

## At Last: Metro at Potomac Yard

Official groundbreaking held for Potomac Yard Metro.

BY JEANNE THEISMANN  
GAZETTE PACKET

It is a project 25 years in the making, but on Dec. 19, 2019, the official groundbreaking was held for Alexandria's future Potomac Yard Metro Station with Gov. Ralph Northam (D) joining city officials at the ceremonial event.

Partial construction on the project began months ago but final environmental approvals and permits, secured in the fall of 2019, were needed before the next phases of construction could begin.

"At one point this was going to be one big football stadium used 10 times a year," said former U.S. Rep. Jim Moran (D-8). "We knew that was not an ideal use for this area. After a culmination of a lot of years of planning and thoughtfulness, what we have now is a Metro station that's truly going to serve the public's interest."

The station will be located between the Reagan National Airport and Braddock Road stations on the Blue and Yellow Lines. It is slated to open in early 2022 at an estimated cost of \$320 million with an expected ridership of 12,000 passengers per day.

SEE POTOMAC YARD, PAGE 4



PHOTOS BY JANET BARNET/GAZETTE PACKET  
**Protestors gathered Dec. 19 at the groundbreaking of the Potomac Yard Metro Station. A decision to remove the south entrance to the station has sparked controversy among residents.**



**Former Congressman Jim Moran, left, with former Mayor Bill Euille at the Dec. 19 groundbreaking for the Potomac Yard Metro Station.**



**The future Potomac Yard Metro Station is slated to open in 2022 at a cost of \$320 million.**



PHOTO BY C.J. HEATLEY III  
**Fireworks light up the sky over the Potomac River to usher in 2020 in the finale of the 25th anniversary celebration of First Night Alexandria.**

## Happy New Year

First Night celebrates 25 years.

BY JEANNE THEISMANN  
GAZETTE PACKET

Thousands of revelers descended on Alexandria to ring in the New Year as a midnight fireworks display ushered in 2020 to conclude the 25th anniversary celebration of First Night Alexandria.

More than 100 performances took place at 20 venues, with live music and dancing along what First Night executive director Marilyn Patterson has dubbed the city's "Melodious Mile" – King Street from the river to the George Washington National Masonic Memorial.

Patterson, in her second year as

executive director of the First Night festivities, last year implemented new events such as the Kids Carnival, which again took place from 6-9 p.m. at three recreation centers across the city: William Ramsey, Charles Houston and Mount Vernon.

The First Night concept was

launched in Boston in 1975. While hundreds of First Night events across the country have disappeared since that time, First Night Alexandria has continued to grow and thrive, becoming one of the largest and most successful events in the region while adhering to the original concept of charging one price for an array of family-friendly entertainment. visit [www.firstnightalexandria.org](http://www.firstnightalexandria.org).

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## OBITUARY

# Herman Boone

Former T.C. Williams coach dies at 84.

BY JEANNE THEISMANN  
GAZETTE PACKET

**H**erman Boone, the high school football coach portrayed by Denzel Washington in the 2000 Disney movie "Remember The Titans," died Dec. 18, 2019, ending a year of loss for the 1971 T.C. Williams state championship football team.

Boone had battled lung cancer in recent years and was 84 years old at the time of his death.

Earlier in the year, the Titans mourned the loss of players Julius Campbell on Jan. 25 at the age of 65, and Petey Jones on July 1, also at the age of 65. Boone's assistant coach, Bill Yoast, died May 23 at the age of 94.

Boone was born Oct. 28, 1935, in Rocky Mount, N.C. He attended Abraham Lincoln Elementary School, then the now-closed Booker T. Washington High School. While attending North Carolina Central University, Boone joined the Tau Psi chapter of the Omega Psi Phi fraternity. He graduated with Bachelor of Arts and Master of Science degrees.

In 1958, Boone accepted his first teaching and coaching position at the Luther H. Foster High School in Blackstone, Va., where he coached football, basketball and baseball.

In 1961, Boone moved to E.J. Hayes High School in Williamston, N.C., where he served as head football and basketball coach, biology and physical education teacher and janitor. While there, Boone led his teams to 13 state championships.

Boone came to Alexandria as an assistant football coach at T.C. Williams High School in 1969. When the city consolidated students from three high schools into one in 1971, Boone was named head coach of the combined team and led the Titans to a 13-0 undefeated season and state championship title.

In 1979, Boone left coaching and retired to work as a public speaker focusing on his time as coach.

Following his retirement, Boone remained in Alexandria volunteering with Alexandria Civil Rights organizations, including the



PHOTO BY TISARA PHOTOGRAPHY

**Former T.C. Williams head football coach Herman Boone died Dec. 18, 2019, at the age of 84.**

**"My goal has always been to be an agent of change for all people."**

— Herman Boone



PHOTO CONTRIBUTED

**Coach Herman Boone, standing at left, is joined by players Brad Smith and Julius Campbell in a visit to the hospital room of Gerry Bertier following Bertier's injury in an auto accident in December of 1971. Boone died Dec. 18, 2019.**

NAACP and the Urban League of Northern Virginia. Upon his selection as a Living Legend of Alexandria in 2016, Boone said that "my goal has always been to be an agent of



PHOTO CONTRIBUTED

**Former T.C. head football coach Herman Boone, center, acknowledges the crowd at the Oct. 3, 2019 T.C. Williams Athletic Hall of Fame Induction ceremony.**



PHOTO CONTRIBUTED

**Coach Herman Boone, center in back, is shown with fellow coach Bill Yoast, center in front, and players from the 1971 championship football team during the 50th anniversary celebration of T.C. Williams High School in 2015. Boone died Dec. 18 at the age of 84. Yoast, along with Julius Campbell, seated at right, and Petey Jones, standing second from right, also died in 2019.**

change for all people."

Boone, a member of the T.C. Williams High School Hall of Fame, was inducted into the North Carolina Central University Hall of Fame in 2004. In March of 2019, the school's new basketball media room was named in his honor.

Boone was married to Carol Boone and

together they had three daughters: Sharon Henderson, Monica Merritt and Donna Dulany, who died in November of 2014.

A memorial service was held for Boone on Dec. 28. In lieu of flowers, the family has requested donations be made to the Scholarship Fund of Alexandria, attention: '71 Titans Scholarship.

## City to Purchase Freedom House to Preserve Historic Museum

**T**he City of Alexandria and the Northern Virginia Urban League (NVUL) reached an agreement on Dec. 31 for the City to purchase the Freedom House Museum in order to preserve and interpret this National Historic Landmark for future generations. The building, located at 1315 Duke Street, was once part of the headquarters for the largest domestic slave trading firm in the United States. From 1828 to 1861, five successive firms forced as many as 50,000 enslaved adults

and children from the Chesapeake Bay area to the slave markets in Natchez, Miss., and New Orleans by foot or ship.

For more on the history, see: [www.connectionnewspapers.com/news/2014/oct/01/alexandria-new-orleans-human-tragedy-interstate-sl/](http://www.connectionnewspapers.com/news/2014/oct/01/alexandria-new-orleans-human-tragedy-interstate-sl/)

"Preserving sites like Freedom House and making them accessible to the public are vital parts of the effort to connect the stories of our past to our present day conversation about race and equity, and ensure

we are telling a broader, more candid account of Alexandria and our nation's history," said Mayor Justin Wilson. "The City plans to enlist partners to help us restore the building and expand the exhibits to tell the story of the domestic slave trade and those who were enslaved."

The City and Northern Virginia Urban League have worked together for the past two years to ensure that Freedom House stays open to the public. The City's Office of Historic Alexandria began operating the

museum in February 2019, while the property remained under the ownership of Northern Virginia Urban League.

"The Northern Virginia Urban League is pleased to reach this agreement with the City to place Freedom House in the public trust and ensure its important story will continue to be told," said Diane McLaughlin, chair of the board of directors of NVUL. "The League will continue to focus on its primary

SEE FREEDOM HOUSE, PAGE 5

# NEWS

## Potomac Yard Metro Groundbreaking

FROM PAGE 1

“Alexandria has worked closely with Metro and our federal and state partners to plan for a new Potomac Yard Metrorail Station that will improve mobility, promote economic development, and protect our environment,” said Mayor Justin Wilson in a statement. “We now officially move from planning the station to constructing the station.”

**“At one point this was going to be one big football stadium used 10 times a year. We knew that was not an ideal use for this area.”**

**Former Congressman Jim Moran (D-8)**

According to city officials, construction costs will be paid for with new tax revenue from development in Potomac Yard over the next 40 years, funding from the Northern Virginia Transportation Authority, a special tax district in North Potomac Yard, a low-interest loan from the Common-



**Virginia Gov. Ralph Northam (D), center, is joined by current and former city officials and staff at the Dec. 19 groundbreaking for the future Potomac Yard Metro Station, scheduled to open in 2022.**

wealth Transportation Board, and developer contributions. No general fund money is being used on the project.

The groundbreaking ceremony was held near the planned location of the station's northwest entrance, near the Regal Potomac Yard movie theatre. A south entrance was previously eliminated from station plans due to cost concerns but state funding offered with the announcements of the future Virginia Tech Innovation Cam-

SEE POTOMAC YARD, PAGE 5



**Gov. Ralph Northam (D) and city planning staffer Lydia Durand at the Dec. 19 Potomac Yard Metro Station groundbreaking.**



**Virginia Gov. Ralph Northam (D) addresses a crowd of more than 100 guests at the Dec. 19 groundbreaking of the Potomac Yard Metro Station.**

PHOTOS BY JANET BARNETT/GAZETTE PACKET



**Mindy Lyle, Karl Moritz, Director of Planning and Zoning, and City Council member Amy Jackson at the Dec. 19 Potomac Yard Metro Station groundbreaking.**

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## Freedom House

FROM PAGE 3

mission to enable minorities and other disadvantaged communities to secure economic self-reliance, parity, power and civil rights.”

On Dec. 17, 2019, Gov. Ralph Northam recommended state funding of \$2.44 million for Freedom House as part of his annual budget proposal to the Virginia General Assembly. The funds would be used to renovate and restore the existing building and build out the content of an expanded museum on the first and second floors. The current exhibit is in the basement of the museum.

The City envisions a partnership with the Commonwealth, as well with private grantors and donors who may wish to help fund elements of the restoration and museum expansion. Members of the community are encouraged to contribute to an account

administered by the ACT at [www.alexandriava.gov/FreedomHouse](http://www.alexandriava.gov/FreedomHouse) for Alexandria community foundation, which will be used to supplement public funds for building restoration and museum development.

The \$1.8 million purchase includes land, a three- and four-story, 9,810 square-foot building constructed primarily in the 1800s, all museum exhibits and furnishings, and an adjacent 1,648 square-foot parking lot. The building has been the home of the Northern Virginia Urban League since 1996, and the City will continue to provide NVUL with office space in the building for five years. The purchase is subject to approval by the Planning Commission and City Council in February.

Freedom House is currently open to the public on Fridays and Saturdays from 1 to 5 p.m. For schedule updates, to make a donation or more information, visit [alexandriava.gov/FreedomHouse](http://alexandriava.gov/FreedomHouse).

## Potomac Yard

FROM PAGE 4

pus and Amazon HQ2 developments in the area have allowed improved south entrance concepts to be reconsidered.

“This has been 25 years in the making,” said former Mayor Bill Euille. “It will be a huge economic benefit to the region.”

Additional Potomac Yard development

includes The National Industries for the Blind headquarters, which relocated from Braddock Road to Potomac Yard in early 2019, and The Institute for Defense Analyses, which broke ground early last year.

Construction activity updates can be found on the city’s Potomac Yard Metro page.

“I’m delighted we’ve gotten to this point,” Moran added. “It is something we can all be proud of when it is finally constructed.”

# Drug TAKE BACK Day

DISPOSE OF UNUSED OR EXPIRED MEDICATIONS

SATURDAY, JANUARY 25 | 10 A.M. - 2 P.M.

Pet prescriptions also accepted!



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### FIGHT BACK!

The U.S. is experiencing an opioid epidemic and Alexandria is far from immune.

The best way to fight the opioid epidemic is to take away the temptation and help individuals in pain by disposing of unused or expired medication at drug take back events or one of the three permanent drop box locations in Alexandria.

Never flush medication down the toilet or place down the sink! Unsafe disposal of drugs can harm the environment.

### Alexandria Take Back Day Drop Off Locations

**Alexandria Police Headquarters**  
3600 Wheeler Avenue

**Alexandria Fire Station 210**  
5255 Eisenhower Avenue

**First Baptist Church**  
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**Neighborhood Pharmacy of Del Ray**  
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### Can't make it to Drug Take Back Day? Drop off medications year-round at one of these permanent drug drop box locations!

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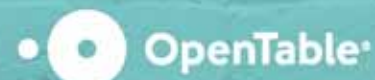
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## PEOPLE

# End of an Era Doris Cassedy, Dove family retire from Farmers Market.

BY JEANNE THEISMANN  
GAZETTE PACKET

**F**or 40 years, Doris Dove Cassedy has been a fixture at the Old Town Farmers Market, carrying on a Dove family tradition that dates back to the late 1800s. On Dec. 21, 2019, that tradition came to an end as Cassedy spent her last day selling flowers in Market Square.

"It feels good," said Cassedy, who added that she plans to spend more time quilting in her retirement.

Cassedy's brother, Lenny Dove, has been coming to the Market for 59 years, rising in the pre-dawn hours to make the 90-minute drive from the family farm in Spotsylvania to Market Square.

"A lot has changed here in 59 years," Dove said. "There are a lot more vendors but not as much of a selection as there used to be."

City Manager Mark Jinks was on hand to congratulate Cassedy on her retirement and Mark McHugh, aide to Mayor Justin Wilson, presented the family with a proclamation honoring their contributions to the Market. Joining in the family tradition have been Cassedy's daughter, Stacey Petit, and grandsons Robbie and Charlie Petit.

"We've made a lot of new friends over the years," added Dove, who noted that the family also provided the flowers for many local weddings.

Cassedy and Dove's great-grandfather, Will Kitson, began the family tradition as a vendor in Market Square in the late 1800s, which was reflected in the city proclamation that read in part:

"Whereas since the late 1800s to today, Dove family members and their forebears have managed this thriving business adja-



**Doris Cassedy, center, poses with grandson Robbie Petit, right, and brother Lenny Dove on Dec. 21, 2019, her last day after selling flowers at the Old Town Farmers Market for 40 years.**

cent to City Hall's front doors on Saturday mornings, selling their locally grown blooms, yarrow, zinnias, peonies, Queen Anne's lace, and sunflowers ... the City of Alexandria takes this moment to honor the Dove family and their late grandfather, Will Kitson, whose farm established in the late 19th century supplied flowers to the first iteration of this business."

Cassedy's regular customers stopped by to make a final purchase and to wish her well.

"For over 20 years, Doris and her family have brightened my Saturday mornings, not only with their beautiful flowers but more importantly with their friendly greetings and kind words," said longtime customer Cherie Carroll. "They will be surely be missed."

**"We've made a lot of new friends over the years."**

**Old Town Farmers Market vendor Lenny Dove**



**Doris Cassedy, left, is congratulated by City Manager Mark Jinks Dec. 21 following her retirement after 40 years of selling flowers at the Old Town Farmers Market in Market Square. The family's participation as a vendor at the market dates to the late 1800s.**



**Doris Cassedy, left, gets a hug from Karen Fitzgerald on Dec. 21, Cassedy's last day of selling flowers for 40 years at the Old Town Farmers Market in Market Square.**



**Doris Cassedy on Dec. 21, 2019, her last day selling flowers at the Old Town Farmers Market after 40 years as a vendor in Market Square.**



**Doris Cassedy helps a customer at the Old Town Farmers Market on Dec. 21 in Market Square. Cassedy retired after 40 years of selling flowers at the market.**



**First Night celebrates 25 years**

**Crowds wait for the fireworks to light up the sky over to usher in 2020 in the finale of the 25th anniversary celebration of First Night Alexandria.**

PHOTO BY C.J. HEATLEY III

## COMMUNITY



Steps, before and after.

# Rebuilding Accessibility For a Homeowner in Need

By MICHAEL C. WOODS  
AMERICORPS OUTREACH COORDINATOR,  
REBUILDING TOGETHER DC • ALEXANDRIA

Eugene has lived in his home for 30 years. One of his best memories is moving into his home with his wife; they had their eyes on it for some time. As they got settled in, they noticed things here and there that needed repair. And as time passed, the repairs became more and more difficult to handle.

With the passing of his wife a few years later and the loss of one of his legs, Eugene no longer had someone close to care for and help him; making

his day-to-day life full of challenges. He lost his leg to diabetes which greatly reduced his mobility. Eugene describes his initial experiences after his sudden limitation, "When I

first came home, I was trapped in the house... They had 5 or 6 steps so I couldn't get out the house with the wheelchair." He recounts the difficulty he had with simple tasks like taking out the trash. His trash was collected weekly behind his house. This was especially difficult due to the crumbling steps down the steep hill leading to the alley. "It was difficult to move up and down the steps" Eugene explains, "I wouldn't put the trash out. I waited until someone could

get it for me." Despite his challenges, Eugene found a way to push through all of them, including asking Rebuilding Together DC • Alexandria for help.

We were able to replace the concrete steps in his backyard, install lighting fixtures, repair the shutoff valve to his plumbing, and install a handrail for his interior staircase. All of the work was completed at no cost to Eugene. Because of the repairs, "I can actually walk up and down the stairs and the steps" without difficulty. Eugene voiced his appreciation that "Somebody had finally come through." We are grateful to have the ability to provide the needed repairs for

**Because of the repairs, "I can actually walk up and down the stairs and the steps" without difficulty.**

Eugene to ensure that he and other vulnerable homeowners across Alexandria and DC are living in safe and healthy homes.

Rebuilding Together DC • Alexandria is an award-winning, mission-driven organization that creates healthy neighborhoods for residents by maintaining housing for low-income homeowners, revitalizing community spaces, and creating homeownership opportunities. Since 1986, more than 29,000 volunteers have worked on 2,400 projects, leveraging \$9 million worth of in-kind value to the area.

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**Thank you!**

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• CVS  
503 King Street  
• CVS  
1680 Duke Street  
• Giant  
621 East Glebe Road

• Harris Teeter  
4641 Duke Street  
• Safeway  
500 South Royal Street  
• Walgreens  
615 King Street  
• Walgreens  
4515 Duke Street



Business owners and employees can be penalized up to \$2,000 and/or have their ABC license revoked by selling alcohol to an underage customer, a violation of Virginia's minimum-age alcohol laws.

Learn more at [PreventItAlexandria.org](http://PreventItAlexandria.org)

# OPINION

## The Other Alexandria: Highlighting 2019

BY CHAR MCCARGO BAH

**T**he Other Alexandria column has covered many heart-warming articles this year about local individuals, their community and their historical contributions to Alexandria.

Some of the articles covered individuals who served in the military like Conny Gray, a Spanish-American War Veteran; William Thomas a World War 1 Veteran; and two World War II veterans, Donald L. Taylor

### THE OTHER ALEXANDRIA

and Paul Nevell Carter. Other articles covered individuals who made positive impacts on their families like Jennie Bell-Cantey, who raised someone else's child and gave that child all the love she needed. Then Mattie Hackley-Speakes who gave all her love to her step-daughter and her step-grandchildren. Then there was the story of John L. Taylor who raised his daughters and the love they have for him. The story of Roland "Roro" Scott and his daughter, a heart-felt story, told of the loss of her father too soon, and the special bond they had.



Char McCargo Bah.

The Other Alexandria also covered stories about educators and Parker-Gray School, including educators like John F. Parker and Patrick H. Lumpkins. There was also one sports article that I covered, "Making History: The Dream Team." When the article was written, two surviving members of the team were living, now only one is alive. There were other articles on individuals who made history beyond Alexandria, like Dr. Charles Fremont West, whose early years took him to the 1924 Olympics. The story of Annie B. Rose and her father, Lewis H. Bailey, who was enslaved prior to the civil war and

later became a pastor and started several churches. The story of two women trailblazers, Lillie Finkle and Louise Massoud, told of these community activists who raised awareness about the existence of the Freedmen Cemetery.

Throughout Alexandria's history many individuals left and went to other states, but people like Sherrin Hamilton Bell never forgot where they came from. Her family was in Alexandria as early as the 1700s. Then two individuals: Roger C. Anderson and Joseph C. Waddy both educated in Alexandria served their community. Mr. Anderson impacted the youth in Alexandria, and Judge Waddy settled major civil rights cases.

For 2019, I enjoyed interviewing people in my articles, especially the mother of my first firefighter article, "Making His Ancestors Proud". The story of a young firefighter, Reuben A. Burton was rewarding. Another heart-felt story of 2019 was my last article of the year on another firefighter, Gerald Amos Wanzer. The conversation with Gerald about his life as a firefighter was indeed emotional for me which led me to title the article, "At Heart a Firefighter for Life."

But these articles would not have been successful had it not been for the many people who allowed me to tell their story. I want to thank all of you who spent time with me to talk about your contributions, families and your community. Also none of these articles would have been possible if it had not been for Steven Mauren the former Editor-in-Chief of the Alexandria Gazette Packet. He gave me the opportunity to write these articles. My new editor, Mary Kimm, has been supportive in allowing me to continue my column. Thank you.

And thanks to all my wonderful readers. I appreciate all of you who read my column, commented on the articles, and who have written the editor and expressed your deepest appreciation for my column, "The Other Alexandria".

With tears in my eyes, I'm indebted to you, and I'll continue to write stories about "The Other Alexandria," in 2020. Happy New Year to all of you!

Char McCargo Bah is a published author, freelance writer, independent historian, genealogist and a Living Legend of Alexandria. She maintains two blogs, <http://www.theotheralexandria.com> and <http://www.findingthingsforu.com>.

### LETTERS TO THE EDITOR

## More on City Manager's Salary

Because our city manager is directly appointed by city council, comparing his salary with presidential appointees is more appropriate than with the federal government's senior executive service (SES). Cabinet secretaries, the White House chief of staff, Environmental Protection Agency's administrator, Office of Management and Budget director, U.N. ambassador, and U.S. trade representative are all paid the same base salary (in FY 2019, \$210,700 annually).

But let's not fool ourselves: running a city of Alexandria's size requires a very high level of administrative skill, especially since we do not have an executive mayor the way D.C. does. An effective city manager can save taxpayers millions of dollars by effectively managing city resources and can be worth every penny of a seemingly exorbitant \$300,000 annual salary. The worst job in the list of salaries is our Transportation and Environmental Services director.

When there's a blizzard which closes city hall, most city department heads are at home, but the T&ES director is stuck in a snow-plow someplace. More so than the city manager, this position is responsible for correctly anticipating a winter storm's characteristics to gauge the proper road treatment (e.g., sand versus brine versus rock salt). On those decisions sits the ability of the city and metro area to function the following day, with far-reaching implications (e.g., one day of shutdown operations costs the federal govt. alone an estimated \$90 mil.). Refuse, recycling, road repair, E-scooter policy, etc. all come under T&ES, so I was surprised the director is not better paid.

Nevertheless, Townsend A. "Van" Van Fleet's letter raises a compelling question for which city council, which sets the city manager's salary, should be held accountable to answer: Why are we paying our city manager so much more than a Cabinet secretary? How is overseeing a city of 150,000 on 15 square miles so much more complex and demanding than running the Defense Department (or even a relatively small outfit like the U.S. Labor

Department) or our country's relations with 200 other countries at the U.N.?

Dino Drudi  
Alexandria

## Alexandria Is One of America's Great Cities.

That's not hyperbolic, this isn't like saying [insert Mansion-laden California coastal town] is the greatest city in America. Alexandria's history extends further than the history of America, it famously has deep ties to our Nation's first president, and most significantly was the linchpin in bringing the Nation's Capital to the literal swamplands to our north.

Our historical and economic development run almost as a timeline starting from the 100 Block of King Street all the way to where the street name transitions into Route 7. Maintaining this has taken a lot of good work from private citizens, as well as our publicly elected officials.

For as long as I can remember, part of what has allowed Alexan-

dria to remain a great city, is a City Council that has been a mostly decent force fighting the battle of maintaining economic relevance in a region where competition grows by the minute, while maintaining the small-town, historic charm that exists throughout many neighborhoods in Alexandria.

Areas outside of Old Town have long been marked as places of economic expansion. This was a keen strategy for making Alexandria the kind of city that could support the small-town feel that goes with having the longest continuous Farmers' Market in America, while generating the revenues needed to compete with Washington, Arlington, Fairfax County, now Loudoun County, and of course the newly rediscovered "National Landing."

The Seminary Road fiasco might make a lot of residents reconsider the role their elected officials should play in their daily lives.

The decision of the current council, under the direction of Mr. Wilson appear to have struck a philosophical defiance of at least 25 years of healthy growth and intelligent city planning. Council Members John Taylor Chapman,

SEE LETTERS, PAGE 9



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# LETTERS

FROM PAGE 8

Amy Jackson, and Mohamed E. Seifeldin get a pass for passing on the “road diet.”

A not so novel solution would be a new process for electing our City Councilmembers. That’s by district—albeit unlikely, the current system creates a balance of power that could theoretically allow seven people all living on the same street to serve on City Council at the same time.

However, what is not unlikely under the current system, is certain territorial populations in Alexandria not having representation in local government that fully protects and promotes their interests.

Washington, DC for all its flaws at operating a local government succeeds in at least two areas—issuing parking tickets and ensuring all residents have equal representation on City Council.

Misguided ideas that greatly affect one group of citizens over the rest would at least give that population a fair process in objecting. Not to say this concept would be a silver bullet to solve all problems of government, but at the very least it might create some accountability for a City Council who for years advocated for a “westward expansion” in Alexandria, but are now reducing the ease of travel by car to the most western parts of the city.

That’s not effective government and it’s not the Alexandria our citizens deserve.

**Mike Siegel**  
Alexandria

## Our Council Politics

A recent City Council meeting was accidentally very revealing. It is not news that Council quickly rushed to make a fait accompli of a highly controversial action on Seminary Road. Apparently Council did not regard the significant neighborhood opposition as a reason to reconsider or to gather more facts. Nor did the highly unusual 4-3 vote give any pause. What opposition in the neighborhood and the close vote did do was spur the government to act before there was any more “trouble.” It may be recalled that in an unguarded recent moment Mayor Justin Wilson, reviewing the considerable public opposition, remarked; “We cannot do this again. This kind of knockdown drag out on each road in the city.”

Thus when Council member Amy Jackson made an unexpected motion which had not been

SEE LETTERS, PAGE 18

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# COMMUNITY



A Key Center School assistant helps a student make an interactive toy for cats at the AWLA shelter.



A Key Center School student works on decorating a paper bag for the AWLA's delivery of pet supplies to homes.

PHOTOS BY AUDREY ALESSI

## Students with Special Needs Pitch In to Help Shelter Animals

BY BARBARA S. MOFFET  
GAZETTE

**M**ost Monday and Tuesday mornings, a school bus rolls up in front of the Animal Welfare League of Alexandria carrying some important visitors — students from the Key Center School, ready to go to work. As many as eight students from the school, accompanied by several teachers and assistants, then gather in the shelter's community room for 45 minutes of work and learning new skills.

Key Center School is a public day school for students ages five to 22 that educates students with physical and intellectual disabilities. Many of the students are non-verbal and do much of their learning through visual cues and special technologies. When the students turn 18, the school's curriculum shifts its focus to vocational and functional skills for living.

"We visit several work sites in the community," said Key Center Vocational Coordinator Jeanie Glasser. "Our sites are developed to meet our students' interests, skills and strengths. The AWLA staff has gone out of its way to make our students feel like part of the team."

The visits to the shelter offer a variety of work opportunities. Some students cut up hot dogs for the shelter's dogs, and one student in a wheelchair with limited mobility operates an automated cutting machine by tilting his head.



An adoptable dog at the AWLA shelter responds enthusiastically to an offer of treats from a Key Center School student.

"One student loves stuffing 'busy boxes' for dogs," said AWLA Volunteer Program Coordinator Brenda Maier. "They're cardboard boxes filled with crumpled newspaper, and she hides treats for the dogs to open and shred." Another young teen-aged student has discovered that he enjoys folding the shelter's laundry. "In his short stay at the shelter, he'll fold big mounds of it,"

Maier said. "His mom says he now does laundry at home sometimes."

Many of the students have a special interest in animals, Glasser said. One of the students who visited was especially dazzled by the shelter's guinea pigs. "When he saw them, his face just lit up," she recalled.

At a recent session, a 22-year-old student named Bradley pasted colorful stickers on

brown paper bags to be used to deliver pet food as part of the AWLA's "Animeals" program. In response to a question, Bradley used a communication application on his iPad to state that dogs are his favorite animals. So it was no surprise that as the group of students moved into the shelter's dog kennel area to greet them, Bradley led the way in generously dispensing treats as the dogs leaped in excitement. On some visits the students also stop by the cat room, just to say hello and wish the cats luck on their adoption journey.

The program provides vital volunteer benefits for the shelter. "We can help the students develop skills and create yummy items for the dogs, so it's a win-win," said Maier of the AWLA. "The students do such a great job, we're running out of things to give them to do. They're developing confidence, and we're knocking projects off our list left and right."

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](http://AlexandriaAnimals.org).

### BULLETIN BOARD

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

#### SATURDAY/JAN. 11

**2020 Housing Summit.** 8:30 a.m. to 4 p.m. At the Lee Center, 1108

Jefferson Street, Alexandria. Sponsored by the Alexandria Office of Housing, this full-day event will examine the progress of the 2013 Housing Master Plan and explore bold new ideas to address the City's affordable housing challenges and opportunities in 2020 and beyond. The summit will feature:

❖ Bus tours highlighting recent

affordable housing development in Alexandria.

- ❖ Exhibits showcasing programs and services provided by affordable housing and community service providers.
- ❖ An opening Plenary that reflects on the accomplishments of the Housing Master Plan within the context of the city's complex housing history and

explores new directions to expand housing opportunity and promote equity; featuring remarks from Minneapolis' Director of Housing Policy and Development, Andrea Brennan.

- ❖ Breakout sessions on Alexandria's approach for "Housing for All" including innovative partnerships, financing models, and regulatory tools.

❖ An engaging closing plenary that examines local, regional, and state approaches to foster an inclusive and vibrant community. Registration for this event is free but required. Visit the website: <https://www.alexandriava.gov/Housing> Contact Kim Cadena at [housing@alexandriava.gov](mailto:housing@alexandriava.gov) or 703-746-4990.

# Dry January?

The benefits of and strategies for taking a month-long booze break.

BY MARILYN CAMPBELL  
THE CONNECTION

After a season filled with Champagne, Whiskey Sours, Gingerbread Martinis and other libations, some might need a break from booze. Dry January, a public health campaign that encourages giving up alcohol until the first of February – can help with that effort. The health benefits of staying dry for a month range from thinner thighs to a fatter wallet.

“It’s very common for people to come home after a stressful day and unwind with a glass of wine or two,” said Alexandria-based substance abuse counselor Sarah Brewer, Ph.D. “But the reality is that while alcohol does seem to make you more relaxed at first, it can lead to anxiety or a depressed mood.”

Weight loss can be a pleasant side effect of abstaining from an evening pour, says nutritionist Kathryn Armstrong, who cites a report by the National Institutes of Health that showed a strong link between weight gain and alcohol. “Basically, the cocktail or wine that you’re drinking has empty calories,” she said. “Also, many people tend to eat, especially junk food when they drink.”

“Another benefit of being alcohol-free for a month is that people often find that they don’t need that glass of wine to relax and unwind from a stressful day,” added Brewer. “Giving up alcohol for a month might give you an opportunity to find explore other relaxation methods like meditation or



PHOTO BY MARILYN CAMPBELL

**Giving up alcohol during “Dry January” can have positive health benefits.**

going for a walk or some other type of exercise.”

For those who regularly attend happy hours with friends or have a glass of wine to relax, abstaining during one of the longest months of the year might seem unpleasant or unappealing, says Bethesda-based therapist Carol Barnaby, LCSW. “You might to find things to distract you,” she said. “If you’re used to having a drink or going to a happy hour at the same time every day, you can schedule something else during that time so you’re mind isn’t on alcohol. People who enjoy the taste of alcohol might try eating fruit or drinking a fruit flavored sparkling water.”

Attempting to take a break from alcohol might unmask deeper issues, suggests Brewer. “If you find that you can’t stop drinking, it could mean that you have a problem with alcohol consumption,” she said. “By not drinking you might find that you’ve been using alcohol to help deal with other issues like depression, PTSD or anxiety. In those cases you should get help from a medical or mental health professional.”

**“If you’re used to having a drink or going to a happy hour at the same time every day, you can schedule something else during that time so you’re mind isn’t on alcohol.”**

— Carol Barnaby, LCSW

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# CHILDREN'S GAZETTE

## BROWNE ACADEMY

### More Student Art!

Because of omissions by the editor, (me) we will continue to run Student Art in January, and possibly beyond. This week, Browne Academy.

— MARY KIMM



**Isabella Rowland, Penguin, Junior Kindergarten**



**Siannah Flores, Penguin, Junior Kindergarten**



**Laura Wright, Gaslight, Kindergarten**



**Prince Owusu, Gaslight, Kindergarten**



**Joy Vargas, Gaslight, Kindergarten**



**Ricardo Guadalupe, Endangered Species Panda, 6th Grade**



**Marcus Owusu, Instrument Still Life, 6th grade**



**Gabriel Swinton, Endangered Species Eagle, 6th grade**



**Kira Younger, Color Wheel Eye, Third Grade**



**Jonathan Brioché, Color Wheel Eye, Third Grade**



**Abigail Brandon, Color Wheel Eye, Third Grade**

### BROWNE ACADEMY, 6TH GRADE (AGE 11)

Student's name: Joel Crump  
Hometown: Fairfax, VA  
Teacher: Charlotte Salley  
School: Browne Academy  
School Location: Alexandria, VA  
Grade Level: 6th (age 11)  
Narrative Paragraph

At Mountain Campus, I faced my fear by jumping off a high place. After lunch, we all walked to the Leap of Faith. The Leap of Faith is a big long pole with hooks that you climb up but once you're at the top you jump off and try to hit the ball connected to some string. As I waited to go on the Leap of Faith, I remembered all the people who went before me and ended up staying at the top for a very long time or just climbed up and jumped off. I thought that it wasn't that high until it was my turn. I walked up very slowly and went over all the safety rules with the counselor. I went up the ladder like a pro but when

it came to the large metal staples I got scared. I went up six of them until I decided that I couldn't do it any longer. I was so scared when I looked down and saw everyone just staring at me. I jumped down and just finished it. The other way I faced my fear was the zipline. I wanted to go after others so I could see what the zipline was like before I did it. I climbed up the ladder fast so I wouldn't look down. Once I was up, I looked down, which is the first thing you should never do. It was my turn to go and looked down again. I waited and then I prayed that I would go down safely but what happened next was amazing. I pushed my legs off and let my hands go all the way down. The wind going past me was thrilling. I felt like a bird. Once I reached the end I dropped the rope and climbed down the ladder. I realized that some heights can end up being lots of fun. I told myself I

would do that many times again.

Student's name: Gabriel Swinton  
Hometown: Alexandria, VA  
Teacher: Charlotte Salley  
School: Browne Academy  
School Location: Alexandria, VA  
Grade Level: 6th (age 12)  
Gabriel Swinton

The Descriptive Paragraph  
Florence, Italy is amazing because there is so much to do and see! It is very hot, but you can just feel a festive mood. You feel happy and free like you can do anything. You can smell the food as you pass all of the restaurants. Sometimes you smell smoke from smokers and vapers. You hear the chatter of all the talking people. You hear music and footsteps. You see lots of people crowding and walking on the streets. You occasionally hear cars and motorcycles passing through. You also see artwork

inside and out of museums. You will taste delicious pizza, with amazing mozzarella cheese. There is the pasta, with flavorful marinara sauce. You taste creamy gelato and rich chocolatey molten lava cake. Yes, Florence is the dream, and I love it.

Student's name: Olivia Ross  
Hometown: Alexandria, VA  
Teacher: Charlotte Salley  
School: Browne Academy  
School Location: Alexandria, VA  
Grade Level: 6th (age 11)  
Olivia Ross

Expository Paragraph  
How to organize your room step by step is pretty easy if you like organizing and keeping clean. First, you throw all of your stuff on the floor. Then, you go through all of your stuff and put it into piles. For example, you can make a "keep," "toss," and a "maybe" pile. If you

want to, you can color code. I believe color coding is not as organized as putting things in organized areas. Next, throw out or donate anything you do not want or need. Afterward, if you do not have any storage bins or an area where you can put things (where it can still be organized and not messy like in a closet), go to your local store and buy storage bins or material boxes for a desk if you have one. Next, put any stuffed animals or toys you have in a separate bin and put it somewhere like in the corner or under your bed in your room. Then, get a pencil box or material bucket for all of your stuff on your desk. Also, make your bed every day and clean your room if needed to stay organized. Lastly, show your parents the work you have done to your room and make them proud.

SEE WRITINGS, PAGE 13

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# CHILDREN'S GAZETTE

## BROWNE ACADEMY



**Sachio Davis, Georgia O'Keefe's Lake George, 2nd Grade**



**Chris Marshall, Georgia O'Keefe's Lake George, 2nd Grade**



**Tristan Taylor, Georgia O'Keefe's Lake George, 2nd Grade**



**Devika Srikanth, Water-color Collage, 5th grade**



**Sam Kirtley, Winterscape, 2nd Grade**



**Olivia Ross, Self Portrait, 6th grade**



**Maddox Schutter, Winterscape, 2nd Grade**



**Leela Kharkar, Winterscape, 2nd Grade**



**Kaitlyn Valentine, Alphabet Soup, First Grade**



**Lincoln Reese, Penguin, Junior Kindergarten**



**Divyaa Srikanth, Tree of Life Story, 4th Grade**



**Ava McCarley, Tree of Life Story, 4th Grade**



**Lilah Ross, Tree of Life Story, 4th Grade**

### BROWNE ACADEMY, 6TH GRADE (AGE 11)

FROM PAGE 12

Student's name: Abigail Taylor  
Hometown: Alexandria, VA  
Teacher: Charlotte Salley  
School: Browne Academy  
School Location: Alexandria, VA  
Grade Level: 6th (age 11)  
Abigail Taylor  
Descriptive Paragraph

Bethany Beach is one of the best places I have ever been to in my life, which is why I visit it every year. While I am there, I hear the sounds of the waves crashing and my friends and family talking. I also hear the sounds of others shuffling and talking along the beach. I smell the salty ocean breeze and the scent of people brushing past me. I smell the sunscreen globbing on my

arms and legs. I feel happiness and security because it is like my second home since I visit so much. I feel like I am having fun and being silly because we play a lot of games while we are there. I also feel the sand beneath my toes and the chilly water brushing up onto the beach. I see all my family surrounding me, the ocean, the sand, and many people who live there. I taste the saltiness of the ocean splash into my mouth while I am swimming in the ocean. I also taste all the amazing food I can eat down there. There are many astounding aspects of it that you can never forget once you have visited.

Student's name: Rania Beidas  
Hometown: Alexandria, VA  
Teacher: Charlotte Salley

School: Browne Academy  
School Location: Alexandria, VA  
Grade Level: 6th (age 11)  
Descriptive Paragraph

Whenever it is a hot summer day I love going down to my apartment's pool. It is a big circular pool, with chairs all around it. The pool has light blue water and it is so pretty. When I am there I see a beautiful bright sun and a lifeguard using his phone. Whenever I go into my pool it is always freezing cold as soon as I go in. I quickly go underwater and my hair is very wet. I am shivering. I swallow the water and taste the water that has chlorine in it. Then I think if it is healthy to drink it. I hear the water splashing and kids screaming. I smell absolutely nothing which I get because you can't bring food in. I love

going to my pool on a hot summer day.

Student's name: James Younger  
Hometown: Bowie, MD  
Teacher: Charlotte Salley  
School: Browne Academy  
School Location: Alexandria, VA  
Grade Level: 6th (age 11)  
Expository Paragraph

This is how you make an omelet. First, you need two eggs, Pam spray, a pan, a plate and anything you would like to put on it after cooking. Things to make sure of before cooking: Make sure the pan is the right size, that the pan is not too hot or not hot enough, that the spatula is the right size for the pan, and that when you spray the Pam spray make sure you get it all over the pan so the egg does not stick to any part of the

pan. Put the pan on the stove and turn on the stove and wait until it gets hot. When the pan gets hot spray the Pam spray all over the pan, and crack the eggs into the pan. When the eggs are ready to flip you can flip them to the other side and when the other side is done take them out of the pan and put them on the plate. Then move the pan off of the hot part of the stove. Do not put the hot pan on the counter or else it will burn the counter. After that, you can put anything on the egg like cheese, salt, pepper, any type of meat or vegetables and enjoy. When you are finished making the omelet you should eat it first, then you should put all the ingredients away, then wait until the pan gets cold, then clean the pan. Then relax on a full stomach!

# ENTERTAINMENT

## 4 Dates to Circle in January

BY HOPE NELSON

**F**rom football to tea to whiskey to your choice of restaurant deals, January is shaping up to be as busy as ever when it comes to food and drink. Here are some of the month's best bets.

### James Madison University Football Watch Party at Port City Brewing, Jan. 11

James Madison alum – and newcomers to the bandwagon – will convene at Port City Brewing Company to watch their team face off against North Dakota State in the FCS national championship game. The beer garden's big screen, as well as the other televisions across the brewery, will be tuned to the game in the hopes of leading the Dukes to victory. The Basic Burger food truck will pull up outside to keep fans fortified throughout the event. 3950 Wheeler Ave. Tasting room opens at 11 a.m.; kickoff at noon.

### Teas for Winter Health at Green Spring Gardens, Jan. 12

What better way to warm up a cold winter day than with a spot of tea? The Friends of Green Spring Gardens are hosting a tea time of sorts, but one that packs a punch;



**219 is one of 70 restaurants participating in Alexandria Restaurant Week, Jan 17-26.**

the accompanying program will discuss the best blends to both stave off winter illnesses and bring some light into what can be a bit of a blue season for many. When you're done sampling and savoring, bring some tea home for another go-round. 4603 Green Spring Road. 1-3 p.m. \$36 for program and tea; \$15 for program only.

### Alexandria Winter Restaurant Week, Jan. 17-26

Seventy of the city's eateries will offer up

special deals during a 10-day span in January, giving diners a veritable tour of Alexandria's best and brightest kitchens – and some hidden gems, too. For \$35 per person for a three-course meal or a \$35 dinner for two, Restaurant Week highlights both old favorites and newcomers with its wide reach. From the West End to Del Ray to Old Town, no corner of the city is left untouched.

### Whiskey Dinner at Live Oak Res-



K. SUMMERER FOR VISIT ALEXANDRIA

### JMU Watch Party.

### aurant, Jan. 22

Dry January? Not hardly at Live Oak. A four-course meal teams up with KO Distilling's whiskey for a smooth, kicky dinner near the end of the month. Chef Justus Frank will helm the kitchen for the proceedings, which will include whiskey pairings throughout the night. 1603 Commonwealth Ave. 7-10 p.m. \$50.

*Hope Nelson owns the Kitchen Recessionista blog, located at [www.kitchenrecessionista.com](http://www.kitchenrecessionista.com). Email her any time at [hope@kitchenrecessionista.com](mailto:hope@kitchenrecessionista.com).*

## CALENDAR

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

### ONGOING

#### Creature Comforts Art Exhibit.

Now thru Jan. 26, 2020. At VCA Alexandria, 2660 Duke Street, Alexandria. The "Creature Comforts" art exhibit at VCA Alexandria through the Gallery Without Walls program features artwork of the animals in our lives by Del Ray Artisans members. Showcasing animals that lift and fill our hearts is a popular theme at VCA Alexandria and coincides with the winter holiday season in which creature comforts of all types are appreciated. Visit [DelRayArtisans.org/exhibits/gww](http://DelRayArtisans.org/exhibits/gww)

### NOW THRU FEB. 2

#### "Hold On! Demitasse to Tumblers."

At Scope Gallery at Torpedo Factory, 105 North Union Street, Studio 19, Alexandria. Your morning coffee will be all the more pleasurable in an artistic, individually crafted work from a local (DMV) artist. Choices include a cup depicting elements of the natural world by Shirley Gromen or a mug inspired by the color of the ocean by Klaudia Levin. Left-handed? Hiromi Minemura has designed a mug just for lefties, some accompanied with a saucer and spoon. Tea time in the afternoon? Use Elizabeth Greene's lidded tea mug to keep the tea from spilling on the way back to your desk. Sushi for carry-out? Accompany the meal with Ana Cavalanti's beautifully embossed set of saki bottle and saki cups. If espresso is your "cup of tea," you'll relish Scott



**The Kondo vs. Chaos exhibit runs Feb. 7 to March 1 at Del Ray Artisans Gallery.**

## Kondo vs. Chaos

Friday/Feb. 7, 7-9 p.m. At Del Ray Artisans Gallery in the Colasanto Center, 2704 Mount Vernon Avenue, Alexandria. Opening reception for the "Kondo vs. Chaos" art exhibit (Feb. 7 – March 1) which explores ways artists visualize the world and their preference for order, disarray, or a balance of both. Meet the artists. Gallery hours are: Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays 12-9 p.m., and Sundays 12-6 p.m. The gallery is free, open to the public, and accessible. Visit [www.delrayartisans.org/event/kondo-vs-chaos/](http://www.delrayartisans.org/event/kondo-vs-chaos/)

Kaye's handmade, 2 1/2-inch-tall cups with a subtle Shino glaze. And need just a little sip of something before bed? Roni Polisar's wood-fired 'Sip Cups' would be perfect. These are just a sampling of works available this month. So hoist a piece of art this new year while imbibing your favorite beverage. Visit [www.scopegallery.org](http://www.scopegallery.org),

[www.torpedofactory.org/galleries/scope](http://www.torpedofactory.org/galleries/scope).

### JAN. 7 TO FEB. 9

"Repetitions." At Potomac Fiber Arts Gallery, Torpedo Factory Art Center, Studio 29, 105 North Union Street, Alexandria. Repeated patterns, repeated themes, repeated textures

and repeated colors all lead to interesting and exciting pieces. Themed work will be eligible for recognition by the jurors. Non-themed work will also be exhibited. Visit the website: [www.Potomacfiberartsgallery.com](http://www.Potomacfiberartsgallery.com)

### THURSDAY/JAN. 9

**Mapping the Past.** 1-3 p.m. At Historic Huntley, 6918 Harrison Lane, Alexandria. Homeschoolers are invited to supplement their historical studies with a fun day of exploring, interpreting and making maps. Participants will have a chance to give orienteering a try. They will learn about different types of maps from around the world and take home a personalized map of their own life. For students age 7 to 13 years. Cost is \$14 per person. Call the park at 703-768-2525 or visit [www.fairfaxcounty.gov/parks/historic-huntley](http://www.fairfaxcounty.gov/parks/historic-huntley).

**Girls Who Code.** 5 - 6:45 p.m. At James M. Duncan Jr. Branch Library, 2501 Commonwealth Ave., Alexandria. Girls Who Code is on a mission to close the gender gap in technology and to change the image of what a programmer looks like and does. Bring your own laptop or feel free to use one at the library. It's never too late to join in and start coding.

**Guerilla Gardening in Your Yard.** 7-8:30 p.m. At Burke Library, 4701 Seminary Road, Alexandria. See your yard anew through fresh, guerilla gardening eyes. Learn how those difficult, abandoned, or underutilized parts of your yard can be transformed into successful garden spaces that provide natural beauty, healthy foods, and important support for pollinators and other beneficial insects. We'll show you best

practices, tools, and techniques to transform your yard's missed opportunities into attractive and productive gardens – by working with Mother Nature and not against her. This class is offered by Extension Master Gardeners. Free. Advance registration requested at [mgnv.org](mailto:mgnv.org). Call 703-228-6414 or email [mgaralex@gmail.com](mailto:mgaralex@gmail.com).

### FRIDAY/JAN. 10

**Musician Rachel Eddy.** 6-8 p.m. At The Lyceum, 201 S. Washington Street, Alexandria. Co-sponsored by the Office of Historic Alexandria and the Folklore Society of Greater Washington, this concert features old-time music with Rachel Eddy. Rachel was born and raised in rural West Virginia, where her musical family inspired her to play and sing as a little girl. She grew up listening to local fiddlers, going to old-time festivals, and attending square dances. Rachel now performs and teaches full-time on fiddle, banjo, guitar, mandolin and bass. Visit [www.alexandriava.gov/Historic](http://www.alexandriava.gov/Historic)

**"Tangerine" Art Exhibit Reception.** 7-9 p.m. At Del Ray Artisans Gallery in the Colasanto Center, 2704 Mount Vernon Avenue, Alexandria. "Tangerine" is a juried exhibit featuring art from local area artists and is guaranteed to bring warmth and brightness to January's wintry blazes. The "Tangerine" art exhibit runs Jan. 10-Feb. 2 at Del Ray Artisans. Gallery hours are: Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays 12-9 p.m., and Sundays 12-6 p.m. Free Admission. Visit the website: [http://www.delrayartisans.org/event/tangerine/?instance\\_id=1797](http://www.delrayartisans.org/event/tangerine/?instance_id=1797)

**Deadline for High School MLK**  
SEE CALENDAR, PAGE 15

# ENTERTAINMENT

FROM PAGE 14

**Essay Contest.** An annual high-school essay contest with cash prizes is being sponsored by Ventures In Community (VIC) in honor of Dr. Martin Luther King with a submission deadline of midnight Friday, Jan. 10. This year's theme is a quote from Dr. King: "If I cannot do great things, I can do small things in a great way." The contest is open to Mt Vernon area high school students ages 14 – 18. Cash prizes will be given of \$150 for 1st place, \$100 for 2nd place, and \$50 for 3rd place. Prize-winning authors will read their essays at the MLK Day celebration 3 p.m. Jan. 18, at Bethlehem Baptist Church, 7836 Fordson Rd., Alexandria. For more information and contest rules, see [VenturesInCommunity.org](http://VenturesInCommunity.org). Essays should be sent to Pastor Abe Smith for more details. [Abesmith5509@gmail.com](mailto:Abesmith5509@gmail.com).

## SATURDAY/JAN. 11

**Saturday Morning Storytime.** 11 a.m. - 11:30 a.m. At James M. Duncan Jr. Branch Library, 2501 Commonwealth Ave., Alexandria. Saturday mornings with stories and songs. Stories and songs on Saturday morning in the Children's Area with Katie, the Children's Librarian.

**Floral Design Workshop: Snowy Day Design.** 1-2:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (16-Adult) Certified floral designer Betty Ann Galway walks you through a floral design that will shake the winter blues and brighten your home. You will come away saying, "I can't believe I made this." \$39 per person (plus a \$30 supply fee). Register online at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) (code F28.05EC) or call Green Spring Gardens at 703-642-5173.

**28 Chairs.** 7 p.m. At The Athenaeum, 201 Prince Street, Alexandria. Featuring Robert Mealy, violin; and Leon Schelhase, harpsichord; Sonatas for Violin and Harpsichord of J.S. Bach. Presented in partnership with 28 Chairs and is Part One of a two-part weekend presentation covering the Complete Sonatas for Violin and Harpsichord of J.S. Bach. The second performance is sold out. Immediately following the one-hour concert, join in an hors d'oeuvres and wine reception and meet the performers.

## SUNDAY, JAN. 12

**Tea Program: Teas for Winter Health.** 1-3 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adult) A steaming cup of tea offers warmth, comfort and health benefits throughout cold and flu season. Discover the best teas and herbal infusions to boost immunity and cure the winter blues. Learn about their medicinal properties and discover new healthful brews to enjoy year-round. Taste one or two at the tea table and take home a sample. \$36 per person (program + tea); \$15 (program only). Reserve by calling 703-941-7987, TTY (703) 324-3988.

**Our Alexandria Film.** 3 p.m. At The Lyceum, 201 South Washington Street, Alexandria. Special free screening of a new documentary, "Our Alexandria," by filmmaker Robin Hamilton, presented by the Alexandria Black History Museum. The film explores Alexandria Civil Rights through the lens of master dollhouse makers Sharon Frazier and Linwood Smith. Frazier and Smith, both Alexandria natives, have created dollhouses which offer a window into segregated Alexandria via their depiction of African American businesses and homes. Attention to detail, craftsmanship, and love of community are evident in each of



The Tangerine Art Exhibit will be held Jan. 10 to Feb. 2 at Del Ray Artisans.

## Tangerine Art Exhibit

Friday/Jan. 10, 7-9 p.m. At Del Ray Artisans Gallery in the Colasanto Center, 2704 Mount Vernon Avenue, Alexandria. "Tangerine" is a juried exhibit featuring art from local area artists and is guaranteed to bring warmth and brightness to January's wintry blahs. The "Tangerine" art exhibit runs Jan. 10-Feb. 2 at Del Ray Artisans. Gallery hours are: Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays 12-9 p.m., and Sundays 12-6 p.m. Free Admission. Visit the website: [http://www.delrayartisans.org/event/tangerine/?instance\\_id=1797](http://www.delrayartisans.org/event/tangerine/?instance_id=1797)

their buildings. Register by phone at 703-746-4356 or online at <https://alexandriava.gov/shop>.

## MONDAY/JAN. 13

**Zora Neale Hurston: "In the Thick of Things."** 7 – 8 p.m. At James M. Duncan Jr. Branch Library, 2501 Commonwealth Ave., Alexandria. Sheila Arnold comes in character as Zora Neale Hurston to talk about the famous author's life. Sheila Arnold is back by popular demand. Sheila is a performer, educator, and historical reenactor. In 2019, she became the first African American fellow at Mount Vernon, where she is currently doing research into the lives of the slaves and servants that lived there. In this biographical reenactment, you will learn about the Harlem Renaissance through the eyes of one who was "in the thick of things". She will also talk about her time collecting "old" stories from Negro communities and her brief time in the world of voodoo and intrigue. This author of *Of Mules and Men* and *Their Eyes Were Watching God* shares about "The New Negro" and his/her struggles of the early 20th century.

## WEDNESDAY/JAN. 15

**Intro to Therapeutic Chair Yoga.** 4- 5 p.m. At Ellen Coolidge Burke Branch Library, 4701 Seminary Road, Alexandria. New Year, New You! Yoga and fitness is for everyBODY. Start the New Year with an easy way to better fitness through stretching, breathing practices, balancing work, and meditation with Marsha D. Banks-Harold, Certified Yoga Therapist at PIES Fitness Yoga

Studio.  
**Sisters in Crime: The Story Within You.** 7- 8:30 p.m. At Charles E. Beatley Jr. Central Library, 5005 Duke Street, Alexandria. If your New Year's Resolution was to finally write that novel and you want to know how to do it...or if you just want to know what makes writers tick, join us for this panel.

**MLK Festival.** 7:30 p.m. At Beth El Hebrew Congregation, 3850 Seminary Road, Alexandria. The City of Alexandria will honor the life and legacy of Dr. Martin Luther King Jr. in a community program. The program, "Dr. King's 2020 Vision: The Beloved Community — The Fierce Urgency of Now," will be presented by the Dr. Martin Luther King Jr. Memorial Planning Committee and will include welcome remarks by Mayor Justin Wilson; a keynote address by Dr. Spencer Crew, interim director of the Smithsonian National Museum of African American History and Culture; and music by the Male Chorus of Alexandria's Russell Temple CME Church. This event is free and open to the public. Visit <https://alexnet-remote.alexandriava.gov/vpn/index.html>

## THURSDAY/JAN. 16

**Digital Meal Planning.** 2 – 4 p.m. At James M. Duncan Jr. Branch Library, 2501 Commonwealth Ave., Alexandria. Organize and plan your weekly meals with digital tools. Examine free apps, websites and a digital calendar that can be used to store recipes and organize your meal plan. Please feel free to bring your

SEE CALENDAR, PAGE 16



## Food fit for a king on a family budget

### DAILY FEATURES FOR EVERYONE!

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Wednesday - Roast Turkey Special  
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## THE CONNECTION

Newspapers & Online

# Special Connections Calendar 2020

Advertising Deadlines are the previous Thursdays unless noted.

### JANUARY

1/15/2020.....HomeLifeStyle  
1/22/2020.....A+ Camps & Schools  
1/29/2020 .....Senior Living

### FEBRUARY

2/5/2020.....Wellbeing  
- National Children's Dental Health Month  
2/5/2020.....Valentine's Dining & Gifts  
2/12/2020.....HomeLifeStyle  
2/19/2020.....A+ Camps & Schools  
2/26/2020.....Senior Living / Connection Families - Pet Connection

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- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Henderson Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Dalton Connection

# ENTERTAINMENT

FROM PAGE 15  
device to follow along.

**Nutrition Seminar: Eating Healthy On a Budget.** 2 – 3 p.m. At Ellen Coolidge Burke Branch Library, 4701 Seminary Road, Alexandria. New Year, New You! Nutritionist Kristen McGill will share tips for meal planning and affordable recipes that will reduce food waste and improve your diet. If you think eating healthy is too expensive, then this presentation is for you. Learn how to stretch your dollars to provide nutritious and delicious meals all on a budget.

## FRIDAY/JAN. 17

**West Potomac High School Girls Basketball Youth Night.** 4:30 p.m. Freshmen Game; 5:45 p.m. JV Game; 7:30 p.m. Varsity Game. Youth wearing a basketball shirt from any league (Fort Hunt, LMVSC, Mt Vernon, CYO, etc.) get in free (with a paying adult). Highlights include: Free throw shootout at half time of the varsity game for all youth attendees; Signed pictures by the West Potomac Girls Varsity Basketball Team after the game; Raffle with winning team getting to practice and eat pizza with the varsity team; Other prizes and events at all three games...but you'll have to attend to see and win.

**Benefit Performance.** 8 p.m. At The Little Theatre of Alexandria, 600 Wolfe Street, Alexandria. Tickets \$50/person. A fundraising performance of LTA's production of "A Gentleman's Guide to Love and Murder" to benefit the Turning Point Suffragist Memorial Association, which is raising funds to build a national memorial in Lorton to honor the millions of suffragists who fought

more than seven decades to win the vote for women. Visit [www.suffragistmemorial.org](http://www.suffragistmemorial.org).

## JAN. 17-26

**Alexandria Winter Restaurant Week.** To be held in neighborhoods throughout Alexandria, including Old Town, Del Ray, Carlyle and Eisenhower, and the West End. For 10 days and two weekends, 70 restaurants in Alexandria, will offer a \$35 three-course dinner for one. Some 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 more than a dozen restaurants. New participants include Augie's Mussel House & Beer Garden, The Study at Morrison House, Rus Uz – Alexandria and Mai Thai. Returning participants include Columbia Firehouse, Del Ray Café, Jackson 20, The Majestic, Sunday In Saigon, Theismann's Restaurant and Urbano 116. Restaurants with lunch offerings include Bastille Brasserie & Bar, Hummingbird, Mason Social, Tequila & Taco and Yunnan by Potomac Noodle House. Restaurants with brunch menus include Café 44, Clyde's at Mark Center, Sonoma Cellar and Vaso's Mediterranean Bistro. Guests will find a book of menus on [www.AlexandriaRestaurantWeek.com](http://www.AlexandriaRestaurantWeek.com).

## SATURDAY/JAN. 18

**Movie Screening: "Gina's Journey."** 1 p.m. At Sherwood Regional Library 2501 Sherwood Hall Lane, Alexandria. A showing of "Gina's Journey: The Search for William Grimes" (Documentary). It



**Hold On! Demitasse to Tumbler at Scope Gallery at the Torpedo Factory in Alexandria.**

## Hold On! Demitasse to Tumbler

Dec. 30-Feb. 2, 2020. At Scope Gallery at Torpedo Factory, 105 North Union Street, Studio 19, Alexandria. Your morning coffee will be all the more pleasurable in an artistic, individually crafted work from a local (DMV) artist. Choices include a cup depicting elements of the natural world by Shirley Gromen or a mug inspired by the color of the ocean by Klaudia Levin. Left-handed? Hiromi Minemura has designed a mug just for lefties, some accompanied with a saucer and spoon. Tea time in the afternoon? Use Elizabeth Greene's lidded tea mug to keep the tea from spilling on the way back to your desk. Sushi for carry-out? Accompany the meal with Ana Cavalanti's beautifully embossed set of saki bottle and saki cups. If espresso is your "cup of tea," you'll relish Scott Kaye's handmade, 2 1/2-inch-tall cups with a subtle Shino glaze. And need just a little sip of something before bed? Roni Polisar's wood-fired 'Sip Cups' would be perfect. These are just a sampling of works available this month. So hoist a piece of art this new year while imbibing your favorite beverage. Visit [www.scopegallery.org](http://www.scopegallery.org), [www.torpedofactory.org/galleries/scope](http://www.torpedofactory.org/galleries/scope).

follows the quest of one woman, Regina Mason, in tracing the steps of her ancestor, who traveled along the Underground Railroad to freedom and authored the first fugitive slave narrative in U.S. history. The film will be followed by a presentation from Regina Mason. Sponsored by the Mount Vernon AAUW. Contact Patsy Quick, Mt. Vernon AAUW President, at [pnquick@cox.net](mailto:pnquick@cox.net).

**Preparing for Retirement.** 3-4 p.m. At Kate Waller Barrett Branch Library, 717 Queen Street, Alexandria. This seminar will cover the most important financial considerations and strategies for those approaching retirement and current retirees. Jeremiah Burke will cover many topics including Social Security, retiree health insurance options, how to address rising healthcare costs, long term care, and more. Following the presentation, there will be a Q&A session for you to have any questions answered.

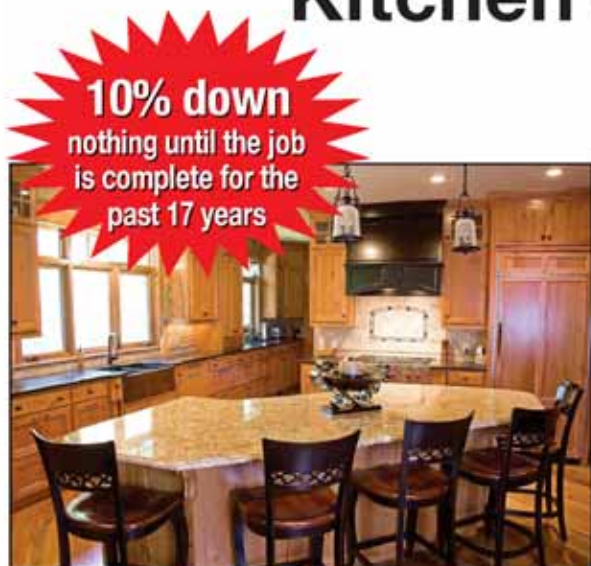
## SUNDAY, JAN. 19

**Winter Lecture: Fifty Years of Green Spring.** 1:30-2:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adults) As Green Spring turns 50, discover how this special place became a unique county resource. Green Spring historian Debbie Waugh discusses the fascinating lives of the last private owners, Michael and Belinda Straight, and their gift to the Park Authority in 1970. Enjoy a photo history of our first 50 years and look ahead to our next 50 years. \$10 per person. Register online at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) (code 288.09DB) or call Green Spring Gardens at 703-642-5173.

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## Legals

### PUBLIC NOTICE

AT&T proposes to replace an existing 25' metal light pole with a new 30' light pole and install a top-mounted antenna at 35.4' at 3725 Jefferson Davis Highway, Alexandria VA (20191588). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

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Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431

**THE CONNECTION**  
NEWSPAPERS

## Legals



### Legal Notice

Notice is hereby given that the Alexandria City Council will introduce for first reading on January 14, 2020, with public hearing and adoption to be set for January 25, 2020, for an ordinance to amend and reordain subsection (1) (Agudas Achim Congregation Election District) of Section 2-2-10 (Establishment of Election Districts and Voting Places), and to amend and reordain "The Official Map of the City of Alexandria, Virginia, Designating Election Districts and Voting Places," adopted by Section 2-2-13 (Map of Election Districts and Polling Places), all of Chapter 2 (Elections), Title 2 (General Government) of the Code of the City of Alexandria, Virginia, 1981, as amended to rename the Agudas Achim Congregation Election District the Charles Barrett Center Election District and establish the Charles Barrett Center (in lieu of Agudas Achim Synagogue) as the polling place for this precinct for elections in 2020 and thereafter. The proposed ordinance changes the name, but not the boundaries, of the Agudas Achim Congregation Election District to the Charles Barrett Center Election District and changes the voting location from Agudas Achim Congregation located at 2908 Valley Drive to the Charles Barrett Center located at 1115 Martha Custis Drive.

Maps and block numbers of the affected changes are available for public inspection in the City Clerk's Office, Room 2300, City Hall, 301 King Street, Alexandria, Virginia, and in the Office of the Electoral Board, 132 North Royal Street, Suite 100, Alexandria, Virginia.

Gloria A. Sitton, CMC  
City Clerk and Clerk of Council

## Announcements

## Announcements

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## Obituary

## Obituary



**Frederick A. Leedy, 96**, died peacefully at home in Springfield, VA, on Jan. 5th. Formerly a 27-year resident of Alexandria and Mount Vernon, he is survived by his daughters, Ellen Gorman and Marjorie Green; four granddaughters, Jillian Gorman Villalobos, Charlotte Gorman, Julia Green, and Catherine Green; and sons-in-law, Neil Weinstein and Bob Green. His wife, Janet Kerr Leedy, pre-deceased him. Born May 5, 1923, in Bellville, OH, he earned a bachelor's degree from Antioch College and a master's degree from the Russian Institute at Columbia University.

From January 1943-July 1946, he served as a radio/signal officer with the U.S. Army Air Corps. He subsequently served in the Army Reserve, retiring in 1981 as a Lieutenant Colonel.

In his first career, he spent 28 years as a statistician with the International Statistical Programs Center of the U.S. Census Bureau, retiring as Assistant Bureau Chief of Statistical Operations. After moving to Fredericksburg in 1980, he became a licensed real estate agent and, ultimately, broker and co-owner of Cooper-Leedy, REALTORS. He received the Fredericksburg Area Association of REALTORS' Hall of Fame award in 2001, with citations for his integrity, generous heart, and humanitarian work. Memorial service arrangements are not complete. Those wishing to honor his life may make contributions to Loisann's Hope House, 902 Lafayette Blvd., Fredericksburg, VA 22401.

## Obituary

## Obituary



### Opal Mattox Beverly

Born on February 17, 1925, Opal Mattox Beverly's life illustrated the changes in women's lives in the twentieth century as they emerged from the responsibilities of being wives and mothers to simultaneously developing full-fledged careers. Basketball star in her youth, fashion model to the end of her middle years, and a maturing antiques expert, her lively spirit continued to her death on December 28, in Lynchburg, Virginia. She was 94 years old.

The daughter of H. Bryant Mattox and Ora Byrd Allman Mattox, Opal grew up in Franklin County, Virginia, with her two brothers and four sisters. Her athletic talents led to meeting the love of her life, Walter E. Beverly, when he attended a Rocky Mount High School basketball game in which she was playing. Opal graduated from Glade Hill High School and attended Radford College. She and Walter married on December 22, 1946 and had two children: son, Dr. Walter B. Beverly of Lynchburg Virginia, and daughter, Jamie Beverly Waldrop of Roanoke, Virginia.

After marrying and moving to Richmond, Virginia, Opal worked as a secretary for a judge at the Virginia State Corporation Commission and, later, for the Virginia State Legislature. At a fashion show for alumni of her college sorority, Alpha Sigma Alpha, she was spotted as a potential model for Richmond's Thalhimers department store. Her classic look led to many store shows and newspaper advertisements, not only for Thalhimers, but also for its main Richmond rival, Miller & Rhoads. She modeled for Miller & Rhoads for four years.

At a Miller & Rhoads fashion show in its Roanoke store, Opal attracted the attention of Beatrice Fox Auerbach, the legendary owner of Hartford, Connecticut's department store, G. Fox & Co. When her husband's firm, Traveler's Insurance, transferred him to Hartford, she was invited by Fox's to continue her modeling career with them. At the same time, she applied her inexhaustible energy and adventurous spirit to filling the large historic home the couple had purchased next to the governor's mansion. Her quest to find period appropriate furnishings led to exploring New England's many auction houses and antique stores. The family's subsequent moves to Jacksonville, Florida, Atlanta, Georgia, and Alexandria, Virginia resulted in more modeling opportunities, including modeling for the famed Rich's department store of Atlanta and working as Fashion Coordinator for Frankie Welch in Alexandria for many years. It was her move to Alexandria in 1966 that allowed her knowledge of antiques acquired in New England to be the foundation for a new career.

Collecting American antiques was awakened by the upcoming celebration of the nation's Bicentennial. Opal worked to satisfy the increasing demand for objects from America's past. She opened a store in Middleburg, Virginia, and later managed Brockett's Row Antiques for Elizabeth Wainstain, owner of The Potomac Company. Clients included former First Lady Jacqueline Kennedy, former Senator Trent Lott and his wife, Patricia, and former Senator John Warner. From 2005 to 2008, Opal and her husband, Walter, provided valuations for the Antiques in Alexandria Show's appraisal Clinic. Proceeds from the show benefited the Alexandria Association, the Lyceum, Alexandria's historical museum, and the Twig, the Junior Auxiliary of Inova Alexandria Hospital.

Opal loved bridge and went to the Finals twice with her partner in the Children's Hospital Charity Bridge Competition. When Charles Goren, the noted bridge expert, spoke at the Thomas Jefferson Junior Woman's Club in Richmond, Virginia, Opal had the pleasure of introducing him.

Opal was a member of Immanuel Church on-the-Hill, Alexandria, Virginia. Opal was predeceased by her husband, Walter, her sisters, Pauline and Mary Jane, her brothers, Calvin and Cabell, and her niece, Cleo.

Opal is survived by her son, Walter, and daughter-in-law, Joanna Beverly, and their sons, Bryant Beverly and Andrew Beverly; by her daughter, Jamie, and son-in-law, Preston Waldrop, and their three children, Preston Waldrop Jr., and wife Megan, Tess Dunn and husband Jason, and Christopher Waldrop; by her sisters, Nan Perdue and Fran Moran; and many beloved nieces and nephews.

The family is grateful for the excellent care she received from Bentley Commons, Centra Health, it's physicians, nurses, staff, and The Summit.

Funeral and memorial service arrangements are planned for the future.

Colbert-Moran Funeral Home, Gretna is assisting the family. Condolences may be sent to the family by visiting [www.colbertmoran.com](http://www.colbertmoran.com).

## OMG



By KENNETH B. LOURIE

Are you sitting down? I wasn't when I got the call from my oncologist after hours this past Thursday. He was calling me with the results from the previous week's biopsy. He said he had "exciting news." He said the biopsy was not only "typed" (genetic mutation/biomarker) but, as he continued to bury the lead using medical jargon about the slide and stain, finally got around to it: I may not have (or have had, still to be discussed/possibly determined) non-small cell lung cancer, stage IV. Instead, I may have (always had) thyroid cancer, specifically, papillary thyroid cancer, referred to as "the friendly cancer," by my oncology nurse the following infusion when I shared with her these preliminary findings. 'Friendly' referring to one's survival/life expectancy after diagnosis.

Moving forward to begin/confirm this new working diagnosis, I had an ultrasound of my thyroid the next day and Friday the following week, Team Lourie will be meeting with an endocrinologist. She (I saw her picture on the wall outside her office) presumably will have had a discussion, or at the very least, received an email/referral from my oncologist citing chapter and a few verses about who I am, how I've been treated, what scan/results I've had and of course, the news of this most recent biopsy, explaining why he reached out. I really don't expect, given my oncologist's excitement, and the fact that he called me (only the second time in nearly 11 years) that the endocrinologist will be likewise informed and possibly even excited to share a similar diagnosis with a previously-characterized as "terminal" patient who (yours truly) might not be "terminal" after all. 'Might not' being the operative phrase I'm still having difficulty grasping.

Somehow, I have to slow my roll and pull back on the reins. We're still early days here. Right now, I don't know anything definitive, so I'm not quite ready to call this a "Festivus miracle." Though at present it all sounds fairly promising, it's not exactly cast in stone. And neither has a revised Thyroid-cancer-treatment plan been put in place. I'm still a lung cancer "diagnossee" and one still waiting for the other shoe to drop. Therefore, until I'm told otherwise, as of now, I'm scheduled for my bi-weekly opdivo immunotherapy infusion on Jan. 3, 2020.

Now, why all of this is worth writing about, prematurely as it is, is that oncologists, almost by definition, are typically not the bearer of "exciting news." Generally speaking, they are giving bad news and saying it very directly at that. As was said to me in late February 2009: "Why not take that vacation you've always dreamed of while you're still feeling good?" The implication being quite clear that it's likely to get worse from here. To receive a call like I did Thursday from my oncologist now implying that it might get better from here is completely out of the ordinary. Moreover, if he initiated such a communication, I should probably take him at his words and take him very seriously.

Right now, I am possibly elated to be over the moon. However, it's not as if I've been given a clean bill of health. Cleaner, yes, but one still with a significant balance. And until I look the endocrinologist in her stethoscope and hear some magic words, I am keeping my powder dry and not shouting off my mouth - too much.

Cancer is a funny business. There are twists and turns and unexpected results, much of it not controlled by the doctors. And though I may be on the precipice of being blessed with some amazing, life-altering news, this time for the unbelievably good, I am still a week, maybe even weeks away from knowing with any certainty. In the interim, however, I am certain of one thing. If this change in my status does occur and I'm given back my life expectancy, somehow, I will try and return the favor.

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

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## LETTERS

FROM PAGE 8

cleared through the Mayor's Caucus before the public got wind of it there was much consternation. How dare a member of Council make a motion in a public meeting without it being pre-cleared? Mayor Wilson, apparently shocked by the irregular insubordination, responded that, "Nobody is aware that council is considering this issue. Nobody who weighed in on this has any idea what is going on RIGHT NOW UNDER THE COVER OF DARKNESS IN CITY HALL." A motion by an elected official at a council meeting is "under the cover of darkness"?! Much that goes on in this city is under the cover of darkness but Councilwoman Jackson's motion was no such thing.

It may be that Jackson, having served on the School Board which selects members by district rather than At Large, is more sensitive to constituent's concerns. Had we election by Ward in Alexandria perhaps we would have a Council sensitive to local constituents.

Government arrogance is now on full display "Right Here In River City".

**David A. Norcross**  
Alexandria

## Resolution: Plant Based Diet, Less Meat

Dear Editor,

The end-of-year/New Year holidays seem to whiplash us from one extreme to the other: eat, drink & be merry vs. the customary New Year's resolutions: reduce social media, reduce weight, and embrace a plant-based diet.

One third of consumers already report reducing their consumption of animal foods. Hundreds of school, college, hospital, and corporate cafeterias have embraced Meatless Monday. Even fast-food chains

Chipotle, Denny's, Panera, Subway, Taco Bell, White Castle are rolling out plant-based options.

A dozen start-ups, led by Beyond Meat and Impossible Foods, are creating healthy, eco-friendly, compassionate, convenient, delicious plant-based meat and dairy alternatives. Meat industry giants Tyson Foods, Cargill, and Canada's Maple Leaf Foods have invested heavily in plant-based meat development.

So have a number of Microsoft, Google, Twitter, and PayPal pioneers.

According to Plant-Based Foods Association, plant-based food sales have grown by 20% in recent years, ten times the growth rate of all foods.

Sales of plant-based cheeses, creamers, butter, yogurts, and ice creams are exploding at a 50% growth rate. Plant-based milks now account for 15% of the milk market.

The plant-based New Year's resolution requires no sweat or deprivation - just some fun exploration of your favorite supermarket, restaurants, and food websites.

**Ashton Gunter**  
Alexandria

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**Gordon Wood 703.447.6138**



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**Kate Patterson 703.627.2166**

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OPEN SUN 1/12, 1-4

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