medicaid expansion came to Virginia in the last session. It arrived with the November

2017 election and Democrats taking 15 additional seats in Virginia's House of Delegates. The prospect for more awaits in this November's election with all seats in the General Assembly, both the House of Delegates and the Senate, on the ballot.

So we'll begin this year's wish list with gratitude that the entire Commonwealth will be

Letters to the Editor

Ombudsman Needed

To the Editor:

Allison Silberberg, the outgoing mayor of Alexandria, recently suggested that a permanent ethics commission should be established by the incoming City Council, which is something the City Council refused to do during the previous term.

Based on this past, it is unlikely that the new mayor will entertain a Citizen's Ethics Commission, or (even better) an Ombudsman, so how will Alexandria provide ethics oversight? Other jurisdictions have faced up to this challenge, yet Alexandria remains mired in timidity, indifference and hesitation concerning viously uninsured. And a wish that we not complicate the coverage with work reporting requirements. Please.

So in the new era of new hope for action in the General Assembly, here are some (not so modest) wishes for this session, acknowledging that some may wait another year for serious consideration.

Establish a nonpartisan redistricting commission. This is urgent, as the General Assembly would have to act in this session to get a constitutional amendment on the ballot in time for a commission to be ready for redistricting after the 2020 census.

✤ Greater transparency everywhere. Move to allow fewer, not more, FOIA exemptions. Require that a reason be given for any FOIA denial.

End suspension of driver's licenses for nonpayment of court costs and fines.

Pass the Equal Rights Amendment.

oversight of ethics.

Fund Community Services Board budgets.

It is unfathomable that the City Council, city

staff and various boards and commissions have

never encountered ethics dilemmas, especially

concerning management of new developments.

As an example, although there are zoning laws

that have been in existence for years, a devel-

oper need only make a quid pro quo "proffer"

of \$100,000 or so to Bikeshare in order to build

a structure that is at variance from the origi-

nally enacted zoning layout of the community.

This "pay to play" brings up a number of po-

tential ethics concerns, yet no one seems to

curb this business practice that has been toler-

ated over the years. As the late civic activist

Tom Witte once said, "it is not that the City

efore this session, every year for the healthier for providing healthcare to the pre- Expand Medicaid waivers; clear the waiting list.

> Fund education fairly, Northern Virginia needs more help.

Restrict predatory lending.

Think about reform and civil rights when considering votes on law enforcement. Involve local officials in fixing proffer regu-

lation.

- Implement no-excuse absentee voting.
- Limit large campaign contributions.
- Prohibit personal use of campaign funds.

Require reporting on solitary confinement.

Push jails and prisons to adopt best practices for prisoners with mental health issues. Provide a tax credit for family caregivers,

with income limits if needed. Comments? Additions?

Email editors@connectionnewspapers.com There is an infinite amount of information

at Virginiageneralassembly.gov Click on "mem-

bers and session" for quick links. — Mary Kimm

For many years, I have stated that Alexandria needs an Ombudsman to investigate potential fraud, waste, abuse, mismanagement and corruption. This office would operate as an independent directorate. The head should be elected to this job in a non-partisan manner for at least a period of 5 years. The Ombudsman should demonstrate a high degree of integrity, and have professional credentials in accounting, auditing, investigations and public administration. I would envision that the Ombudsman would be performing auditing, inspecting and generally conducting in depth investigations of the city's programs. There is no doubt that millions of dollars of the taxpayers money could be saved annually.

The website of the Toronto, Canada ombudsman says it all: "We promote fairness in City services. We help the public resolve problems with the City. We help the City serve the public better. We investigate, we mediate, we find solutions and recommend system improvements. We help the City to hold itself accountable in its duty to provide services that work for people. Our work makes Toronto a better place to live, work, play and do business." Is there any reason why we deserve less?

> Townsend A. "Van" Van Fleet Alexandria

Vision Zero Zero Benefits

To the Editor:

Let me introduce you to the city's latest plan for traffic management and safety in our city. Vision Zero is an organizational concept that states serious traffic deaths and injuries are preventable through proper engineering, enforcement of rules and education of the populus. Their purpose is noble - namely the elimination of traffic deaths and serious injuries. The city of Alexandria has adopted this

See Letters, Page II

Alexandria Gazette Packet

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A Connection Newspaper

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www.ConnectionNewspapers.com

Snapshot Concrete was poured at the end of King Street on Wednesday, Dec. 26 as crews rebuilt sidewalk and curb on the waterfront.



OPINION

Become a Friend to a Senior

By Mary Giordano Director, Friendly Visitor Program

or over five years, Senior Services of Alexandria has coordinated the Friendly Visitor Program, where on any given week, more than 60 volunteers visit a senior for an hour in their home, apartment, assisted living, or healthcare community. This program is designed to enhance the quality of

SENIOR Services of Alexandria

life of socially isolated seniors by providing social interaction, mental stimulation, and emotional support.

A volunteer who has been visiting a senior since the beginning of the program said it best when she stated that, "what

began as a great volunteer opportunity of weekly visits quickly became a special friendship." A perfect example of how these friendships develop is that of MJ with her friendly visitor volunteer and Senior Services staff member, Mary Anne, and her Groceries to Go grocery delivery volunteer, Suzan. MJ has lots of interesting stories to tell about her 30-year career with the Air Force supporting generals and other high-level military personnel while living in Guam, Germany, Spain, Belgium, and Washington, D.C. She recently exclaimed how happy she is to have new, younger friends in her life.

Another example of a friendship resulting from this program is Mr. G., a veteran, and Reed, a young U.S. Air Force officer. They talk about their experiences in the military, love of travel, and watch Western movies together — Reed said he has learned more about John Wayne than he ever thought possible. They both have commented that they look forward to their weekly time together.

If you know of a senior living in Alexandria who

Letters to the Editor

From Page 10

plan of pedestrian and bicycle implementation to evaluate and eliminate traffic deaths and injuries. Citizens — we don't need it.

The city has adopted this Vision Zero program as part of the city's attempt to remove automobiles from our city streets. Our streets are congested due to poor planning and misplaced development — the cut-through traffic to the BRACC stifles our roads. A drive down the quarter-mile of Quaker lane at 2 p.m. is memorable — a

full 20 minutes to complete the route. The city's last resort is to remove cars from the streets by making the congestion even worse so residents must find other modes of transportation — the bike- the these are our options. This undertaking of taking cars off the road begins with the elimination of four-way traffic on Seminary Road removing one car lane in each direction and replacing it with a full bike lane. Because the conditions on Seminary Road are

"treacherous and dangerous," the road needs to be downsized with cyclists.

To support this decision the city states that Seminary Road is deadly, treacherous - having more collisions and injuries than any part of the city. The city has conspired to use this as an excuse in order to remove two lanes at Seminary Road when in fact -Seminary Road is one of the safest roads in the city. The area from Quaker Lane to the hospital has SEE LETTERS, PAGE 1G





Friendly Visitor/Groceries to Go trio: MaryAnne, MJ and Suzan.



Friendly Visitor pair: Mr. G and Reed.

friendlyvisitor@seniorservicesalex.org.

Alexandria's Favorite Place for Tennis, Fitness & Fun would benefit from this program or have an interest in volunteering with the Friendly Visitor Program, contact me at 703-836-4414, Ext. 120 or email at



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Opinion

Resolved: To Help Alexandria's Animals in 2019

Adopt, donate, foster, volunteer.

By Barbara S. Moffet Animal Welfare League of Alexandria

f you haven't committed to a New Year's resolution yet, the Animal Welfare League of Alexandria's furry, feathered and finned residents have some suggestions for you. To care for more than 2,000 animals a year, including wildlife in need, the Animal Welfare League of Alexandria (AWLA) depends on the support of Alexandria's citizens every day. They contribute half of the shelter budget, all kinds of supplies and thousands of vol-



unteer hours, both in and outside of the shelter, to keep the facility humming and the animals happy and healthy.

The AWLA offers a way for just about everyone to help improve the lives of Alexandria's Animals:

Adopt: The Vola Lawson Animal Shelter, operated by the AWLA, houses all varieties of animals seeking homes and families to call their own. The staff takes the time to get to know the animals individually and can help you make the right match, from energetic kittens to quiet senior dogs,



One of AWLA's newest residents undergoes a medical evaluation upon arrival.

friendly domesticated rabbits to lively parakeets and more (iguanas, anyone?). Adoption fees cover medical evaluations, vaccinations, tests and veterinary care, microchipping for identification, as well as spaying and neutering. Adoption fees are waived for adopters aged 65 and up who adopt senior animals (eight years and older).

To find out about animals available for adoption, stop by the shelter during visiting hours or visit AlexandriaAnimals.org/ Adopt.

Donate: Although the AWLA receives a portion of its budget from the City of Alexandria, donations from the community make up more than half of its funding.



An adoptable hedgehog named Sonic enjoys some quality time with ALWA staff.

There are numerous ways to support the shelter, including sending a check payable to the Animal Welfare League of Alexandria; contributions through United Way (#8372), the Combined Federal Campaign (#92767) or other workplace-giving programs (CVC #8068); gifts to commemorate the passing of a friend, loved one or companion animal, or gifts in honor of a friend or pet; donating items listed on the AWLA's Amazon Wish List; and remembering the AWLA in your will. Details on these and other ways to donate can be found on AWLA's donation information page at AlexandriaAnimals.org/support-us.

Foster: Foster caregivers are key to providing extra care and attention to animal



An AWLA volunteer socializes a cat in the adoptions area of the AWLA.

residents who need it the most, including puppies and kittens, adult animals recovering from surgery or illness and animals who need a break from the shelter environment. Fostering can be a short- or long-term commitment, and the AWLA's foster caregivers say that preparing their charges for the next chapter of their lives is the best possible reward.

Foster caregivers receive training on how to care for their particular foster animals, and the AWLA provides all the basic supplies and medical care for each foster animal. Foster caregivers are asked to provide a clean, quiet environment for their foster animals, and each animal housed in the safe See Resolved, Page 22

Happy New Year!

Fidelity Bank Mortgage wishes all a very happy new year! We are excited to start 2019 by welcoming Toni Slye Miller to the Falls Church Team!

Toni is a local mortgage expert that you can trust! Reach out to Toni today to learn more about our variety of programs, including Conventional, FHA, VA, Construction, Renovation and more! Toni and the team look forward to helping you in the new year.



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Loans subject to normal credit approval criteria Certain program restrictions may apply

ALEXANDRIA CHAMBER **OF COMMERCE'S**

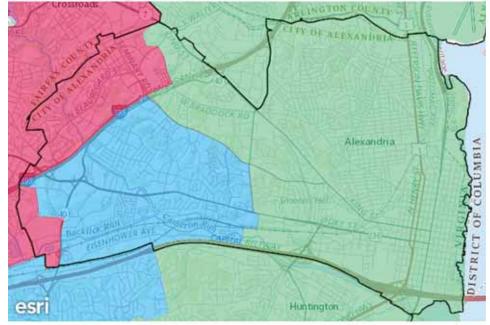
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JANUARY 11, 2019 8PM-11PM OLD DOMINION BOAT CLUB

Alexandria Legislative Districts



Senate Districts

- Sen. Adam Ebbin (D-30): district30@senate.virginia.gov, (804) 698-7530
- Sen. Richard Saslaw (D-35): district35@senate.virginia.gov, (804) 698-7535
- Sen. George Barker (D-39): district39@senate.virginia.gov, (804) 698-7539

Where State and City Intersect

From Page 8

lutions, and have signed onto many others as well. For instance:

♦ Sen. Adam Ebbin (D-30) introduced, and Del. Mark Levine (D-45) signed onto, legislation that would decriminalize simple marijuana possession (SB 997); prohibit discrimination in public employment on the basis of sexual orientation or gender identity (SB 998); repeal prohibitions against same-sex marriage in light of the U.S. Supreme Court's 2015 ruling in Obergefell v. Hodges (SB 1007, SJ 251); and prohibit the manufacture, sale and possession of devices, including "bump stocks," designed to increase the rate of fire of a semiautomatic rifle.

Sen. George Barker (D-39) introduced legislation that would nearly double the

minimum instructional hours in a school year for kindergarten students (SB 1278); double the number of auxiliary grants (income supplements) for persons with disabilities in assisted living or adult foster care facilities (SB 1286); and prohibit health insurance discrimination on the basis of gender identity or transgender status (SB 1287).

Sen. Richard Saslaw (D-35) introduced legislation that would ratify the Equal Rights Amendment to the U.S. Constitution, passed by Congress in 1972 to prohibit discrimination on the basis of sex, but never ratified by the requisite three-fourths of state legislatures (SJ 270); require background checks for the purchase and transfer of firearms (SB 1162); increase the minimum age that a juvenile can be tried as an adult in circuit court for a felony from 14 to 16 (SB 1263); and restrict high-interest lending practices, especially motor vehicle title lending (SB 1266).

◆ Del. Charniele Herring (D-46) introduced legislation that would remove current restrictions on voting by absentee ballot (HB 1641); and ease restrictions on public health practitioners to provide antibiotic therapy to the sexual partner of a patient diagnosed with a sexually transmitted disease.

City Council also weighs in, especially through Sarah Taylor, the city government's legislative director. Taylor engages state legislators, staff and committees throughout the year, especially during the General Assembly, to support or oppose legislation in accordance with council's interests. Council articulated those interests in its 2019 Legislative Package, adopted in November, and subsequently in positions on 79 specific bills, approved on Tuesday, Jan. 8.

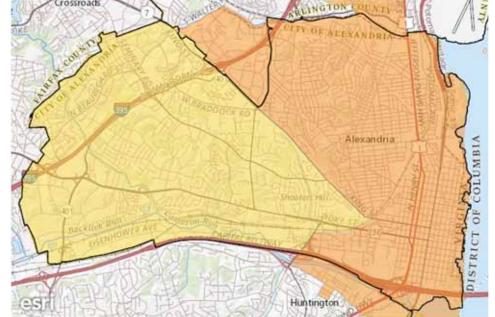
Council is keeping its eye on several initiatives related to school construction and modernization, though hasn't yet endorsed any. In addition to the governor's proposed budget amendments, options include a subcommittee's proposal, spearheaded by Sen. Bill Stanley's (R-20), to use Internet sales tax revenue to back bonds for schools; and legislation introduced by Del. James Edmunds (R-60) that would allow additional local sales and use tax for schools.

Here's a sampling of legislation that council supports:

HB 1763: enable certain judges or magistrates to prohibit a person who poses a substantial risk of injury to himself or oth

See Where State, Page 15





House Districts

- Del. Mark Levine (D-45): DelMLevine@house.virginia.gov, (804) 698-1045
- Del. Charniele Herring (D-46): DelCHerring@house.virginia.gov, (804) 698-1046

Map sources: Census Bureau, USGS The National Map, Esri, TomTom, U.S. Department of Commerce

Tech Painting's got you covered



inside and out!



HomeLifeStyle Beyond the Resolution

Keeping a home in order all year long.

By Marilyn Campbell

or those who resolved to keep a neater, cleaner home in the new year, the issue of how to keep it that way through December can be challenging. After the excitement of the fresh start that January offers, the reality of one's day-to-day life emerges. How to keep that newly purged closet neat when rushing to get to a meeting on time? By February, that cleaned-out sports bin might look a bomb went off at Modell's. From shredding or recycling unwanted mail each day to loading the dishwasher after each meal, adopting a few daily cleaning tips can help maintain that tidy home all year long.

"In general, I recommend keeping up with household duties on a daily basis so none of them become a bigger project," said professional organizer Susan Unger of Clutter SOS.

One of the most basic tasks is making one's bed first thing in the morning. "I think that kick starts you into cleaning and organizing mode and sets the tone for the day," said Preston Taylor of From Chaos to Order. "I also recommend keeping a dust cloth nearby so that you can give your dresser and nightstand a quick dust off so dust accumulation would be one less thing you have to worry about."

Piles of clothing, whether clean or dirty can accumulate quickly and send a home in into disarray. be dry cleaned

can help prevent a backlog. "Be sure to put all clothes away on a daily basis rather than leaving in a chair or floor," said Unger. "Clean clothes should be hung up or put in drawers and dirty clothes in the laundry basket." Taylor recom-

mends tackling laundry every evening if necessary. "If you start a load when you first arrive home from work, you will have time to dry and even fold it before you go to bed, so you're not

Dedicating five to 10 minutes every evening to rehanging clothes and separating items that need to

> "If you start a load when you first arrive home from work, you will have time to dry and even fold it before you go to bed, so you're not faced with a mountain of dirty clothes at the end of week."

- Preston Taylor of From **Chaos to Order**

faced with a mountain of dirty clothes at the end of week," said Taylor.

When it comes to the bathroom, brief, daily attention to detail can keep dirt from spiraling out of control. Rehanging towels, and then wiping it down one's

> shower each time you take a shower are suggestions from Carmen Garcia of CG Green Clean. "Keep a container of disinfecting wipes in your bathroom and wipe down your counters and sink before going to bed each evening," she said. "Also each night, add a squirt of toilet cleaner to your toilet bowl, wipe down the seat and then flush the toilet. It takes less than five minutes to do all of this but you'd be amazed at the difference it makes at the end of the week, especially in children's bathrooms."



Wiping down bathroom showers, sinks and counters each day can help keep a home tidy all year long.

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SHORT-TERM RESPITE

Where State and City Intersect

From Page 13

ers from purchasing, possessing, or transporting a firearm;

✤ HB 1646: permits any local school board to offer surplus Virginia Preschool Initiative slots to children who aren't at risk, but for a fee;

◆ SJ 261 / SJ 262: removes from current state constitutional qualifications to vote not having been convicted of a felony and not having been adjudicated to be mentally incompetent;

◆ SB 1070 / HB 1669: authorizes localities to impose tax on certain disposable paper bags and disposable plastic bags provided to consumers by certain retailers;

SB 1017 / HB 1850: increases the minimum wage;

✤ HB 1629: removes the requirement for newspaper publication of Requests for Proposals for professional services;

✤ SJ 265: initiates a study on reducing the minimum recycling

rate for municipal solid waste Here's a sampling of legislation that council opposes:

SB 1033 / 1052: establishes that police body-worn camera recordings are not part of the public record;

SB 1038: requires the general registrars to verify that the name, date of birth, and social security number provided by an applicant on the voter registration application before registering such applicant;

HB 1667: imposes a statute of limitations for a public body to bring action on a construction contract, including any warranty or guarantee, or a performance bond.

Learn more at virginiageneralassembly.gov; watch video of House and Senate floor and committee proceedings by following the "Members and Session" link to the left. Track bills through Virginia's Legislative Information System, lis.virginia.gov.

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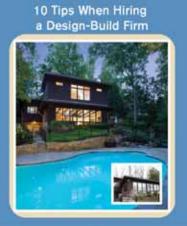
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AWLA's Pirate To Compete in Puppy Bowl XV

More 90 puppies pursue Most Valuable Puppy title.

(AWLA) will have a canine competitor in this year's Puppy Bowl XV. The pup-topup competition airs Sunday, Feb. 3, at 3 p.m. on Animal Planet.

AWLA's Pirate storms the Geico gridiron as part of Team Ruff as they compete to win the Chewy.com Lombarky Trophy.

Pirate came to the AWLA in August 2018. While in foster care, he rallied a team of adolescent boys for adventures and some rough-and-tumble fun, and he never missed out on an opportunity to run a few laps around the yard ... or to the bus stop at school pick-up time. Pirate was adopted in October and now goes by the name Min-Guk. His adopter says, "He is

he Animal Welfare League of Alexandria a truly lovely, happy puppy who loves playing fetch and going on runs. Maybe his fetching and running skills came from his Puppy Bowl training sessions." He now shares his adventures on Instagram as @min_guk_ee and encourages others to visit his first "home team," the AWLA to find their future canine companions (or even feline friends).

Pirate, along with the rest of the 93 adoptable puppies from 51 shelters and rescues across the country, go paw to paw and nose to nose for the ultimate match up: "Team Ruff" vs. "Team Fluff." Join the AWLA on Feb. 3 for a Puppy Bowl Watch Party at Lena's Wood-Fired Pizza & Tap to cheer on Pirate and his teammates. Read more and register to attend at AlexandriaAnimals.org/PuppyBowlParty.



Bulletin Board

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

VICTIM SUPPORT SERVICES **Resources Available to Support**

- Sexual Assault Victims. The City of Alexandria reminds the community of resources available for survivors of sexual assault and those supporting survivors. It is important for survivors to know that it is not their fault and help is available.
- * In case of an emergency, and for lifethreatening situations, always call 911
- The City's Sexual Assault Center offers services including a 24/7 hotline at 703-683-7273, individual counseling, support groups, family support and information and referral services.

Letters to the Editor

From Page 11

had a total of 21 accidents from 2015 to 2018 (approximately five per year). During this 4-year period there have been no fatalities - no serious injuries, there was property damage and eight of the crashes were the result of speeding or alcohol use.

Seminary Road is the safest major artery in the city, it may need a couple more crosswalks but it is safe. Seminary Road is also the main carrier of cut-through traffic to the BRACC — a conduit for traffic from Quaker Lane, Fort Williams, Jordan, Howard, and Saint Stephens. Removing two lanes on Seminary would be a prescription for gridlock.

We do not need Vision Zero - we do need four lanes on Seminary Road. We certainly do not need to be lied to when in fact the city is safe.

> **Bill Goff** Alexandria

> > role.

Time for Change

To the Editor:

Recently we were invited to an event at for generations yet unborn ..." as "... that the Departmental Progressive Club but we men will say as they look upon the labor chose not to attend as we do not support a and wrought substance of them. See, this community organization that does not alour fathers did for us." What about their 16 & Alexandria Gazette Packet & January 10-16, 2019

website at alexandriava.gov/ SexualViolence. * Free presentations are also available on topics including prevention,

Call the hotline to access these and

additional services, or visit the

awareness, healthy relationships, sexual harassment and bystander intervention. To schedule a presentation for a school, youth group, civic organization or other Alexandria group, call 703-746-3118.

THURSDAY/JAN. 10

Speaker Series: Telling Your Story - Leaving a Legacy. 10 a.m.-noon at Beatley Central Library, 5005 Duke St. Senior Services of Alexandria is kicking off its 2019 Speaker Series with a fun, interactive program about exploring the idea of preserving your own story. Historians and families used to have letters and diaries to

low women to be equal members.

We think this is a policy that should

change, especially for an organization that

has been in existence since 1927 and has

the word "progressive" in its name. Also, as

a predominantly African American organi-

zation, we hope it will realize that discrimi-

nation by gender is discrimination period,

The website of the Departmental Progres-

sive Club says: "Today's membership con-

sists of distinguished individuals represen-

tative of practically all walks of life." All

walks of life, except women. This week we

inducted a new City Council, half of whom

are women, and we just completed a coun-

cil led for just the second time in Alexan-

dria history by a woman. Could any of them

be members? No. There are only auxiliary

women members. Auxiliary means "a per-

son or thing providing supplementary or

additional help and support." Are women

just helpmates there to provide support to

men? It is an insult that is unjust and has to

end. We could not attend an event at an

organization that only sees women in this

to "define the Club's mission in the past and

Its website goes on to quote John Ruskin

and should not exist in this day and age.

construct their family history. In a world gone digital, how will they pass on experiences and life lessons? Come hear Anne Bolen, a professional story catcher, explain why a story matters and how to make sure it isn't lost. Light refreshments will be served. Sign up at seniorservicesalex.org/event/ speaker-series-leaving-a-legacy/ or call 703-836-4414, ext. 110.

RunningBrooke's Move2Learn **Summit.** 4-7 p.m. at T.C. Williams High School, 3330 King St. Join RunningBrooke for an afternoon of fun and informative learning on the direct benefits and proven science of regular physical activity before, during, and after school, and leave with ideas and tools to implement immediately. \$45. Email info@runningbrooke.org or visit www.move2learn.org for more.

FRIDAY/JAN. 11

Comment Period Extended. To allow the community additional time to provide input on the issues to be considered as part of the RPP Refresh project, the deadline for feedback has been extended to 5 p.m. on Friday, Jan. 11. The Residential Permit Parking (RPP) Program is being updated and the City of Alexandria needs feedback on the top issues. Visit alexandriava.gov/ ParkingStudies to complete the online questionaire or contact Katye North at

katye.north@alexandriava.gov. Nomination Deadline. The City of Alexandria's Office of the Arts is in search of a Poet Laureate to promote an appreciation of poetry as an art form, promote creative writing and reading of literature, and promote

literacy through poetry. The individual will serve as Poet Laureate for three years and receive a modest annual honorarium. Individuals can nominate themselves or be nominated by someone else. Visit www.alexandriava.gov/Arts for more

SUNDAY/JAN. 13

Application Deadline Extended. The City of Alexandria's Office of the Arts is extending the application deadline for Microgrants and Creative Partnership Grants. These two Community Engagement Grants will provide opportunities to support the goals and recommendations of the City's approved Arts and Culture Master Plan. Microgrants will be awarded up to \$1,000, no cash match required. Creative Partnership Grants will be awarded for \$2,500.

mothers, their sisters, their wives? Is their intention to never admit women as full members? Does the Departmental Progressive Club get a pass because they do good work in the community. For us they do not.

They are the city's oldest private social club, and they have 55 male members and 15 Ladies Auxiliary members. That tells you something right there. I have known and worked with many members of the organization, and I grew up down the block from the club. I knew my mom went to several events there when I was a kid and they have held several city council debates or forums there that I attended in the past. But I cannot support an organization today that is for men only, with women in a secondary role

2019 holds great promise to be the "Year of the Woman." Last year, from the Women's March to the "Me Too" movement we exposed some of the injustices and injuries that have been done to women. This year we have the opportunity to right some of those wrongs.

We elected 36 new women to Congress, a women speaker was elected in Congress for only the second time in history, and a women, Del. Eileen Filler-Corn, was elected to be a party leader (and possible speaker) in the Virginia House of Delegates for the first time in the democratic body's 400-year history. But we are still far from parity in

either governing body. It is 100 years since Congress passed the 19th Amendment giving women the right to vote, and next year will be 100 years since women were able to exercise that right. The word "woman" does not appear in the Constitution, and this year we have the chance right here in Virginia to ratify the Equal Rights Amendment, that would ensure gender equality for generations to come. (Sign the petition at www.VARatifyERA.com.)

We hope all the City Council members, and other leaders in our community, will be part of this tremendous change, and will ask the Departmental Progressive Club to change its make up, to not only include women, but to hold them up as equals.

We are making this a public appeal as we believe this is the only way to draw attention to this issue. We trust many people are unaware of the discrepancy in the membership and will help to work to rectify this situation.

As Martin Luther King said, "Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects us all indirectly."

Tessa Read Boyd Walker Alexandria www.ConnectionNewspapers.com

Entertainment

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

ONGOING

George Washington's Mount Vernon is Open. George

Washington's Mount Vernon, a private, non-profit organization that does not accept government funding, will remain open through the partial government shutdown. Mount Vernon visitors can tour the first president's Mansion, explore the gardens and grounds, and visit Washington's final resting place. The Donald W. Reynolds Museum and Education Center, Be Washington interactive theater, and the 4D Revolutionary War Theater offer visitors and immersive experience to learn about George Washington and the Founding Era. Specialty tours are offered daily for an additional cost.

- Visit mountvernon.org. **Art Exhibit: Bringing Words to Life.** Through Jan. 27 at VCA Alexandria Animal Hospital, 2660 Duke St., Alexandria. The exhibit is a part of Del Ray Artisans' Gallery Without Walls program in partnership with VCA Alexandria. The show pairs a line from an artist's favorite song, poem, book, or speech with the artist's visual interpretation of that quote. Patrons may view the artwork at VCA Alexandria during regular business hours and at the discretion of hospital staff. Visit DelRayArtisans.org/exhibits/gww. **Exhibit: "Hard Wired."** Through Jan.
- Exhibit: "Hard Wired." Through Jan. 31 at Touchstone Gallery, 901 New York Ave. NW Washington, D.C. Tory Cowles of Potomac is represented by Touchstone Gallery, a resident artist in Studio 7 at Alexandria's Torpedo Factory, and an abstract painting instructor at Glen Echo Park's Yellow Barn. Her work evolves out of a spontaneous abstract expressionist process which depends on the rawness of the materials, the unexpectedness of the composition, and the mystery of how materials are transformed. Artist talk, Saturday, Jan. 19, 4-6 p.m. Call 202-347-3787 or visit www.touchstonegallery.com.
- or visit www.touchstonegallery.com. Art Exhibit: "Destroy the Picture." Through Feb. 2, Wednesday-Saturday, noon-6 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Beverly Ryan has been a resident artist at the Torpedo Factory Art Center since 2001 and has taught at The Art League School in Alexandria, Va., for 15 years. She has curated several shows of abstract painting, narrative painting and encaustic painting. Between 1949 and 1962, numerous painters including Alberto Burri, Salvatore Scarpitta and Yves Klein produced artwork that incorporated destruction in their processes. The book Destroy the Picture: Painting the Void, written and edited by Paul Schimmel describes the exhibition of these works in Los Angeles at the Museum of Contemporary Art, 2012-2013. In the spring of 2018, this work inspired Beverly Ryan to lead a group of her students to explore destruction and re-creation of artworks from previously unresolved paintings. Visit www.bethesda.org/bethesda/gallery-
- Art Exhibit: "Lift Us Up, Don't Push Us Out." Through Feb. 3, gallery hours at The Art League Gallery in Studio 21, Torpedo Factory, 105 North Union Street, Alexandria. Performing Statistics: a Project by ART180 and Legal Aid Justice Center – "Lift Us Up, Don't Push Us Out" asks the question, how would criminal justice reform differ if it was led by incarcerated youth? Connecting incarcerated youth at the Richmond Juvenile Detention Center with artists, legal experts, and



PHOTO BY JEREMY BRANDT VOREL The dining room at the Majestic.

Alexandria Winter Restaurant Week

For 10 days and two weekends (Jan. 18-27), 65 restaurants in Alexandria, Virginia, will offer a \$35 three-course dinner for one or a \$35 dinner for two. More than 35 restaurants will also offer lunch menus at \$15 or \$22 per person in addition to the dinner specials. Brunch lovers can enjoy brunch menus for \$15 or \$22 per person at 14 restaurants. Learn more about restaurant week at AlexandriaRestaurantWeek.com.

advocates to reimagine Virginia's juvenile justice system, this exhibition provides the answer. Including virtual reality experiences, photography, murals, and interactive audio installations that use human touch to activate stories from youth in the system, their media campaigns and mobile exhibits have connected the dreams, stories, and policy demands of youth in the juvenile justice system with tens of thousands across Virginia and beyond. Visit www.theartleague.org.

Art Exhibit: It's Not All Black and White. Through Feb. 3, 10:30 a.m.-5:30 p.m. daily (Thursdays until 9 p.m.) at Potomac Fiber Arts Gallery, in the Torpedo Factory Art Center, 105 N. Union St., Studio 29, Alexandria. Potomac Fiber Arts Gallery announces the opening of its juried show, It's Not All Black and White. It may be black and white (dreary) outside but Potomac Fiber Arts Gallery radiates with color. In addition to lovely neutral pieces, artists have warmed their space with colorful creations. Themed work will be eligible for recognition by the



Rose Baldino and Brian Buchanan

Vermilion



Mia's Italian Kitchen

jurors. Non-themed work may also be exhibited. Free admission. Visit www.potomacfiberartsgallery.com or call 703-548-0935.

Exhibit: Fax Ayres, Photography. Jan. 10-Feb. 24, gallery hours at The Athenaeum, 201 Prince St., Alexandria. Fax Ayres' photography employs a 'lightpainting' technique to embue his subjects with an almost surreal quality. He sets up still life vignettes in the dark and then carefully paints individual components with light, assembling multiple images together to create the final photograph. Fax Ayres lives and works in Charlottesville. Visit www.nvfaa.org.

THROUGH FRIDAY, JAN. 11

Science for Homeschoolers. 10 a.m.-noon at Huntley Meadows Park, 3701 Lockheed Blvd. Looking for a fun, hands-on way to supplement a home school science unit? Each session meets for six classes. The fee is \$108. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/ huntley-meadows-park/. 4-6 years old, begins Friday, Jan. 11, 10 a.m.-noon: This hands-on class will introduce early learners to STEAM education (Science, Technology, Engineering, Art, and Math) with Naturalist-guided support. These active nature experiments will include use of binoculars, magnifying glasses and field microscopes to deepen their investigations.

- 9-12 years old, begins Wednesday, Jan. 9, 1-3 p.m.: Investigate earth cycles, ecosystems, and cell processes.
- 13-17 years old, begins Friday, Jan. 11, 1-3 p.m.: Older scientists can jump into hands-on field work studying natural sciences. This group will study aquatic ecosystems, soil, biodiversity, and wetlands.

THURSDAY/JAN. 10

Grand Opening: GetFitStudio. 5-7:30 p.m. At 227 S. Washington St., #120, Alexandria. Come for food, drinks, gift bags and giveaways. GetFitStudio is a boutique fitness studio offering personal training and

House of Hamill

Focus Alexandria presents The House of Hamill. Rose Baldino and Brian Buchanan are both accomplished traditional Irish style fiddle players and classical violinists, and despite being young, have over 25 years of writing and performance experience between them. Sunday, Jan. 13, 7 p.m. at George Washington Masonic National Memorial, 101 Callahan Drive. Tickets are \$18 in advance at www.focusmusic.org/buy-tickets and for FocusMusic and FSGW members, \$20 at the door.

small group training sessions. Visit www.getfitstudiova.com.

Opening Reception: "Lift Us Up, Don't Push Us Out." 6:30-8 p.m. at The Art League Gallery in Studio 21, Torpedo Factory, 105 North Union Street, Alexandria. Performing Statistics: a Project by ART180 and Legal Aid Justice Center – "Lift Us Up, Don't Push Us Out" asks the question, how would criminal justice reform differ if it was led by incarcerated youth? Connecting incarcerated youth at the Richmond Juvenile Detention Center with artists, legal experts, and advocates to reimagine Virginia's juvenile justice system, this exhibition provides the answer. Including virtual reality experiences, photography, murals, and interactive audio installations that use human touch to activate stories from youth in the system, their media campaigns and mobile exhibits have connected the dreams, stories, and policy demands of youth in the juvenile justice system with tens of thousands across Virginia and beyond. Visit

www.theartleague.org. Blues Night with Meigs Hodge. 7 p.m. at The Atheneum, 201 Prince St. An evening of traditional and contemporary blues guitar and vocals. Meigs Hodge explores delta and Chicago styles through the music of Robert Johnson, Muddy Waters, and others; as well as contemporary standards and original compositions. \$10. Visit www.nvfaa.org or call 703-548-0035.

How Plants Move: a Talk by Charles Smith. 7:30-9 p.m. at Green Spring Gardens, 4603 Green Spring Road. Charles Smith explores the ways plants disperse across land and water and discusses reproductive strategies, niche exploitation, plant community composition and what the future may look like considering the fragmented condition of our landscape and climate change. VNPS programs are free and open to the public. No reservations are necessary for lectures. Visit www.vnps.org/ potowmack.

JAN. 10-FEB. 24

Photograhpy Exhibit: Fax Ayres. Thursday-Sunday, noon-4 p.m. at The Atheneum, 201 Prince St. Fax Ayres' photography employs a 'lightpainting' technique to embue his subjects with an almost surreal quality. He sets up still life vignettes in the dark and then carefully paints individual components with light, assembling multiple images together to create the final photograph. Visit www.nvfaa.org or call 703-548-0035.

FRIDAY/JAN. 11

- Americana Music by Leigh
 Beamer. 6-8 p.m. At The Lyceum, 201 South Washington St., Alexandria. Born and raised in Wytheville, Va., Leigh is one of the leading young vocalists in Southwest Virginia and a skilled interpreter of the old-time music of Appalachia. Beer and wine for sale; light refreshments available as well. Visit www.alexandriava.gov.
 Opening Reception: "Destroy the
- **Opening Reception: "Destroy the Picture."** 6-8 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Beverly Ryan has been a resident artist at the Torpedo Factory Art Center since 2001 and has taught at The Art League School in Alexandria, Va., for 15 years. She has curated several shows of abstract painting, narrative painting and encaustic painting. Between 1949 and 1962, numerous painters including Alberto Burri, Salvatore Scarpitta and Yves Klein produced artwork that incorporated destruction in their processes. The book Destroy



ENTERTAINMENT

Some Days to Circle in January

By Hope Nelson

he holidays are in the rearview and a new year has dawned. What to do with all the extra time now that Santa has moved back to the North Pole and the party invitations have dwindled? Here are some of the city's top picks to keep the festivities rolling along.

Winter Restaurant Week, Jan. 18-27

Alexandria's showcase of its best and brightest restaurants returns mid-month for its winter edition. From old favorites such as Chart House and Evening Star Café to newer eateries such as Mia's Italian Kitchen

APPETITE and Sunday in Saigon, the gamut – for a reasonable

price. In most restaurants, \$35 per person gets you a three-course meal showcasing the kitchen's array of offerings. Many eateries have lunch specials, too, which run the gamut and are often much more affordable than regular prices. Make reservations early; Restaurant Week dates tend to fill up quickly.

Government Shutdown Special at Diya Indian Cuisine, through Jan. 11

In a show of support to furloughed government employees, Old Town's newest Indian restaurant has opened its doors at lunch for free to those currently out of work. Flash your federal government ID and en-

CALENDAR

- the Picture: Painting the Void, written and edited by Paul Schimmel describes the exhibition of these works in Los Angeles at the Museum of Contemporary Art, 2012-2013. In the spring of 2018, this work inspired Beverly Ryan to lead a group of her students to explore destruction and re-creation of artworks from previously unresolved paintings. Visit www.bethesda.org/ bethesda/gallery.b
- bethesda/gallery-b. **Family Splash Night.** 6-9 p.m. At Chinquapin Park Rec Center and Aquatics Facility, 3210 King St., Alexandria. Featuring St. Stephen's & St. Agnes School. Enjoy swimming, a floating obstacle course, games, relays, refreshments, music, diving for prizes and more. Different schools are featured at each event but all are welcome. Admission is \$4 per person upon
- entry. **ASO Presents: Bach, Brandenburgers & Brews.** 7-10 p.m. At St. Paul's Episcopal Church, 228 South Pitt St., Alexandria. Members of the Alexandria Symphony Orchestra, led by Music Director James Ross, present this special evening of Brandenburg Concertos in the intimate setting of St. Paul's Episcopal Church. Hear the ASO's rendition of concertos No. 2, 4 and 5 with principals from the ASO featured as soloists. Stay after for a reception in Norton Hall to mingle with the musicians and enjoy delectable German food and beer. Food provided by Port City Brewery, the German Gourmet and Pork Barrel BBQ. Tickets: \$40/ adults; \$5/youth. Visit www.alexsym.org.

SUNDAY/JAN. 13

Visit with President James Madison. 1-4 p.m. at Gadsby's Tavern Museum, 134 North Royal St. Facetime with History is an ongoing series that allows guests to spend time with people from the past in an informal setting, much like meeting at the tavern to catch up with friends. Guests touring the museum are welcome to enjoy chatting with President James Madison now that he is retired. This event is sponsored joy Diya's lunchtime buffet for free through Friday. The buffet runs the gamut from vegetable dishes to more carnivorous fare, as well as a variety of rice dishes and, of course, dessert. 218 N. Lee St.

Oysters and Beer at Port City Brewing, Jan. 26

War Shore Oyster Company and Port City Brewing have teamed up to bring a pairing of mollusks and beer to the brewery. Eighteen dollars lands you a half-dozen oysters plus a pint of beer; each additional halfdozen oysters will set you back \$10. And in homage to the environment, shells will be recycled by the Oyster Recovery Partnership. 3950 Wheeler Ave. 3-6 p.m.

Pajama Party Bingo at Stomping Ground, Jan. 27

The holidays are over, a new year is upon us; it's time to kick back in comfy clothes and take the reins on a Bingo game or two. Del Ray's Stomping Ground is ready to host its next edition of game night with a pajama party and breakfast for dinner. Your ticket price includes the meal as well as Bingo cards; alcoholic beverages are available for purchase at the restaurant. 2309 Mount Vernon Ave. Dinner at 6 p.m.; Bingo starts at 7 p.m. \$25. Reservations recommended.

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

by Gadsby's Tavern Museum Society and included in the regular museum admission of \$5 per adult, \$3 per child under 12. Call 703-746-4242 or visit www.gadsbystavern.org

- Gardening Lecture. 1:30-2:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. The Harry Allen Winter Lecture Series at Green Spring Gardens provides a wealth of information for when the weather starts to warm. The lecture costs \$10 in advance or \$12 at the door. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-spring.
- Opening Reception: Fax Ayres, Photography. 4-6 p.m. at The Athenaeum, 201 Prince St., Alexandria. Fax Ayres' photography employs a 'lightpainting' technique to embue his subjects with an almost surreal quality. He sets up still life vignettes in the dark and then carefully paints individual components with light, assembling multiple images together to create the final photograph. Fax Ayres lives and works in Charlottesville. The exhibition runs Jan. 10-Feb. 24. Visit www.nvfaa.org.
- Live Music: House of Hamill. 7 p.m. at George Washington Masonic National Memorial, 101 Callahan Drive. Focus Alexandria presents The House of Hamill. Rose Baldino and Brian Buchanan are both accomplished traditional Irish style fiddle players and classical violinists, and have over 25 years of writing and performance experience between them. Tickets are \$18 in advance at www.focusmusic.org/buytickets and for FocusMusic and FSGW members; \$20 at the door.

TUESDAY/JAN. 15

Federal Government Claims. 1-3 p.m. At Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Sponsored by the Mount Vernon Genealogical Society, Claire Prechtel-Kluskens, former Senior Archivist for the National Archives, will speak about researching Federal Government claims to gather genealogical information. Free, open to public.

www.ConnectionNewspapers.com

18 🛠 Alexandria Gazette Packet 🛠 January 10-16, 2019

Entertainment

Visit www.hollinhallseniorcenter.org.

Martin Luther King Jr. Memorial Program. 7:30 p.m. At Fairlington Presbyterian Church, 3846 King St., Alexandria. The City of Alexandria will honor the life and legacy of Dr. Martin Luther King Jr. in the community program, Dr. King: We Are All One Humanity: Where Do We Go From Here. It will be presented by the Martin Luther King Jr. Memorial Planning Committee and will include welcome remarks by Mayor Justin Wilson; a keynote address by Paul Glist, chairman of the Bahá'í Spiritual Assembly; and music by the Shiloh Baptist Church Men of Victory. This event is free and open to the public. Visit www.fpcusa.org.

WEDNESDAY/JAN. 16

Antiques Club Program. 9:30 a.m. at Hollin Hall Center, Room 216, 1500 Shenandoah Road. Joyce Ramsey will present a program on collectable match holders at the Alexandria-Mt. Vernon Antique Club. She will show some of her collections and telling the history of tabletop and wall match holders. Visitors are welcomed and may bring any match holders they have to show and tell. Call 703-960-4973.

FRIDAY/JAN. 18

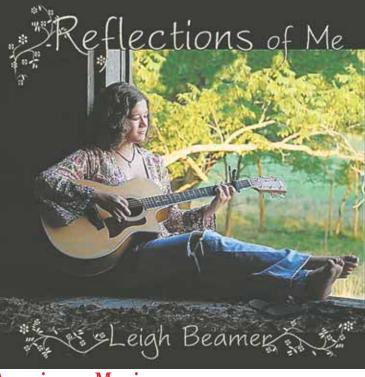
Traveling by Pullman. 7:30-9 p.m. At The Lyceum, 201 S. Washington St., Alexandria. The name Pullman is synonymous with first class rail travel. Join Kevin Tankersley for an overview of the Pullman Company, and learn how the D.C. National Railway Historical Society chapter interprets the Pullman experience by operating the Pullman car Dover Harbor today. Free. Visit www.dcnrhs.org.

JAN. 18-27

Alexandria Winter Restaurant Week. For 10 days and two weekends, 65 restaurants in Alexandria, Virginia, will offer a \$35 three-course dinner for one or a \$35 dinner for two. More than 35 restaurants will also offer lunch menus at \$15 or \$22 per person in addition to the dinner specials. Brunch lovers can enjoy brunch menus for \$15 or \$22 per person at 14 restaurants. Visit www.AlexandriaRestaurantWeek.com.

SATURDAY/JAN. 19

- **Children's Program on Deer.** 10-11 a.m. At Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. Whitetailed deer are our largest mammal neighbors, and kids can learn all about these graceful animals in the "Dashing Deer" program. Children age 2-6 can join a park naturalist and learn to appreciate the wonderful life of a deer from fawn to doe or buck. There will be hands-on activities, songs and a guided walk in search of deer and their tracks. Participants will also create a craft to take home. Cost is \$10 per child. Call 703-768-2525 or visit www.fairfaxcounty.gov/
- parks/huntley-meadows Artist Talk: "Hard Wired." 4-6 p.m. at Touchstone Gallery, 901 New York Ave. NW Washington, D.C. Tory Cowles of Potomac is represented by Touchstone Gallery, a resident artist in Studio 7 at Alexandria's Torpedo Factory, and an abstract painting instructor at Glen Echo Park's Yellow arn Her work evolves out of spontaneous abstract expressionist process which depends on the rawness of the materials, the unexpectedness of the composition, and the mystery of how materials are transformed. Call 202-347-3787 or visit www.touchstonegallery.com.



Americana Music

Born and raised in Wytheville, Va., Beamer is one of the leading young vocalists in Southwest Virginia and a skilled interpreter of the old-time music of Appalachia. Beer and wine for sale; light refreshments available as well. Friday, Jan. 11, 6-8 p.m. at The Lyceum, 201 South Washington St., Alexandria. Visit www.alexandriava.gov.

SUNDAY/JAN. 20

What's Buggin' You? 1:30-2:30 p.m. At Green Springs Gardens, 4603 Green Spring Road, Alexandria. Bring your bug questions and stories for entomologist Nate Erwin who will present a colorful slide show about insects and their associated plants. Find out how to attract butterflies and fireflies or put a name to that curious bug in the garden last year. Cost is \$10 in advance or \$12 at the door. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/greenspring.

FRIDAY/JAN. 25

- **Container Gardens for the** Yardless. 1:30-2:30 p.m. At Green Springs Gardens, 4603 Green Spring Road, Alexandria. Just because you don't have a yard doesn't mean you can't have a garden. Learn how to brighten your home with plants and flowers. Whether in flower pots, hanging baskets or window boxes. container gardens are beautiful, easy and rewarding. At this Garden Talk with Extension Master Gardeners, learn how to create a dazzling display with eye-catching perennials and annuals. Get information and inspiration to design your own container gardens. Cost is \$10. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-
- spring. Family Splash Night. 6-9 p.m. At Chinquapin Park Rec Center and Aquatics Facility, 3210 King St., Alexandria. Featuring James K. Polk and William Ramsay Schools. Enjoy swimming, a floating obstacle course, games, relays, refreshments, music, diving for prizes and more. Different schools are featured at each event but all are welcome. Admission is \$4 per person upon entry. Visit www.alexandriava.gov/Recreation.

SUNDAY/JAN. 27

Wild Women of Washington. 1-3:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. From newspaperwomen and suffragettes to rebellious first ladies and socialites, the nation's capital has attracted many unladylike ladies over the years. Hear their stories as author Canden Schwantes discusses her book, "Wild Women of Washington, D.C.: A History of Disorderly Conduct from the Ladies of the District." Reservations are required. \$42 for the program and tea; \$18 for the program only. To make reservations for tea, call 703-941-7987, or to learn more about the historic site, visit www.fairfaxcounty.gov/parks/ green-spring.

MONDAY/JAN. 28 Bullying and Lockdowns:

Perspectives on School Security. 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, begin at 7:15 p.m. Programs are \$5 each or free with your \$35 membership, payable online at www.AgendaAlexandria.org/ sign-up page or at the door by check or credit. All are invited to a preprogram 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.

FRIDAY/FEB. 1

- Family Splash Night. 6-9 p.m. At Chinquapin Park Rec Center and Aquatics Facility, 3210 King St., Alexandria. Featuring Ferdinand T. Day and Samuel W. Tucker schools. Enjoy swimming, a floating obstacle course, games, relays, refreshments, music, diving for prizes and more. Different schools are featured at each event but all are welcome. Admission is \$4 per person upon entry. Visit www.alexandriava.gov/Recreation.
 "New Beginnings" Opening
 - **Reception.** 7-9 p.m. At Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. See artwork created by reuse. These creations incorporate found objects, recycled materials or older works of art. The exhibit runs from Feb. 1-24. Exhibit details, plus information on four special workshops at DelRayArtisans.org/ event/new-beginnings.





Food fit for a king on a family budget

DAILY FEATURES FOR EVERYONE!

Monday - 1/2 Price Burger Night Tuesday - Kids 12 & under Eat Free with accompanying adult. 1 child per adult.

Wednesday - Roast Turkey Special

Thursday - Lasagna Night

Friday - Fish Fry Saturday & Sunday - Full Brunch Buffet with Omelette Station



City Council						
Official Title / Name Official's Email Official's Phone				Assistant / Deputy Assistant's Phone Assistant's Email		
Mayor Justin Wilson	justin.wilson@alexandriava.gov	** No gov't cell (o) 703-746-4500	Mark	(c) 571-414-7249	mark.mchugh@alexandriava.gov	
Vice Mayor Elizabeth Bennett-Parker	elizabeth.bennettparker@alexandri ava.gov	(c) 703-215-5562 (o) 703-746-4500	Cassidy	(c) 571-414-1627	cassidy.ketchem@alexandriava.gov	
Councilman Canek Aguirre	canek.aguirre@alexandriava.gov	(c) 703-215-5555 (o) 703-746-4500	-	N/A	N/A	
Councilman John Taylor Chapman	john.taylor.chapman@alexandriava. gov	(c) 571-329-3738 (o) 703-746-4500	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	(c) 571-414-7248	lashawn.timmons@alexandriava.gov	
Councilwoman Amy Jackson	amy.jackson@alexandriava.gov	(c) 703-215-5558 (o) 703-746-4500		(c) 571-414-1797	brittany.williams@alexandriava.gov	
Councilwoman Redella "Del" Pepper	del.pepper@alexandriava.gov	(c) 703-888-9317 (o) 703-746-4500		(c) 703-447-3510	shelli.gilliam@alexandriava.gov	
Councilman Mohamed "Mo" Seifeldein	mo.seifeldein@alexandriava.gov	(c) 703-215-5559 (o) 703-746-4500	Wagieda	(c) 571-414-1345	wagieda.elhag@alexandriava.gov	
City Clerk & Clerk of Council Gloria Sitton	gloria.sitton@alexandriava.gov	(o) 703-746-4550	Alexis Lacy	(o) 703-746-4550	alexis.lacy@alexandriava.gov	

Newly Elected City Council, School Board Take Their Posts

From Page 1

things a little differently And we certainly don't narrow the gap of achievement that our children experience in this city without shaking things up a little bit. But at the same time, we can be bold without pushing aside the voices of dissent. We have to be able to agree and disagree with a smile on our face."

"We must strive to make sure that our board and commissions reflect our population with respect to race, gender and age, because policy affects different groups in different ways and all voices must be heard," said freshman Vice Mayor Elizabeth Bennett-Parker.

"It is simply a wish list, without the proper funding," said freshman Councilman Mohamed "Mo" Seifeldein. He says Alexandria needs to "make itself more attractive to do business." At the same time, he gave a nod to labor, calling the unionization of local bus drivers a "victory."

"A lot of the issues we're facing are regional in nature. ... I'm looking forward to, not only representing Alexandria, but making sure we have a strong voice on a lot of these regional commissions that we have," said freshman Councilman Canek Aguirre.

The new council approved their appointments to 42 committees, boards and commissions, both local and regional, which decide or influence policy and funding decisions. Some of the more significant appointments include incumbent Councilman John Chapman to the Alexandria Economic Development Partnership Board of Directors; Wilson and incumbent Councilwoman Redella "Del" Pepper to the Metropolitan Washing-

to the Metropolitan Washington Council of Governments Board of Directors; Aguirre and Seifeldein to the Council of Governments' Regional Transportation Planning Board; Wilson and Bennett-Parker to the Northern Virginia Transportation Authority; and Aguirre and Bennett-Parker to the Northern Virginia Transportation Commission.

The new School Board, including four incumbents and five freshmen, who serve as independents, took their oaths of office at an installation ceremony on Monday, Jan. 7.

They unanimously elected as their chair School Board Member Cindy Anderson. They elected as their vice chair School Board Member

over School Board Member Michelle Rief's lone dissent. Rief said later that she remained concerned about Nolan's late reporting in 2018 of campaign contributions from 2015.

Veronica Nolan,

The School Board has not yet made its committee assignments.

For more information or to contact elected officials using online forms, visit www.alexandriava.gov/ Council and www.acps.k12.va.us/ domain/852.

School Board

Official Title / Name	Official's Email	Official's Phone		
Chairwoman Cindy Anderson	cindy.anderson@acps.k12.va.us			
Vice Chairwoman Veronica Nolan	veronica.nolan@acps.k12.va.us			
SB Member Meagan Alderton	meagan.alderton@acps.k12.va.us			
SB Member Ramee Gentry	ramee.gentry@acps.k12.va.us			
SB Member Jacinta Greene	jacinta.greene@acps.k12.va.us	(o) 703-619-8316		
SB Member Margaret Lorber	margaret.lorber@acps.k12.va.us			
SB Member Michelle Rief	michelle.rief@acps.k12.va.us			
SB Member Christopher Suarez	christopher.suarez@acps.k12.va.us			
SB Member Heather Thornton	heather.thornton@acps.k12.va.us			
Clerk of the Board Susan Neilson	boardclerk@acps.k12.va.us			



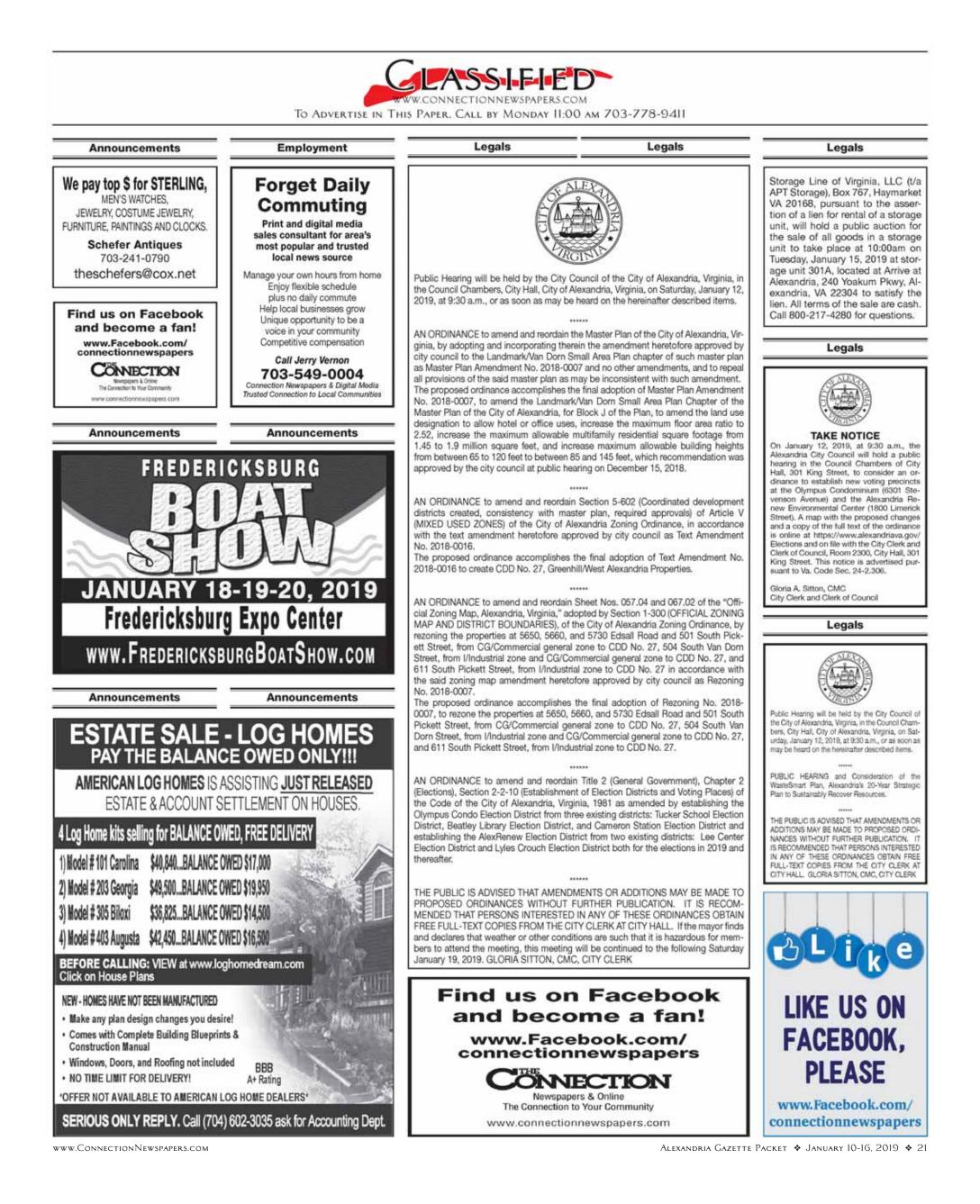
Alexandria's new School Board: From right to left, top row: Chairwoman Cindy Anderson, Heather Thornton, Jacinta Greene, Christopher Suarez, Vice Chairwoman Veronica Nolan, and Meagan Alderton; bottom row: Ramee Gentry, Margaret Lorber, and Michelle Rief.

20 🛠 Alexandria Gazette Packet 🛠 January 10-16, 2019

Justin Wilson, after taking the

oath of office as Alexandria's

new mayor.



The Road Very Much Traveled

By KENNETH B. LOURIE

Not that I haven't been down this road before, random though its occurrence may have been. but when schedules collide: 24-hour urine collection, pre-chemotherapy lab work, every-threeweek infusion, quarterly CT scan and semi annual brain MRI; and of course the follow-up appointment with my oncologist a week or so later to finish the fortnight-long festivities.

The daze leading up to that final Friday are hardly the stuff with which dreams are made. More like nightmares, actually; certainly sleepless nights.

But as you regular readers know from previous columns, there's no real point fretting about it. I mean, what's done is done (what's scanned is scanned) and though I may not want the chips to fall, for the moment, they've already fallen.

Not to be fatalistic, but sometimes, as a cancer patient, ceding control to the realities (you'll note I didn't say "inevitable realities") is part of the process; "going with the flow," as my wife, Dina would say

At this point, all I can do is wait and hope. I can't do one thing about any of it. I'll know soon enough and if the news is discouraging, I'll deal with it then. I see no advantage in being miserable a week earlier than necessary.

Still, all of these diagnostic demands occurring simultaneously is a bit much. Unfortunately, there's nothing to be done other than to grin (a wry smile, really) and bear it. The calendar/schedule with which my life has become all too familiar (I'm also not saying "consumed"), can hardly be adjusted simply because I don't feel like it.

My life is at stake here. I can't treat it like a household chore. It needs to be adhered to. Wanting circumstances to be different serves no purpose. Accepting reality and integrating the cancer-patient responsibilities into your routine seems a more reasonable course of action.

A few years into my cancer treatment. I remember meeting some of the staff at an offsite cancer-centric function. After exchanging pleasantries, one staff member commended me as being a "very compliant patient."

Not being completely sure what she meant, I asked her to clarify. She said I made all my appointments inferring that some cancer patients don't. Incredulous, I asked further. She sort of half-snickered and said I'd be surprised, which of course I was.

She offered no statistics or anything empirical, but from her reaction, it was not an unusual occurrence. I remember thinking, how do you not be compliant when doctors are working to save your life? Seemed counter intuitive, almost.

So yes, I've been compliant. Extremely so, I'm proud to say.

After my initial diagnosis, I felt I had been given an assignment, so to speak; to save (at least extend) my own life, and I was going to follow doctor's orders accordingly. And even though over the years, I've integrated many non-Western alternatives into my routine, so far as my primary care team (internal medicine doctor and oncologist) was concerned, I've supplemented rather than replaced.

All of which leads me to where I am today: waiting to hear from my oncologist about last week's scans, while swallowing 60-odd pills a day, drinking alkaline water, standing in front of an infrared bulb, and trying to detoxify whenever possible in the hope that together, conventional and non-conventional pursuits will make my immune system stronger and create an environment less hospitable to the growth and movement of the cancer cells that have already been triggered somehow

The only persistent problem I have is comumptive fact that since artmenta was given a "terminal" diagnosis in late February 2009, how is it that I just keep on keepin' on?

Life goes on, generally, I realize, but that's not what I was told would happen. After nearly 10 years, I suppose I'm just a little road weary.

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



News Cash Bail From Page 5

the Sheriff for the professionalism of his program, I will continue to advocate for additional resources for pretrial supervision."

Resolved

From Page 12

and loving home of a foster caregiver means there is space for one more animal at the Vola Lawson Animal Shelter. For those who can't make a long-term commitment, the foster sleepover program offers the opportunity to foster for a night or two. You can read the story of one foster caregiver's experiences with weekend sleepovers on the AWLA blog at AlexandriaAnimals.org/news.

Volunteer: The AWLA is assisted by a vibrant corps of volunteers - now numbering more than 550 - who help with everything from walking dogs to socializing cats to wildlife transport and even gardening and laundry. Volunteers provide all the "extras" needed to keep the animals content and the shelter functioning smoothly. Volunteering at the AWLA is a two-way street: Volunteers give their time and talent and receive the love and affection of hundreds of animals (and humans) in return.

Onsite volunteers must be at least 18 years old, although the AWLA also offers youth volunteer opportunities, such as Book Buddies and a variety of at-home activities that support the shelter animals. Frequently asked questions about volunteering at the AWLA are answered online at AlexandriaAnimals.org/volunteer-faqs. More information about volunteering can be found at AlexandriaAnimals.org/volunteer.

Still have questions about how you can help enrich the lives of Alexandria's Animals? Call the shelter at 703-746-4774 for more information.

The Animal Welfare League of Alexandria is a local 501(c)(3) organization. Operating the Vola Lawson Animal Shelter, which is Alexandria's only open-access animal shelter, the AWLA touches the lives of more than 6,000 animals every year, including strays, lost pets, local wildlife, rescued animals and animals surrendered by their owners. The AWLA is committed to addressing animal homelessness, promoting animal welfare and serving as an educational resource for the community. More information can be found at AlexandriaAnimals.org



Bonded bunny pair Apple and Banana enjoy a bite to eat before greeting potential adopters.

22 🔹 Alexandria Gazette Packet 🔹 January 10-16, 2019

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24 🛠 Alexandria Gazette Packet 🛠 January 10-16, 2019

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