Equity Defines High School Expansion

By Bridgette Adu-Wadier

After voting to expand T.C. Williams into a larger campus, the school division went to work on programming options for students.

Equity and access continue to drive the conversation around the future of T.C. Williams High School.

A panel of six education experts weighed in on several education models, giving guidance to school officials on high school and curriculum design. It lasted over an hour and aimed to give school officials direction on how to go about the expansion process.

“The High School Project is one of the most important decisions that we have had to make in the future of T.C. Williams High School,” said Andrew Rotherham, a panel moderator.

Percentages of Hispanic, black, English learners and economically disadvantaged students in Talented and Gifted (TAG) programs compared to the demographics of Talented and Gifted students. The low percent of underrepresented students in Talented and Gifted programs raises questions about inequities in identification for advanced coursework.

Living Legends Of Alexandria

LLA announces 2020 honorees.

Living Legends of Alexandria is pleased to announce the selection of Living Legends for 2020. The 2020 Living Legends were vetted from an array of nominations that were submitted by the public and received through fall of last year.

These community leaders were chosen based on their having met one or both of two selection criteria as evidence of having improved the quality of life in the City of Alexandria by having led the creation or re-development of something which wouldn’t have existed without their involvement or demonstrated substantial and sustained contributions over a significant period of time.

2020 Living Legends of Alexandria

Carol Bailey and Ryan Bailey – As the mother of a son with special needs, Carol Bailey has worked for over 25 years with various organizations supporting individuals with disabilities. She and her son Ryan have been longtime volunteers in the Del Ray community.

Frank Fannon – A lifelong Alexandrian, former City Councilman Frank Fannon has served on numerous nonprofit boards and commissions and established the annual Alexandrians Have Heart food drive for ALIVE!

Magaly and Tom Hirst – Philanthropists Tom and Magaly Hirst have been generous supporters of various Alexandria nonprofits through ACT for Alexandria. They have awarded more than $685,500 to support local nonprofits, who in turn have been able to double that amount through Spring2Action’s matching grants.

Virginia and Richard Obranovich – Under the leadership of Virginia and Richard Obranovich, the Alexandria Police Foundation has made great and lasting strides, most notably with the funding and creation of the Fallen Officers Memorial among the many APF successes.

Bill Reagan – Bill Reagan is the founder and current Executive Director of the Alexandria Small Business Development Center.

Virginia and Richard Obranovich – Under the leadership of Virginia and Richard Obranovich, the Alexandria Police Foundation has made great and lasting strides, most notably with the funding and creation of the Fallen Officers Memorial among the many APF successes.

Bill Reagan – Bill Reagan is the founder and current Executive Director of the Alexandria Small Business Development Center.
These are just a sampling of Babs’ 2019 Old Town sales. If you’re thinking of buying or selling your home in 2020, call Babs and let her expertise work for you!

703.627.5421  |  Babs@BabsBeckwith.com
www.BabsBeckwith.com

109 S. Pitt Street, Alexandria, VA 22314  |  703.549.9292
Equal Housing Opportunity
The Departmental Progressive Club held its annual installation of officers program Jan. 10 with Merrick Malone taking the reins as president of the 92-year-old historic organization.

State Del. Charniele Herring (D-46) administered the oath of office to the 2020 DPC officers and members of the board of directors for both the DPC and Ladies Auxiliary. Herring is now majority leader in the Virginia House of Delegates.

Malone, Director at the District of Columbia Housing Authority Office of Capital Programs, is joined by Tavares Floyd as vice president, Elijah Griffin Jr. as financial secretary, Daniel Selby as assistant financial secretary, Scott Price as treasurer and William Chesley as recording secretary.

Additional officers and directors include: Harry White, House Committee chairman; Willie Bailey, assistant House Committee Chair; Nelson Greene Jr., Sergeant at Arms; and Lawrence Robinson, William Campbell and William Harris as members of the board of directors.

Installed as officers of the Ladies Auxiliary were: Rosa Byrd, president; Ann Allen, vice president; Ardene Henson, secretary; Donita Greene, treasurer; Mildred Worthy, chaplain; and Bernice Lee and Barbara Wilks as members of the board.

Mayor Justin Wilson was among the city officials on hand for the event, held at the DPC facility on Gibbon Street in Old Town. Also among the attendees were vice Mayor Elizabeth Bennett-Parker, City Council member Del Pepper, Fire Chief Corey Smedley, Police Chief Michael Brown and former Mayor Allison Silberberg.

Established in 1927, the DPC is one of the oldest social organizations in the city and has expanded its role over the years to include community outreach and support for local nonprofits.

www.DPC1927.org
Absence Voting Opens for Eligible Alexandria Voters Jan. 16

Absentee voting for Virginia’s March 3 Democratic Party Presidential Primary Election begins on Thursday, Jan. 16. Many Alexandria voters are eligible to vote absentee, for example, if they are:
- Away for personal business, work, vacation, active military service or at school.
- Working and commuting for 11 or more hours, between 6 a.m. and 7 p.m., on Election Day. Account for those days when traffic is heavy, or the weather is bad and it takes longer than usual to get to and from work.
- Physically unable to go to the polls because of an illness or disability.
- A caregiver for a confined family member.
- A “first responder” (firefighter, law enforcement, emergency medical technician, search and rescue).

To learn more about these and other circumstances in which absentee voting is available, visit the City’s Elections page, https://alexandriava.gov/Elections or call 703.746.4050.

High School Expansion

FROM PAGE 1

city,” said Superintendent Gregory Hutchings last week. “It is something that we cannot do in isolation.”

Ballooning enrollment at T.C. Williams is prompting the search for more building space. The High School Project was launched in 2018 and considered two options: building a second high school or keeping T.C. one high school and expanding it into a network of smaller campuses. In September, the Alexandria School Board voted six-to-three for one high school.

What the separate campuses will be and how they will be organized is still uncertain. The administration spent $360,000 from the capital improvement program on the project and $30,000 in school system funds, according to the quarterly report from the school division.

About $160 million is budgeted for the High School Project, including $104 million in 2021 and $55 million in 2022.

Most T.C. students are minorities: 42 percent are Hispanic and 27 percent are black. Thirty percent of students in the school district are English language learners and T.C. has over 1,000 of them. About 60 percent of students qualify for free or reduced-price meals, an indication of poverty.

The six panelists identified several areas of concern: high teacher turnover; communication with non-English-speaking families and other communities; achievement gaps; racial demographics in advanced placement courses and career and technical education, among other things.

“Equity also means everyone has equal responsibility,” said Heidi Hayes Jacobs. “The community needs to be equally involved in engaging this type of work reimagining the high school.”

“If 40 percent of the students in this school are Hispanic or Latino, then forty percent of those students should be in AP and honors classes,” said Jaime Castellano, an education researcher on education of Hispanic students.

CHALLENGES FACING Alexandria’s schools have challenged the panelists across the country.

Pedro Noguera of the Center for the Transformation of Schools came to T.C. in 2008 when it was known as a low-performing school due to low test scores. He warned the audience against stagnating and not making any progress.

“The biggest barrier to me in this work is complacency, the way in which we get used to the way things are. We start to believe nothing can be done,” said Noguera. “Once that becomes the narrative, nothing changes … We start to believe those requirements with multiple pathways to achieve that diploma,” said Robert Balfanz of the Everyone Graduates Center.

According to Hutchings, community stakeholders will revisit these recommendations to brainstorm curriculum.

The Scholarship Fund of Alexandria Offers Resources For Transition to High School

Are you wondering about high school life? Not sure what steps to take to be college-ready? Join the Scholarship Fund of Alexandria and other middle school families for “Transition to High School Planning Night” on Wednesday, Jan. 22 at Minnie Howard. High school is right around the corner, and it is never too early to start thinking about college! Come learn about classes to take in 9th grade, steps to take now in order to be college-ready, and how to access college-planning resources at T.C. Williams.

Join us on Jan. 22 for one of the following identical sessions:

Session 1: 5:30-6:30, English presentation-auditorium
Session 2: 5:40-6:40, Spanish presentation-auditorium

Living Legends Of Alexandria

FROM PAGE 1

Kelley’s passion to help the special needs community with numerous projects, including the building of the Kelley Cares Miracle Field.

The 2020 Legends will be formally recognized and introduced to the public at the 13th annual Meet the Legends reception on March 19 at the George Washington Masonic National Memorial.

The mission of Living Legends of Alexandria, a 501(c)3 nonprofit, is to identify, honor and chronicle the lives of individuals who have made significant contributions to improve the quality of life in Alexandria.

For information, to volunteer, become a sponsor or nominate a future Legend, visit www.AlexandriaLegends.org or contact AlexandriaLegends@outlook.com.
Beautiful, Bold, Soothing: Classic Blue

Dependable, stable and calming are the characteristic of the Color of the Year for 2020.

By Marilyn Campbell
The Connection

Dependable, stable and calming are the characteristic of the Color of the Year for 2020. For the past 21 years, Pantone Color Institute has announced a “Color of the Year,” which the self-proclaimed authority on color says will be on trend during the year ahead. Local designers share how the color can be used in a home’s interior.

“Classic Blue is a beautiful and bold, yet soothing color reminiscent of the evening sky and the deep blue ocean,” said Keira St. Claire of Anthony Wilder Design/Build in Bethesda, Maryland. “Soft, rich and versatile, this color has the potential to inject creative confidence into your interiors.”

From an accent wall in a child’s bedroom, throw pillows or a kitchen backsplash to a home’s front door, mailbox or shutters, Allie Mann, designer and senior interiors specialist at Case Design/Remodeling suggests a variety of ways to use classic blue. “Perhaps as a ceiling color to draw your eye up or add interest,” she said. “As a powder room wall color or vanity, this bold color will work well in the tiniest of spaces including the back of a bookcase or built-in, a reading nook, a laundry room or mudroom or as cubbies.”

Whether bold or subtle, St. Claire said the design options are plentiful. “Opt to incorporate this color in your home with decorative accents like throw blankets, pillows, rugs, and artwork and even kitchenware to add a pop of color without feeling over-saturated,” she said. “Repurpose old pieces [or furniture]. A fresh blue lacquered coat of paint would magically transform an old chair or dresser into a unique statement piece.”

For the courageous homeowner, St. Claire suggests a bolder approach. “Paint your walls or refinish your kitchen or bathroom cabinets in blue or upholster a large piece of furniture like a sofa or armchair in blue,” she said. “Introduce other complementary colors like olive greens, golds or magenta to really offset the color and make a statement. Classic blue doesn’t have to be the only pop of color.”

Adding the color gradually is what Amanda Mertins of Patina Polished Living in Alexandria, Virginia suggests. “Infuse it into your home and fashion design in bits and pieces,” added “Maybe you paint an accent wall classic blue and let that be the focus. The color blue is kind to many colors and therefore easy to use in a room as an accent color. You can also mix varying shades of blue.”

“Classic blue is just that, it’s classic and timeless and can be weaved into many design schemes,” said Mann. “Do not be afraid of color.”

For more information please call
202-633-3030
Looking Ahead

By Brooke Syndor Curran
Founder, RunningBrooke

RunningBrooke, we’re always looking ahead to maximize our donors’ impact and give Alexandria’s kids the tools they need to succeed in and out of the classroom. While we focus on the future, it’s also crucial to survey the past year and all the progress we’ve made together. After all, last year’s successes are the foundation for achieving new heights in 2020. We’re feeling ambitious and resolving to have our best year yet.

Last year was a pivotal year: We established city-wide Move2Learn Movement Challenges, reaching students in all 24 elementary schools in Alexandria. Studies show that widespread change starts in the classroom. Our Movement Challenges are a perfect example of how grassroots movements ensure major structural change. In fact, 97 percent of the teachers who participated said daily brain boots — activities like Pop-Ups like Popcorn and Rock, Paper, Scissors, Math — had a positive effect on classroom efficiency and structure. With more than 21,000 brain boots, Matthew Maury Elementary won first place in both March and October and received $5,000 to further support creative and sustainable movement programs. Following the success of last year’s Movement Challenges, we plan to expand and reach even more students in 2020. This past year, RunningBrooke sponsored grants to specifically support teachers who are doing game-changing work in the classroom. We awarded nearly $20,000 — money that goes directly toward providing kids with the resources to become active and healthy inside and outside the classroom. Teachers report that as a result of these funds, students are more focused, and ready, willing, and able to learn.

One recipient of these grants was Alexandria’s 2019 Teacher of the Year April Rodgers, who founded the groundbreaking and innovative “Pedals and Pages” program at Ferdinand T. Day Elementary. We know a good idea when we see one—and Pedals and Pages was a resounding success. Parents were so enthusiastic about the opportunity to read while pedaling a stationary bike that ACPS pledged to expand the program to every elementary school in the district.

Given the immense success of these grants, in 2020 we are committed to investing even more in our city’s teachers and students, so they have more of what they need to succeed in school.

Teachers know best; let’s give them the tools they need to ensure better outcomes for their students. Our next competitive grant cycle is scheduled to reopen in late spring.

In the coming year, Alexandria will be a national leader in getting kids moving at school—an accomplishment only possible due to our city’s tireless teachers and administrators, as well as RunningBrooke’s generous donors. “The idea is to use the powerful benefits of exercise to affect the academic performance,” says Rodgers. “Students are more focused, more engaged, and exercise makes them feel good.”

In 2020, we at RunningBrooke resolve to do everything we can to champion Alexandria’s children and spark a movement revolution girls track in Connecticut. Two Juniors took first and second place in the state open indoor track championships on Feb. 16, 2019. One is the third fastest runner in the girls’ 55-meter dash. The other is tied for seventh nationally. As sophomores in 2018, both also easily outpaced female runners in the state.

One of their competitors, a high school junior, said it was unfair to force female runners to compete against male runners. “We all know the outcome of the race before it even starts; it’s demoralizing,” said the Junior. “I fully support and am happy for these athletes to be true to themselves. They should have the right to express themselves in school, but athletics have always had extra rules to keep the competition fair.”

As state and national success stories abound, Successful female athletes, and particularly female athletes with disabilities, have every reason to be proud of their achievements. Holding this extra line of feedback is not only damaging to the female athlete but is harmful to the sport as a whole and to girls’ sports in general. The ERAs should be removed as soon as possible.

Voice Against the Equal Rights Amendment

The Equal Rights Amendment (ERA) is a proposed amendment to the United States Constitution intended to guarantee equal legal rights for all American citizens regardless of sex, and thereby end legal distinctions between men and women which have disadvantaged women in important respects. Therefore, five states rescinded their approval.

During the 1970s it seemed destined to pass, but was found to disadvantage women in important respects. Therefore, five states rescinded their approval.

Troubling questions remain: how can we keep separate public restroom, locker rooms, bathrooms and sports competitions for the sexes without violating that proposed amendment? I know no girls or women who want boys or men in those places; the only exception is for young boys with their caretakers in the women’s restroom. Although feminists assured us that integrating our armed forces would pose no problems, reports of sexual assaults against women at the service academies and on the job are increasing – at all ranks, including the highest.

New problems have appeared. Male athletes identifying as females have entered competitions for females and, not surprisingly, won. Although identifying as females, they retain their male skeletal and muscular structures which render them stronger and faster than even well trained female athletes. Disadvantaged female athletes, unable to win in direct competition with them, forfeit opportunities they have earned for recognition and prizes, including scholarships, etc.

For example, biological males who identify as transgender girls continue to dominate high school girls’ track in Connecticut. Two Juniors took first and second place in the “state open indoor track championships on Feb. 16, 2019. One is the third fastest runner in the county in the girls’ 55-meter dash. The other is tied for seventh nationally. As sophomores in 2018, both also easily outpaced female runners in the state.

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Islamic Relief USA to Hold 100,000-Meal Packing Event at Episcopal High School

Islamic Relief USA has long participated in service projects on Martin Luther King Day, as it’s vital to take time out and serve,” said Syed M. Hassan for Islamic Relief USA. “Our partnership with the Episcopal School will help supplement the efforts of IRUSA volunteers and help provide nourishing food to many people around the country.”

More than 300 volunteers will pack some 100,000 meals that will be distributed domestically to various shelters and food banks (exact locations are to be determined). The meals consist of red lentil jambalaya that is popular among their communities and give them a voice in the restoration of the south entrance.

The cast of ACCT’s production of Disney’s “Frozen Jr.” (from left to right): Bill Barnes (Hans), Mary Margaret Bargery (Anna), Patricia Villarroel Navaez (Elsa), Andrew Tankersley (Sven), Brett Medley (Kristoff), and Jack St. Pierre (Olaf).

“Frozen Jr.”
Jan. 17-26, At Aldersgate Church Community Theater (ACCT), 1301 Collingwood Road, Alexandria.
A story of true love and acceptance between sisters, the show expands upon the emotional relationship and journey between Princesses Anna and Elsa. When faced with danger, the two discover their hidden potential and the powerful bond of sisterhood.
Show times are Friday, Jan. 17 at 7:30 p.m.; Saturday, Jan. 18 at 2 p.m.; Sunday, Jan. 19 at 2 p.m.; Monday, Jan. 20 at 2 p.m.; Friday, Jan. 24 at 7:30 p.m.; Saturday, Jan. 25 at 2 p.m. and 7:30 p.m.; and Sunday, Jan. 26 at 2 p.m. Visit the website: https://acctonline.org/
Children's Gazette

St. Louis Catholic School
Teacher, Ms. Sarah Balough

Joseph Lentini, Grade: 8th

Frances Miller, Grade: 6th

Cassidy Fielder, Grade: 6th

Canon Kurth, Grade: 6th

Luke Alexander, Grade: 1st

Emily Crabtre, Grade: 8th

Caroline Rutherford, Grade: 4th

Patrick Forsyth, Grade: 5th

Amiyah Mathes, Grade: 1st

Morgan Swetz, Grade: 8th

Mackenzie Lodewick, Grade: 8th

Raisa Ntumba, Grade: 8th

Halle Jors, Grade: 2nd

Morgan Robinson, Grade: 7th

David Portillo, Grade: 4th
Children's Gazette

Hannah Suwandhi, Grade: 2nd
Sophia Pensoneau, Grade: 2nd
AnnaMaria Pineda, Grade: 2nd
Justine Olson, Grade: 6th
Catherine Walton, Grade: 3rd
Kathryn Dunn, Grade: 6th
Cruz Benitez, Grade: Kindergarten
Jacob Cheney, Grade: Kindergarten
Erin Mahady, Grade: Kindergarten
Bernadette Gorman, Grade: 3rd
Abigail Graf, Grade: 1st
Landon Kim, Grade: 1st

2020 CHAIRMAN'S RECEPTION
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January 30, 2020 | 6-9PM
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Special Edition: PET Connection
Publishes: Feb 26, 2020
Ads close: Feb 20, 2020

The Pet Connection will publish on February 26 and photos and stories of your pets with you and your family should be submitted by February 20.

This edition provides a great advertising opportunity to reach pet owners where they live in a section sure to attract and hold their attention - be sure to take advantage of our different advertising options.

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Please Call 703.778.9431
Alexandria’s Annual Winter Restaurant Week always comes at a great time – nearly a month after the holiday season, but before the year picks up speed again. This year, Restaurant Week runs from Jan. 17-26, and dozens of restaurants around the city are participating with lunch and dinner specials to showcase their cuisine. What better way to usher in some warmth in the middle of a chilly season? Here are some of the year’s best bets.

Hops n Shyne, 3410 Mount Vernon Ave.

Think prix-fixe menus are just for upscale, high-brow establishments? Think again. Hops n Shyne, an eminently accessible pub smack-dab between Del Ray and Arlandria, has a tasting menu that features all the restaurant’s greatest hits, from totchos to North Union Street, Alexandria. Their Restaurant Week menu to go alongside. The $35-per-person prix fixe starts off with a choice of mussels or a Caesar or caprese salad, then rolls on to chicken parmesan, pappardelle Bolognese or artichoke and lemon risotto for a main course. Finish off with a cannoli or a torrone semifreddo for dessert, lift a glass of wine, and toast to a taste of Italy right here in Old Town.

Rus Uz, 210 Swamp Fox Road

The Russian-Uzbek stalwart adjacent to the AMC Hoffman theater has put its own spin on Restaurant Week proceedings, offering diners a $22-per-person lunch special or a $35 dinner. Both lunch and dinner find hungry guests with traditional main courses from both countries – think dolma, mantı and pelmeni (steamed dumplings in Uzbekistan’s national dish, plov – as well as a sweet treat for last, the options of which include Russian honey cake and sour cherry cake. Dinner offers diners a choice of starter, as well, including pirozhki (think Polish perogies) and blini.

Spice Kraft, 2607 Mount Vernon Ave.

Del Ray’s newest Indian spot is opening its doors for Restaurant Week as well, offering a $35 dinner for two. To start, select any appetizer off the restaurant’s regular menu. Then move on to a choice of entrees ranging from aloo gobi to chicken tikka masala to paneer nawabi, and finish the meal with the likes of samosas, Naan and rice and water, of course, make its necessary appearance alongside the main course.

Sunday in Saigon, 682 N. Asaph St.

When it comes to offering a wide array of Vietnamese delicacies, Sunday in Saigon doesn’t disappoint. Their Restaurant Week specials are available at lunch or dinner; lunch nets guests a two-course meal for $15, and dinner a three-course feast for $35 apiece. Expect the lunchtime offerings to vary from dinner’s selections, and when the offerings ranging from steak to mackerel to tofu and back again.

Hope Nelson owns the Kitchen Recessions blog, located at www.kitcheneccentric.ca. Email her any time at hope@kitchenrecessions.com.
You Can Make a Difference

Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own.

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Adopt/Donate/Volunteer at www.lostdogrescue.org
Entertainment

From Page 11
Alexandria Symphony Orchestra
Winter Recital. 7:30 p.m. At The Lyceum, 201 South Washington Street, Alexandria. Join Alexandria Symphony Orchesters musicians Paul Bagley (viola), Amy Horn (horn), Sophia Kim Cook (piano), and Maestro James Ross (horn) for an evening of music and conversation. Enjoy a variety of chamber music along with a post-concert reception with refreshments. This recital is presented as part of the Adopt a Chair program. Tickets: $35 Adult; $5 Student. Visit www.alexsym.org, or call 703-548-0885.

Wednesday, Jan. 22
Resources for Transition to High School. 5:30-7:45 p.m. At T.C. Williams High School, Minnie Howard Campus, 3801 W Braddock Rd., Alexandria. Are you wondering about high school life? Not sure what steps to take to be college-ready? Join the Scholarship Fund of Alexandria and other middle school families for “Transition to High School Planning Night.” Come learn about classes to take in 9th grade, steps to take in order to be college-ready, and how to access college-planning resources at T.C. Williams. Session 1: 5:30-6:30 p.m., English presentation-auditorium; Session 2: 5:40-6:40 p.m., Spanish presentation-auditorium. Free pizza, introduction and childcare will be provided with registration. https://conta.cc/36p8wRg. Contact Melissa Harrington or Darien Waters, College Advisers with the Scholarship Fund of Alexandria at colleg@acps.k12.va.us or darien.waters@acps.k12.va.us or call 703-824-6730.

Thursday, Jan. 23
Civil War at Carlyle House. 7 p.m. At The Athenaeum, 201 Prince Street, Alexandria. Through images, letters, and diaries, Andrea Tracey, Executive Director of the Carlyle House, explores the histories of the nurses, doctors, servants, soldiers and Alexandria residents who found themselves at the Carlyle House property and the Mansion House Hotel in what was known as the Mansion House Hospital during the Civil War. Discover how both the Carlyle House and the Hotel buildings were utilized during this tumultuous time in Alexandria and the nation’s history. Tickets $15 or $10 Athenaeum Members, Friends of Fort Ward, or Friends of Carlyle House. Visit the website: mvla.org

Friday, Jan. 24
Garden Talk: Easy Houseplants to Grow. 1:30-2:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adults) No need to wait for spring to get your hands back in the soil. You can enjoy beautiful flowering and foliage plants right now, inside your home. Extension master gardeners provide you with all the know-how you will need to be successful. $10 per person. Register online at www.fairfaxcounty.gov/parks/parktakes (code F36.A05D) or call Green Spring Gardens at 703-642-5173.

Saturday, Jan. 25
Innovation Day Workshop. 8 a.m. to 3:30 p.m. At USPTO’s Madison Building, 600 Dulany Street, Alexandria. The National Inventors Hall of Fame and the United States Patent and Trademark Office invite local teachers and school district officials to attend an “Innovation Day” professional development workshop focused on inquiry-based learning and invention education. Highlights designed to raise awareness of the importance of early exposure to innovation education and invention, include hands-on sessions where attendees explore NHI’s Camp Invention pedagogy first hand, gaining access to instructional strategies that promote an innovative and creativity-based classroom. To register for this free workshop, email Mike Sandridge at msandridge@invent.org. Visit invent.org/educators/camp-invention.

Watercolor Workshop
Sketchbook Journal. 9:30 a.m. - 3:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adults) Learn to bind your own sketchbook or journal using watercolor paper and other papers. Prepare and decorate pages with collages, paints, stamps and stencils. Each book will be a reflection of you. $94 per person (plus a supply fee of $15 payable to instructor that includes everything you will need for this class). Register online at www.fairfaxcounty.gov/parks/parktakes (code C55.8564) or call Green Spring Gardens at 703-642-5173.

Tasting Program: Burns Night Scotch Tasting. 4-6 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (21+ Adult) Celebrate Scotland’s national poet, Robert Burns, with a special Scotch whisky tasting. Learn about Scotland’s water of life and enjoy samples from each Scotch-producing region. Discover Burns Night supper traditions. Delicious Scottish accompaniments will be served. Taxes included. $45 per person. Register online at www.fairfaxcounty.gov/parks/parktakes (code A41.B109) or call Green Spring Gardens at 703-642-5173.

The Northern Virginia Community College will host its MLK Day of Service on Monday, Jan. 20.

MLK Day of Service
Monday, Jan. 20. Starts at 10 a.m. The Northern Virginia Community College, in partnership with Volunteer Alexandria, is hosting its 11th annual MLK Day. There will be learning and service opportunities available for over 300 volunteers benefiting students, Alexandria residents, and the homeless population in the community. It’s a “day on, not a day off.” All volunteers will participate in one service project and one learning opportunity. Volunteers will be assigned according to their indicated preferences, but due to room size, they cannot guarantee volunteers will have their top choice. Service opportunities that are listed as Family Projects are intended for children aged 6+ to volunteer with their parent and/or guardian. Visit the website http://www.VolunteerAlexandria.org
Still Waiting for “Canswers”

By KENNETH I. LOURIE

As I half expected, with my oncologist out on vacation this week, he and the endocrinologist didn’t speak. As a result, after sitting in the examining chair, the first question the doctor asks is “When did you have thyroid cancer?” I snickered and said something like “Hopefully,” before I began to elaborate. Though she had access to my medical records, she was not prepared and ready for our appointment. As he listened to my story, I could see she was simultaneously trying to review my medical history on her computer. In fact, as I hemmed and hawed in response to some wondering as was the endocrinologist. Perhaps we misunderstand the need to know now or talk. As a result, after sitting in the examining chair, the endocrinologist asked if I had any cancer in my family. My answer, if I recall correctly, I might not have. He asked about my thyroid cancer. He asked if I had any cancer on my mother’s side, and accordingly no additional tests were ordered.

I have a few questions, some of which were answered. The first question: “Do you have two types of cancer?” Could my lung cancer have changed to thyroid cancer? No. And the underlying question: “Does my thyroid cancer have anything to do with my lung cancer?” I have lived, and seen many times on discharge-type paperwork I’ve received that I have “metastatic cancer” means that the cancer has moved. Moreover, when one considers the staging aspect, my cancer was stage IV. Stage IV means, among other things, that the cancer has moved from its “primary” location. I remember asking my oncologist where did my lung cancer come from, in a lifelong non-smoker with no cancer history in my immediate family. His answer, if I recall correctly, and I might not be. Chemo brain, a common side effect of chemotherapy was that he didn’t know. And, I further recall correctly, he wasn’t particularly interested in finding out and accordingly no additional tests were ordered. Perhaps we misunderstand the need to know now or misinterpret the answers we were given then (Feb., 2009). But as of this past Friday, team cancer is sort of wondering as was the endocrinologist. As of this moment, our focus is on hearing back from the endocrinologist. Until then, we’ll try to move forward. What’s done is done and we’ll hear back when we hear back. I have what I have and have what I have and right now, all we can do is wait.

That being said, we are having a little difficulty restraining ourselves. We can’t get past the fact that my oncologist called us in the first place, and in the last place, if he wasn’t so sure, why call us at all and get our collective hope sky high? Why go out on such a presumptive limb? In spite of that call, somehow, we have to internalize and compartmentalize and try to synthesize fact from fiction. So far, it’s proving extremely difficult.

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

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.

THURSDAY/JAN. 23
Meet and Greet. 10 a.m. to 2 p.m. At The Veterans Caregivers Program, 1316 N. St. Asaph Street, Alexandria. The Veterans Curation Program would like to invite the community of Alexandria for a Meet and Greet. The VCP provides vocational rehabilitation and innovative services to 12 recently separated veterans using archaeological collections administered by the U.S. Army Corps of Engineers. This event will provide you with a chance to meet the veterans and to learn more about the program. Visit the website: http://www.veterancurationprogram.org/.

Grief Support Group. 2:30 p.m. to Capital Caring Health, 5845 Richmond Hwy., Suite 150, Alexandria. There will be a guided meditation session incorporating the pain of grief as well as some mindfulness movements to help you feel grounded and centered. Free. Visit the website: https://www.capitalcaring.org/get-help/our-services/grief-support.

SATURDAY/JAN. 25
Winter Community Police Academy. 8:30 a.m. to 1 p.m. At Alexandria Police Department Headquarters at 3600 Wheeler Ave., Alexandria. Get to know the Alexandria Police Department (APD) in an abbreviated half-day session. This academy allows residents and community members to learn about various aspects of the Police Department during the summer months. Topics will include patrol operations, use of force policies, the K9 Unit, Special Operations Team, crime scene investigation and criminal investigations. This free class is limited to 45 participants per session. For more information or to request an application, visit the Community Police Academy online or e-mail the Volunteer Office at Kenny.bruno@alexandriava.gov. The deadline for registration is Jan. 17, 2020.

SATURDAY/JAN. 25
Prescription Drug Take-Back Day. 10 a.m. to 2 p.m. The City of Alexandria encourages residents to safely dispose of prescription and over-the-counter medications, including those prescribed by veterinarians, during National Prescription Drug Take-Back Day. During the event, the Alexandria Police Department, Alexandria Sheriffs Office, and the Substance Abuse Prevention Coalition of Alexandria (SAPCA) will staff the following drop-off sites: Fire Department (204 N. Washington St.); Police Department (3600 Wheeler Ave.); Fire Department (2325 Eisenhower Ave.); The Neighborhood Pharmacy of Del Ray (2204 Mt. Vernon Ave.).

NATIONAL MENTORING MONTH

The City of Alexandria invites the public to celebrate National Mentoring Month in January. Join the Alexandria Mentoring Partnership in raising awareness about the benefits of mentoring programs and the positive effects of mentoring Alexandria’s young residents. The Partnership represents a variety of programs that strive to provide exceptional support to youth and young adults in the Alexandria community. There are four ways to celebrate:

• Attend an Open House on Jan. 29, from 6 to 8 p.m., at The Lewis (201 S. Washington St.). Attendees can engage with representatives from mentoring programs, hear personal reflections from mentors and mentees, and learn about how to become a mentor. This event is free, but attendees are asked to register online.
• Mentors and mentees are encouraged to participate in the Dr. Martin Luther King Jr. Day of Service on Jan. 20, and elevate the spirit of service through volunteerism. Post a photo of service work with the action using the hashtag #MLKDayALX and be entered in a drawing for a gift card to an Alexandria restaurant.
• Participate in “Thank Your Mentor Day” on Jan. 30, a day for mentees to show gratitude for their mentors on social media. Post a mentor/mentee photo using the hashtags #ThankYourMentorDayALX and be entered in a drawing for a gift card to an Alexandria restaurant.

Visit alexandriava.gov/Mentoring or call 703-746-4478.
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Alexandria Gazette Packet  January 16-22, 2020  15
McEnearney Associates has always had one motto in mind... not to be the biggest, but the best. This year marks our 40th year in Alexandria, and we are celebrating our investment in helping to build our town into the thriving community it is today. To learn more about our Associates and our firm, visit www.WeAreAlexandria.com
#WeAreAlexandria

Belle Haven | $2,495,000
Exceptional new construction on a large flat lot offering 7,200 SF of living space with 6 bedrooms and 5.5 bathrooms. Beautifully staged and featuring wide plank oak floors, media room, two-car garage and high-end finishes throughout. 2211 Windsor Road
Melissa Shelby 703.627.0074
www.melissasellsvirginia.com

Wilton Woods | $849,000
Spacious, elegant, 5-bedroom, 3.5-bath, center-hall colonial in Clermont Elementary School district. Exceptional condition with over $150K in recent improvements. Lush landscaping & only a 15-minute drive into Old Town. Move in and enjoy! 3813 Ivanhoe Ln.
Margaret Benghauser 703.989.6961
www.mbenghauser.com

Mount Vee Manor | $830,000
This is a 10! And a superb value! Five bedroom four and one-half bath brick colonial with a 2-car garage. Terrific kitchen/breakfast room/family room space with vaulted ceilings. The lower level suite is absolutely perfect for in-laws, nanny or guests. HayesWoodHomes.com
Gordon Wood 703.447.6138
Chris Hayes 703.944.7737

Alexandria | $819,000
Move in ready 3-bedroom, 2-bath home with gorgeous sunroom. Walls of windows overlook patio and fenced in corner lot. Brand new, whole house tankless boiler and hot water heater. A must see! Walk to George Mason Elementary. 1001 Virginia Avenue
Laurel Conger 703.577.6899
www.LaurelConger.com

Old Town
$1,000,000
Built in 1880, this Victorian home offers refined historic character and modern amenities in an exceptionally convenient location. Enjoy the beautiful entry and foyer, hardwood floors, built-in bookcases, high ceilings, large rooms, remodeled kitchen, and off-street parking.
Lauren Bishop 202.361.5079
www.laurenbishophomes.com

Alexandria
$520,000
This cozy, fee simple row house, just a few blocks from the coming Potomac Yard Metro Station, has a deep southern exposure backyard with off-street parking for more than one car. 2 bedrooms, 2 baths, hardwood floors, enclosed brick front porch on a cul-de-sac. 315 Evans Lane
Kay Blemker 703.623.8563
www.KayBlemker.com

Mount Vernon
$398,900
Move-in ready! Updated 3-bedroom, 3.5-bath garage townhome! Spacious main level, custom kitchen, stainless appliances, new carpet, newly renovated half bath, new washer/dryer 2017, insulated garage door 2016, deck and fence 2016, windows and sliding glass door. 3813 Roxbury Court
Margot Lynn 703.973.3722
www.margotlynrealtor.com

If you are thinking of buying, selling or renting, call Dean today at 813.449.2227, or email him at DDavis@McEnearney.com.