



Let There Be Light

Hundreds gathered Dec. 3 at the Pat Miller Neighborhood Square, located at the intersection of Mount Vernon and Oxford Avenues, for the annual lighting of the Del Ray Christmas Tree. The event featured an appearance by Santa Claus, who led carols and sat for photos with children. Nonperishable food and diapers were collected for Carpenter's Shelter as part of the event and Mount Vernon Avenue was illuminated by thousands of luminarias in remembrance of the late Nancy Dunning.

PHOTO BY
"MANGO" MIKE ANDERSON

Stop Sewage in River? Just Takes Money

City speeds Oronoco Bay sewage review, but still 10 years away.

BY VERNON MILES
GAZETTE PACKET

Every year, Alexandria dumps 11 million gallons of raw sewage into the Potomac through Outfall 001. Just across the Oronoco Bay from where T.C. Williams High School's crew team meets, a steady stream of rain water and unfiltered sewage spews out of a pipe beneath a wooden walkway directly into the Potomac River. While the city has initiated plans to address the other four outfalls, planning to address the largest outfall won't begin until 2026.

On Dec. 2, the city submitted a Long Term Control Plan Update to the Virginia Department of Environmental Quality. The document commits to assessing the Oronoco Bay sewage issue in 2026, six years ahead of the current plan, and that a feasibility study will be conducted between 2018 and 2023.

But activists say those plans will do too little, too late.



Outfall 001, source of sewage being dumped into Oronoco Bay.

PHOTO BY VERNON MILES / GAZETTE-PACKET

"They voted to accelerate their review," said Dean Naujoks, Potomac riverkeeper with the Potomac Riverkeeper Network. "That's just review, not fixing it, but that still means in 15 years they will revisit outfall 001 and start talking about the process. Seventy million gallons a year of raw sewage into the waterfront

area for 15 more years is not acceptable. It's that simple. From my perspective as the river keeper, it's real easy. It's not good for the river."

Old Town Alexandria still uses an antiquated combined stormwater-sewage system. Whenever it rains, that water goes into the sewer system. If Old Town experiences moderate rainfall, the rain and sewage are both flushed out into the Potomac or Hunting Creek. For Outfall 001, 0.06 inches of rainfall triggers an overflow.

Washington D.C. uses a similar system and dumps 2.5 billion gallons of sewage into the Potomac each year, but D.C. is currently in the process of modernizing its system. As per a 2010 federal mandate, Alexandria is working to transform the stormwater system at the three other outfalls into a capture and contain system. Underground tanks will store stormwater during overflow to be treated properly over time.

City officials say fixing the Oronoco Bay outfall won't be simple and wasn't part of the mandate. The plan to fix the other

"70 million gallons a year of raw sewage into the waterfront area for 15 more years is not acceptable. It's that simple."

— Dean Naujoks, Potomac Riverkeeper, Potomac Riverkeeper Network

three outfalls will cost the city \$188 million.

"These are extremely complicated and large-scale engineering and construction projects, which

will be very expensive and create considerable impacts in the neighborhoods where work must be performed," said Craig Fifer, director of the city's Office of Communications and Public Information, in an email. "Since it is not practical to undertake construction work at all four outfalls simultaneously, we have implemented a phased approach that is recognized by the Environmental Protection Agency and

Virginia Department of Environmental Quality [VDEQ] as responsible and reasonable. We prioritized the three outfalls at Hunting

SEE STOP SEWAGE. PAGE 24

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Veterans of World War II, Korea and Vietnam gather for a photo with dignitaries and guests of the Office of Historic Alexandria's viewing event of the Virginia World War I and World War II Commemoration Commission Tribute to Veterans ceremony Dec. 8 at American Legion Post 24. The event was held commemorating the 75th anniversary of the U.S. entrance into WWII.



Challenge coins commemorating the 75th anniversary of the U.S. entrance into World War II were presented to WWII veterans and dignitaries.

PHOTOS BY JEANNE THEISMANN/GAZETTE PACKET

Torpedos Away

Concerns over Torpedo Factory leadership derails master plan discussion.

BY VERNON MILES
GAZETTE PACKET

The Arts and Cultural Master Plan is a 36-page document outlining the city's 10-year plan to develop priorities for allocating resources to Alexandria's arts community. Yet, the entire discussion at the Dec. 13 City Council meeting centered on one sentence. Goal Five, raise community awareness of the Office of the Arts as a leadership agency, included a reference to the department's growth following its temporary acquisition of the Torpedo Factory:

"Recently, [the Office of the Arts] pivoted to a significantly expanded portfolio encompassing special events management and transitional oversight of the Torpedo Factory Arts Center."

City Councilwoman Redella "Del" Pepper said she would not support the plan without it being made clear that no decision had been made about the future of the Torpedo Factory but that it would not fall under the Department of Parks and Recreation. In October, the Office of the Arts assumed temporary leadership of the Torpedo Factory while an alternative leadership model could be put together.

Pepper and Mayor Allison Silberberg favored the addition of another sentence that would clarify that the Office of the Arts has not been selected to permanently run the Torpedo Factory, but faced backlash from Vice Mayor Justin Wilson and City Councilman Paul Smedberg. While Silberberg said artists had approached her with concerns about the inclusion of the section about the Torpedo Factory, Wilson and Smedberg accused the mayor of generating controversy where little or none existed. Wilson countered that everything stated in the that section of the arts plan was factually true. While the left half of the dais was divided over the sentence, the right half argued that the council was wasting time focusing on one sentence when it should have been looking over the entirety of the plan.

"I agree that [the additional sentence] is unnecessary, but it's also harmless," said Councilman Tim Lovain. "If the inclusion of this sentence would make the Torpedo Factory artists less anxious, then I don't have a problem with it. I don't see what harm it would cause."

"I could care less about the sentence," said Councilman John Chapman. "I'd rather fo

SEE TORPEDOS AWAY, PAGE 24

'Dawn of Infamy' Office of Historic Alexandria honors local veterans.

Veterans from World War II, Korea and Vietnam gathered at American Legion Post 24 for a viewing of the Virginia World War I and World War II Commemoration Commission Tribute to Veterans ceremony Dec. 8, marking the 75th anniversary of the U.S. entry into World War II.

"It's a real honor to be among you here today," said Mayor Allison Silberberg, who presented commemorative challenge coins to the WWII veterans in attendance.

The event was sponsored by the Office of Historic Alexandria and was one of several livestream viewing events held across the state of the "Dawn of Infamy" ceremonies conducted in Richmond in tribute to WWII veterans on the 75th anniversary of the U.S. entry into the war.

— JEANNE THEISMANN



American Legion Post 24 commander Doug Gurka, center, presents a commemorative challenge coin to Vietnam veteran and past commander Jim Glassman as Office of Historic Alexandria Deputy Director Gretchen Bulova looks on.

Shelter Seeks Animal Foster Parents

Program provides temporary homes.

BY VERNON MILES
GAZETTE PACKET

Forty-eight animals at the Animal Welfare League of Alexandria are looking for temporary homes. Not for long, just a few weeks, but the Animal Welfare League of Alexandria's foster care system allows volunteers to take in animals with special needs for a few weeks or months to help make them healthier and

more adoptable.

Mary Flynn, communications director for the Animal Welfare League of Alexandria, said foster care is still a new concept for shelter work. Foster care allows volunteers to dedicate time and space to individual animals with special needs that the shelter cannot provide. Some issues range from the extreme, as with a dog that struggled to walk due to extensive spinal cord damage, to the more common, a cat who gets lonely in the shelter or a rabbit who needs to gain some weight.

"The ideal is getting as many animals here

SEE ANIMAL FOSTER, PAGE 21



Tulip is one of the dogs rescued from the Korean meat farm, awaiting a foster home.

New Catholic Bishop: To Listen and Learn

A ministry to the faithful and the community beyond.

BY DAN BRENDL
GAZETTE PACKET

The Most Rev. Michael Burbidge assumed full authority last week as the new bishop of the Catholic Diocese of Arlington. He succeeds the Most Rev. Paul Loverde, who retired after 17 years as bishop. Burbidge begins his new ministry with a commitment both to conservatism and bridge building.

Early in his homily at his Mass of Installation, held Dec. 6, he said people live in “unsettling times.” He called for renewed public engagement of several issues that have been hallmarks of the culture war. These include protection of the unborn, religious freedom, and the sanctity of marriage. He warned that Catholics’ faithfulness on such issues might result in ostracism, acknowledging society’s deep and persistent divisions.

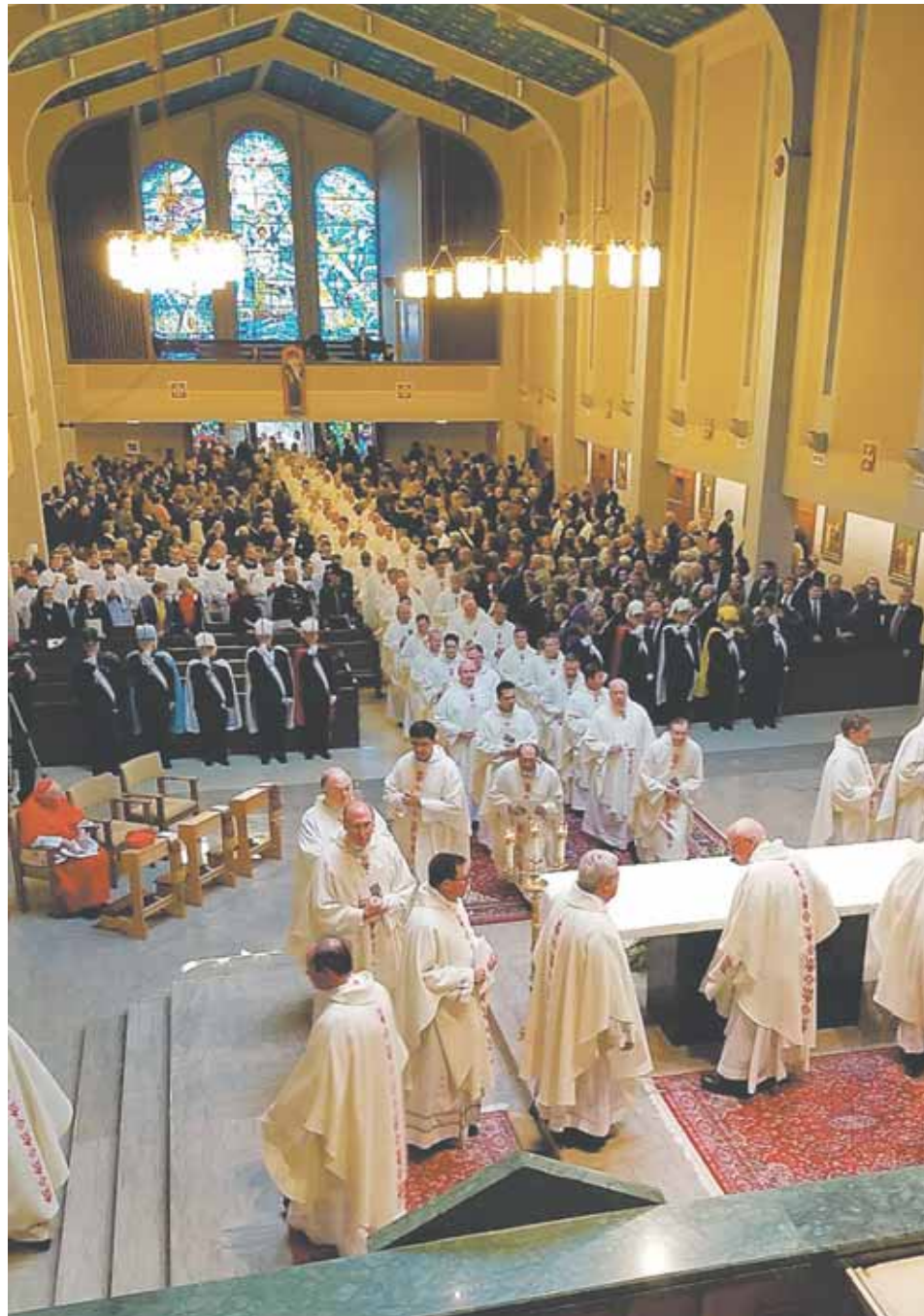
Equally, the Mass conveyed a yearning to unite and serve across boundaries. Burbidge preached on having a disposition of thankfulness and sharing God’s mercy. People of various ethnicities read Scripture, prayed, and sang in as many as six different languages, underscoring the diocese’s repeated commitment to promote cultural diversity. Burbidge stood to greet ecumenical and interfaith clergy. Among them, Rabbi Gerry Serotta is the executive director of the Interfaith Conference of Metropolitan Washington, which represents 11 different faith traditions.

Before reading aloud the papal letter directing Burbidge’s transfer, the Most Rev. Christophe Pierre framed the bishop’s mandate as being constructive for the whole society. Pierre is the Apostolic Nuncio, or Pope Francis’ personal representative in the U.S.

“An Apostle must make an effort to be courteous, serene, enthusiastic, and joyful, a person who transmits joy everywhere he goes,” he said, quoting Francis. “We pray ... for your faithful episcopal ministry to this beautiful family of faith, and to the community beyond.”

Francis transferred Burbidge from the Diocese of Raleigh, N.C., where Burbidge served as bishop for 10 years. Burbidge’s new diocese contains twice as many registered Catholics, who number about half a million; it abuts the seat of American government; and many of its parishioners are prominent government leaders. For these reasons, the transfer represents “a very strong vote of confidence in his leadership abilities,” said the Rev. Thomas Ferguson, the diocese’s second ranking clergyman.

Francis wrote to Burbidge in his letter of appointment, “[You] have clearly shown



PHOTOS CONTRIBUTED

Mass of Installation was held Dec. 6 at the Cathedral of Saint Thomas More in Arlington.



The Most Rev. Michael Burbidge is the new bishop of the Catholic Diocese of Arlington.

that you are endowed with many outstanding episcopal qualities and virtues.”

IN AN INTERVIEW Dec 5, Burbidge said he will not pursue any specific agenda too quickly.

“You cannot implement a diocesan plan or mission statement until you take the time to listen and learn. So one of the first things I’m doing upon being installed is, I’ll be celebrating seven or eight Masses around the diocese, and then I’ll have the opportunity to be with the priests and the lay faithful. ... That’s my first goal: just get out, listen and learn.”

Nevertheless, he expounded repeatedly his general commitment to break down walls.

When asked how he will promote unity and charity in society following a divisive election season, he replied: “We’ll continue to preach the gospel — right! — reminding us that we are all created in God’s image and likeness. We are all united as brothers and sisters. We’re part of the human family and share the common responsibility to build up the common good. And we can only do that when we respect and listen to one another. Even when we disagree, even when we have different perspectives, that we do not label, we do not dismiss one another, but truly listen and respectfully engage each other.”

Burbidge has experience with political engagement. He and a fellow bishop in North Carolina established the public policy advocacy web site “Catholic Voice NC.”

“CVNC seeks to influence legislation at both the state and national levels,” according to the web site. “Beginning in 2008 Catholics in North Carolina who joined CVNC received email alerts from the bishops requesting they contact legislators to support or oppose various pieces of legislation.”

Burbidge said he will continue in his new position to engage the various levels of secular governance.

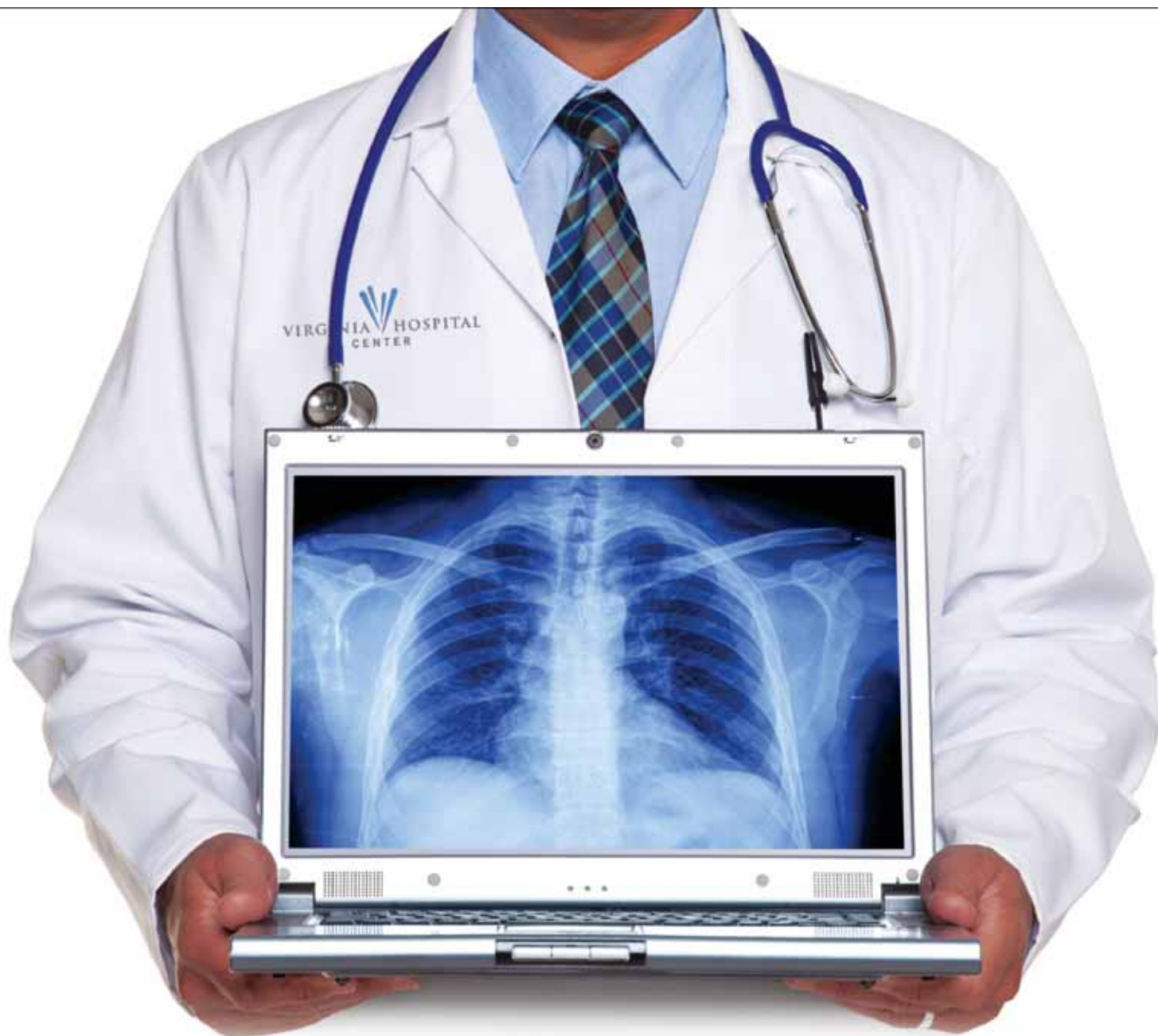
“Yes, as a bishop, I’m mandated to. I’m mandated to bring the gospel into the public arena. We’re very blessed here in this diocese where we have a Virginia Catholic Conference that assists us in that process. And part of that Conference is working with elected officials ... not always out front, many times privately, personally, where you can really have a true dialogue. So I will continue to do that, but always respectfully.”

Ferguson assures that Burbidge will be conservative in his values and priorities, as was his predecessor. But he cautions that conservatism in a Catholic sense does not necessarily mean the same thing as conservatism in a partisan sense.

“[I]t’s very hard to equate the term ‘conservative’ as it’s used in the Church with the way it’s used in the political process in this country,” he said. Conservative Catholicism “means really to be committed to the

SEE A MINISTRY, PAGE 11

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Surviving Brain Injury

New book shares stories of strength and inspiration.

BY RIKKI GEORGE
GAZETTE PACKET

A new resource is available to those who've been touched by traumatic brain injury (TBI) called "Surviving Brain Injury: Stories of Strength and Inspiration" by Amy Zellmer.

A collection of 90 stories, mostly by TBI survivors, "Surviving Brain Injury" personalizes life's trajectory after a blast to the head, a fall or stroke.

It is a resource for providers, caretakers and a growing population of TBIs, according to Alexandrian Toni Popkin, one of the contributing writers. About 2.5 million Americans annually will enter the world of TBI, which is often misunderstood, undiagnosed and overlooked in severity.

"Your identity flips," said Popkin, who suffered four car crashes over the years and a concussion due to a fall in 2016.

Popkin, who lives alone, relies on a full-service dog named Bud and the kindness of others to help her get through the day. Her essay "Ten Things I Learned to Help Someone with a TBI" offers practical advice for friends and family. Ask, for example, "Do you have any upcoming doctor appointments I can drive you to?" Call and say, "I'm on my way to the grocery store What else do you need?"

For Popkin, keys to her survival are practical assistance and greater awareness of TBI. She's an advocate, something she never thought she'd be in her entire life. She pays attention to things now, like snow hindering streets, she speaks out, writes op-eds and organizes events, like the one held in November at the Marina Towers in Alexandria to launch "Surviving Brain Injury."

Others joining Popkin at the November book launch told similar stories of TBI symptoms: headaches, fatigue, depression and short-term memory loss. But no story is alike because the brain is as uniquely complex as is the rehabilitation and recovery process.

Derek O'Neal, also from Alexandria, discovered music therapy and relied on the love of his wife and five children as forces behind his survival. O'Neal described himself as an overachiever: a well-educated man, a Desert Storm veteran, a vice president at an automotive group in Michigan looking for the next step up. And then in 2004, a deer ran into his car.

"You can never get back to what you were," O'Neal said. "I put things in verse and tune to help me remember things." And he counts on songs like "Life is



PHOTO BY RIKKI GEORGE/GAZETTE PACKET

From left: Danielle Houston Karst (kneeling), Molly Raymond, Toni Popkin, Bud (Popkin's service dog) and Derek O'Neal at the November launch of "Surviving Brain Injury" hosted by Brain Injury Services.

"Your identity flips."
— Toni Popkin,
"Surviving Brain Injury"
contributing writer

a song worth singing" by Johnny Mathis to keep him motivated. O'Neal is now a board member of the Brain Injury Association of Virginia and practiced as a paralegal after

his car accident.

The will and ability to give back seems to be a part of the cathartic way to heal for O'Neal, Popkin and both Molly Raymond of Fairfax Station and Danielle Houston Karst of Burke, who also spoke at the book launch.

"[The car] accident took everything," said Raymond, formerly a registered nurse for 26 years who lost her math and speech abilities for more than two years. "It is a huge thing for me to help others." She has turned adversity around to help injured veterans with her adaptive sports program, No Boundaries: Changing Disabilities into Abilities of Our Heroes. She announced at the book launch that she had two daughters with her husband and 70 sons from her eight-year program.

Karst, a TBI survivor since 1997 (she was 16 at the time), brings insight to the TBI experience with her blog TBIt triumphs.com.

For those who may need help: "Just call," said Karen Luffred, chief operating officer of Brain Injury Services, a local nonprofit committed to empowering TBI survivors on their journey of recovery. "Don't be alone. We can put you in the community," she said.

"Surviving Brain Injury: Stories of Strength and Inspiration" by Amy Zellmer. Published and copyright 2016 by Amy Zellmer. 357 pages.

Statistics

TBIs (traumatic brain injury) occurring in Virginia annually is 28,000.

Disabled as a result of brain injury in:

- ❖ City of Alexandria: 3,191
- ❖ Arlington County: 4,694
- ❖ Fairfax County: 22,587

SOURCE: BRAIN INJURY ASSOCIATION OF VIRGINIA



PHOTOS CONTRIBUTED

Marion Moon, second from left, poses with three graduates from Fork Union Military Academy who attended the school with the help of scholarship's in honor of her son, USAF Maj. Craig Moon. With her are Michael Harper, valedictorian George Oscar and Zakee Heyward. Moon is matching funds donated to the Alexandria Sportsman's Club scholarship fund through the end of 2016.

Keeping the Spirit Alive

Sons honored in Alexandria Sportsman's Club scholarship drive.

BY JEANNE THEISMANN
GAZETTE PACKET

Rick Moon enjoyed country music, boating and being on the water. The Alexandria native was also passionate about sports so when he died suddenly in 2013, his mother Marion Moon looked for a way to keep his spirit alive.

"The youth of our city were important to Rick so last year I made a donation to the Alexandria Sportsman's Club scholarship fund in his name," Moon said. "This year I decided to do a matching funds drive to generate more money and help high school students go to college. These young people are the ones we need to invest in. They're the ones taking care of our world when we are gone."

Moon will match up to \$12,500 for donations made to the ASC scholarship fund through Dec. 31, 2016.

"The Alexandria Sportsman's Club awarded eight scholarships totaling \$16,000 last May," said ASC president Tom McHugh. "Our goal is to increase that this year if we can generate the funds to do so."

Rick Moon, the older of Moon's two sons, would have celebrated his 60th birthday on Dec. 7. Moon lost her youngest son, USAF Maj. Craig Moon, just four years earlier. Both died suddenly in their sleep of heart attacks.

"When my youngest son died in 2009, I wanted to do something to celebrate his life and at the same time ease the heartbreak," said Moon, who is passionate about helping young students get the education they need to succeed. In honor

of her son Craig, Moon sponsors scholarships in his name at Fork Union Military Academy.

"I want to inspire people that maybe when they have a tragedy, celebrating the life of their loved one is the way to heal," Moon said. "But in turn you are helping other people. Because my sons lived other young men and women are benefitting — that's how I look at it."

For Moon, this is a way to continue to heal from her loss.

"I don't know how people survive without faith," said Moon, who serves on the board of trustees at Fork Union Military Academy and John Leland Center for Theological Studies. "It takes the pain away to celebrate my son's lives and know that other lives have been changed because of them. At Fork Union, I am helping young people that are the leaders of tomorrow and we need strong leaders."

Donations to the Sportsman's Club can be made in two ways: Write a 100 percent tax deductible check to Alexandria Sportsman's Club, PO Box 1011, Alexandria, VA 22313; donate online at www.alexandriavasports.org.

"Right now we are at about 75 percent of our goal," McHugh said. "No donation amount is too small."

For Moon, the ASC matching funds campaign is helping inspire others in Rick's memory.

"Rick loved helping children," Moon said. "And for me, you survive by helping other people."



USAF Maj. Craig Moon

PEOPLE



PHOTOS BY SHIRLEY RUHE/GAZETTE PACKET

Cooperative Extension Legislative Day

Grace Richardson, an Energy Master Volunteer with Virginia Cooperative Extension explains how a thermal camera works. "It helps find where air is leaking, when warm air is escaping. The blue light means it is colder and when it turns red, it is warm." The Energy Master program trains volunteers in energy efficiency and water conservation. Since 2011, 180 volunteers have helped more than 600 families living in affordable housing buildings in Arlington and Alexandria to decrease their energy and water usage.

Del. Mark Levine (D-45) fills his plate with the ancient grain salad, the Persian zucchini frittata and the smoked salmon salad prepared by the Master Food Volunteers at the Virginia Cooperative Extension Legislative Day on Dec. 2. In 2016, 887 volunteers spent 32,746 hours on extension activities in Arlington County and the City of Alexandria. This included 1,441 public education programs. Virginia Cooperative Extension works with Virginia Tech and Virginia State University, the commonwealth's land-grant universities, to help people put scientific knowledge to work.

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Remembering Animals in the Shelter

Natasha Edwards drops off holiday treats at the Animal League of Alexandria's shelter on Saturday, Dec. 10, to Emma Dettelback. The shelter has had 88 adoptions last month.

PHOTOS BY LAURA MAE SUDDER

Natasha Edwards visits with Agatha who is a candidate looking for a home. See <http://alexandrianimals.org/>



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OPINION

Helping the Arts Helps Our Community

BY PAUL A. FRANK,
CFRE
EXECUTIVE DIRECTOR
ALEXANDRIA SYMPHONY
ORCHESTRA



It's a nice feeling to know we can avail ourselves of so many opportunities to enjoy the arts in Alexandria. There's much from which to choose — visual arts, including galleries, exhibits, offers by individual artists — buy or just look and enjoy; performing arts, including musical performances by the symphony and chamber orchestras, ensembles, and street performers; and theatrical performances by local theater groups. And as we walk about the city, we can often view public art that can be enjoyed spontaneously.

For many of you reading this, it is one of the reasons you live in Alexandria; for others, it's the reason you visited Alexandria.

We must recognize, however, that a thriving arts community provides benefits to far more than the patrons who enjoy these offerings. It benefits musicians and actors who are employed; artists who sell their works; employees of the organizations that produce the art; vendors who supply everything from venue, technical and logistical support to food and beverages for receptions. And from there, benefits continue to spread — to the restaurants frequented before and after performances and visits to galleries and exhibits, hotels, clothiers, transportation and parking providers, even the baby sitter! — all of whom receive direct cash benefit.

Then there are indirect beneficiaries like Realtors who sell homes to people who want to live in a place with a vibrant atmosphere, homeowners whose real estate values rise, businesses, large and small, that rent office and retail space to be near the population that's here, and even the city which receives in-

creased revenue from taxes.

The ultimate beneficiary — our community!

But let's keep in mind, the idyllic but realistic scenario I just described depends on a critical first step — your support. Without your financial support this sequence of economic benefits doesn't happen. Most arts organizations, especially the charitable ones, cannot sustain their operation without financial support in addition to revenue derived from the sale of tickets or art. For example, if an orchestra such as the Alexandria Symphony Orchestra sold every seat for every performance throughout its season, it would earn only about 30 percent of what it costs to operate.

So as you enjoy the ambiance of our city, and take advantage of opportunities to enjoy the myriad of performing and visual arts — please remember to follow up with contribution as you are able. And consider it a gift to yourself as a resident of the community or a visitor to Alexandria.

COMMENTARY

LETTERS TO THE EDITOR

Safety Net Depends on All

To the Editor:

Charles Sumpter's characterization of the failure of the General Assembly to expand the Medicaid program as a "disgrace" (see "State Could Do More To Ensure Health Care," Alexandria Gazette Packet, Dec. 1) is altogether appropriate. He is also correct in saying, "Vir-

ginia Republicans are playing politics with the lives of residents in Alexandria and around the Commonwealth." For decades, research from the prestigious Institute of Medicine has informed us of a clear association between lack of health insurance and increased risk for premature death. The risk is even higher for those uninsured with a serious chronic health condition.

Nevertheless, over the past three

years, pleas like Mr. Sumpter's for action in Richmond have been ignored or soundly defeated by state lawmakers, and given the outcome of the recent presidential election, the likelihood Medicaid expansion will even be discussed during the forthcoming 2017 General Assembly session appears to be extremely remote.

We are proud to say that Alexandria — unlike most if not all other jurisdictions within the Com-

monwealth — has not been willing to entrust the health and well-being of many of its most vulnerable residents to the remote chance of a change of heart or mind in Richmond.

Late in 2014, then Mayor Bill Euille wrote, "The Alexandria City Council and I will continue to support the governor's efforts to get the General Assembly to expand the Medicaid program. However, in the absence of such an agreement, ... we cannot and will not sit quietly while the General Assembly continues to deny comprehensive health insurance coverage to the neediest among us."

With unanimous consent from City Council, Mayor Euille appointed a Special Advisory Panel on the Health Care Needs of the Uninsured, and the panel's report and recommendations (issued May 2015) laid the foundation for a grass roots, collaboration (under the leadership of the newly formed Alliance for Alexandria's Uninsured) to expand access to timely and affordable primary care services to more than 90 percent of the non-elderly adult residents of the city who live at or below the federal poverty index (approximately \$12,000 for an individual). Since the May 2015 report, the Alliance has worked with City Council and with a host of community-based and faith based partners to:

(1) host two one-day Free Community Health Fairs for the low-income uninsured of Alexandria (the first fair took place on Nov. 14, 2015 and attracted almost 300 uninsured residents; the second



STEVE ARTLEY/GAZETTE PACKET



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A Ministry to the Faithful and the Community Beyond

FROM PAGE 4

idea that we have a tradition that's rooted in the gospel of Jesus Christ."

Against that reference point, the Church always considers its teachings to be conservative, regardless of where they fall on the partisan spectrum.

"[S]ometimes the positions that we take in the public forum are going to align ourselves with people who are known politically as conservative. But at other times the positions that we take to protect and promote human life and dignity will align us with people who are sometimes known as liberal in the public forum," said Ferguson.

For example, Catholic Voice NC supported an amendment to the N.C. state constitution that would have banned same-sex nuptials. It also supported the DREAM Act, bipartisan legislation to provide a pathway to citizenship for undocumented immigrant youth. Similarly, the Virginia Catholic Conference supported legislation to restrict access to abortions. It also opposed allowing concealed handguns on school property.

BURBRIDGE ALSO has experience with ecumenical diplomacy. He served five years as co-chair of the International Catholic-Pentecostal Dialogue, a Vatican-sponsored program to improve relations between the historically estranged Christian traditions.

"It was a wonderful opportunity. I was honored. ... What I learned from it is that there is a scholarly approach to the work of ecumenism, where we really have to study and learn, 'What do you believe? And why do you believe that? And what's the history of that?' And so we get to teach each other. ... And then what you try to do is you try to find, where is there common ground? What are the things — the statements, the core beliefs, the convictions — that we agree upon? And let's put them on the table, too, and celebrate them. Now if it's a true dialogue, you also have to say, 'And where do we disagree? ... What are those things that separate us?' And then we begin to try to explain that to each other.

"And then every part of the dialogue was always rooted in prayer. We prayed together every single day. And one day the Pentecostals would lead the prayer, and the next day the Catholics would lead the prayer. One time they would

take us to a Pentecostal celebration, and we would take them to a Catholic celebration. So you experience each other, how they live and celebrate the faith.

"So I think if you put all those principles together, then any ecumenical dialogue would be fruitful. ... And here, I know the work in the Diocese of Arlington — the ecumenical efforts — is very, very strong. So I look forward to continuing that dialogue."

In any case, Burbidge believes his diocese must engage beyond itself with both principled tradi-

tion and charity. The two go hand in hand: "As God's servants first, we are called to bring the truth and the joy of the Gospel into the public arena, with conviction and, always, in love."

Any public officials seeking to engage the diocese should con-

tact the Office of the Bishop at 703-841-2511. Other religious leaders should contact either the Office of the Bishop, or the Rev. Donald Rooney, the director of the diocese's Office of Ecumenical & Interreligious Affairs at 703-451-8576.

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‘Compassion Fatigue’ and Animal Shelter Workers

BY BARBARA S. MOFFET
ANIMAL WELFARE LEAGUE OF ALEXANDRIA

For Joanna Fortin, who manages adoptions at the Animal Welfare League of Alexandria (AWLA), some of the toughest moments of her work day occur when a citizen comes to the shelter to surrender a pet. “Many of the people coming to us are in crisis, they’ve run out of resources and they’re just trying to do the right thing for their pet, but it can still be heartbreaking,” she said. “I just try to listen to what they tell me and thank them for putting their pet first.”

Fortin and the AWLA staff face such sadness on a daily basis. An abused animal suffering from severe injuries is brought to the shelter; a very sick one has to be euthanized.

It can even be gut-wrenching when a pet who has become a fixture at the shelter gets adopted. Although it’s a mission-accomplished moment, it still can feel like a loss to all of those who were an intimate part of the animal’s journey.

That is why AWLA staffers recently sat down for a workshop on “compassion fa-

tigue.” Taught by Hilary Anne Hager of the Humane Society of the United States, the session introduced the group to the term, which refers to the “emotional, physical, social, and spiritual exhaustion that overtakes a person and causes a pervasive decline in his/her desire, ability and energy to feel and care for others.” Originally applied to those in other fields whose work requires daily compassion — police officers, paramedics, nurses — shelter workers have been added to the list. Their workplaces, like those of others with high levels of compassion fatigue, can be prone to high staff turnover rates, among other problems.

“We’re called to do this work because we care so deeply about animals,” Hager told the AWLA employees. “We want to serve as the voice for the voiceless, but often we aren’t finished processing the loss of one animal when another loss comes along.”

Hager, who once managed a foster pro-



AWLA staffers hug Annabelle, a dog with some health challenges, before her adoption.

PHOTO BY ANIMAL WELFARE LEAGUE OF ALEXANDRIA

eating and withdrawal from human contact. The quiz included a “self-care assessment” for staffers to reflect on how well they were treating themselves — such basics as making sure they are getting enough sleep and following a healthy diet, carving out time to relax, and connecting with nature. She advised some simple techniques, such as deep breathing and meditation, for use on the job when an employee feels overwhelmed with compassion fatigue.

AWLA Adoptions Manager Fortin, who has been doing shelter work for 12 years and

helps provide care to dozens of animals weekly, says that from time to time she has seen compassion fatigue in employees: They seem deflated and focused on the negative aspects of the job.

To combat the problem, she encourages her staff to celebrate each successful adoption and to make sure they take breaks after experiencing a difficult case, even just a few minutes to snuggle with a cat or dog.

“Even though our work can be tough, it is those experiences that reaffirm our purpose and commitment to the animal welfare field,” Fortin said. “Our shared successes and the positive outcomes for the animals we work with enable us to continue this work.”

A Home of My Own

BY JANE HESS COLLINS
COMMUNITY LODGINGS
COMMUNICATIONS MANAGER

Denise (fictional name) needed to leave. Now. After years of enduring verbal and physical abuse and hiding in closets, after feeling it escalate — literally — after her husband returned from military deployments, his abuse got worse. He had just called her and left a message: He could not be responsible for what happened to her and her two children when he came home tonight. He might kill them.

Denise called the emergency hotline. They dispatched a cab for her, instructing her to pack one bag for her and her children, just two and seven years old. She loaded up a garbage bag with their clothes and a few toys. She would find clothes for herself later, she thought. She was taken to the Alexandria Domestic Violence Shelter, then she rented a room for a year. Finally, she was referred to Community Lodgings, an Alexandria nonprofit that helps families lift themselves from poverty by offering transitional and affordable housing, and youth education programs.

Community Lodgings owns six apartments used for transitional housing clients and accepts families based in part on their likelihood of completing the two-year program and living independently afterward. Clients cannot drink alcohol or use drugs, and they must agree to random drug testing. They must work at least 35 hours a week, pay a program fee equaling 30 per-

cent of their monthly income and save another five percent.

Denise had not worked in five years and was in tremendous debt when she moved into her Community Lodgings apartment. Together with Charlyne Braxton, the Community Lodgings case manager, she established goals to attain permanent housing, stay employed, get out of debt and improve her credit score, and stay physically and mentally healthy.

With the help of Braxton and her volunteer budget counselor and employment coach, she climbed out of debt, secured a bank job and learned to trust herself.

“I learned how resilient I was. How strong I was,” Denise recalled.

Braxton agrees that her clients need to be disciplined to succeed. “It’s about helping clients help themselves to change,” she said. “Each parent entering the program signs an agreement stating that they understand what is required of them. It is up to them to follow through on what they need to do.” Now a bank assistant branch manager, Denise credits Community Lodgings for her new, independent life. “I learned so much about myself,” she said. “And that is something I can never repay Community Lodgings for.”

She is most proud of her two children, both of whom are enrolled in their school’s talented and gifted program. “My kids are so proud of me,” she said.

And so are we.

Happy holidays from Community Lodgings.

To learn how to be part of Community Lodgings’ work, visit its website at <http://communitylodgings.org> or call 703-549-4407.

gram for a shelter in Washington state that placed special-needs animals in homes to prepare them for adoption, said she has had her own taste of compassion fatigue. “I got to the point where I couldn’t stand to see another box of kittens come in,” she recalled.

“All I saw was their great needs — what was I going to do with them? Fortunately, I’ve been away from that type of work long enough to think kittens are cute again.”

Hager shared the signs — in the form of a quiz — that can tip shelter employees off that they might be transforming from zealot to zombie, including: drop in work productivity, increased anxiety or anger at coworkers, escaping through excessive drinking or

LETTERS TO THE EDITOR

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fair — sponsored by more than 60 community-based, faith-based and health care organizations — took place on Nov. 5, less than six weeks ago, and attracted more than 350 adults and children. (See “Alexandria’s uninsured expresses thanks for free health fair,” Alexandria Gazette Packet, Nov. 17); and,

(2) secure additional funds of \$102,641 to help Neighborhood Health (the city’s community health center) expand its capacity to provide primary care services to approximately 700 low-income uninsured residents. (Most of those funds will support at least two primary care visits a year for those without a medical home or a routine source of care.)

As the saying goes, “action speaks louder than words.” And by these actions the city and community of Alexandria should take pride in knowing that no other jurisdiction within the Commonwealth comes close to the attention and the resources it has devoted — and hopefully will continue to devote — to the health and well-being of many of its most vulnerable and economically disadvantaged residents, made all the more so by the insensitivity and overly partisan behavior of a handful of lawmakers in Richmond.

The Alliance’s vision statement calls for “bringing health and hope to Alexandria’s

low-income uninsured.” It is pretty safe to say that for the immediate and near-term future Richmond will not be the source of much “health or hope” for the low-income uninsured adults throughout the Commonwealth (including an estimated 5,500 in the City of Alexandria.) Therefore, we must continue to look inward — to the heart and soul of this generous and compassionate community — to fortify and sustain the health care safety net so many of our most vulnerable citizens have come to rely on.

Richard Merritt, Co-chair
Dan Hawkins, Co-chair

Alliance for Alexandria’s Uninsured

Focus on Blocked Intersections

To the Editor:

I have two traffic concerns this week. First, after the bike lanes were installed on upper King Street (which are seldom used for this purpose), City Hall is planning a similar “enhanced bicycle corridor” on Cameron and Prince streets between the King Street Metro Station and Union Street. However, since parking is at a premium already, the removal of existing parking

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Christine Garner
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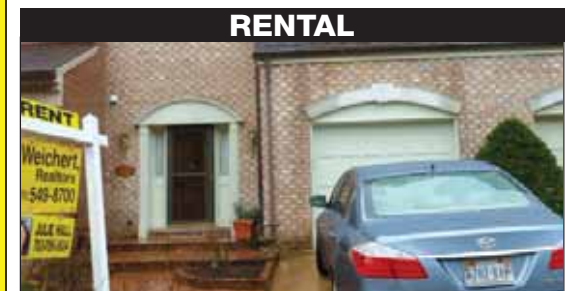


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OPINION

All I Want for Christmas ...

BY BREANNE
DRISCOLL
REBUILDING TO-
GETHER ALEXANDRIA



Dear Santa, In case you are trying to find me, I wanted to let you know that I'm living in a new home this year. I even have my own bedroom. We don't have a chimney, but I know you will find a way to come in. Don't worry, I will leave cookies.

My mom seems so happy this year. We get to play more since we don't have to spend as much time in the car to get home. Before, mom and I would sing and talk on the long ride home. We still talk and sing; but now that we live closer to her work, I have more time to play outside. I go to the park near my house which has a fun playground.

Anya is my best friend. She lives near me and we go to the playground and bus stop together. I hope that Anya and I can be friends forever.

Ms. Kelly is my teacher this year. I'm glad I haven't moved to another school again. Having just one teacher has made it easier for

me to learn. My grades are better, too.

I know that you have lots of kids to visit this year, but I hope you can find room in your sleigh for a bike. It doesn't have to be new or fancy, but Anya and I want to bike to the park. The park was just fixed up!

My mom says that we can stay here for a while since she owns her home now. That way you know where to find me next year too.

Your friend,
Erica

We serve many "Ericas" throughout the year — children and their parents who want a safe place to call home that is near where they work and part of a community. We know that having affordable housing is good for children, families and the whole community. It creates stronger, more stable neighborhoods and ensures children get better educational opportunities.

As the New Year approaches, I hope that our generous, diverse, and vibrant Alexandria community can find new ways to come together in support of children like Erica. At Rebuilding Together Alexandria, we look forward to creating new and innovative ways to keep low-income residents housed.

To learn more about the importance of affordable housing or how to volunteer with us, visit www.RebuildingTogetherAlex.org.

Happy holidays!

LETTERS TO THE EDITOR

FROM PAGE 12

spaces is not planned, which doesn't leave much room for bike lanes.

Additionally, putting bike lanes on these two high speed "racetracks" will create an extremely unsafe environment. It is obviously apparent that city staff has not considered peak traffic hours on these streets, or they would not have made this proposal. Also, a bike is at a standstill in this environment, since cars are moving at an unenforced breakneck speed.

Overall, the conflict between vehicles, bikes and pedestrians on these two skinny streets is not conducive to good traffic management, therefore this project needs to be shelved. This really begs the question; "Doesn't the city staff have something more useful to do than to dream up such ill-conceived projects?"

My second concern is this: I drive down Prince Street every day from my office, which is located near the King Street Metro. Traffic begins to build a little after 4 p.m. until the street is packed by 5 p.m. Much of this traffic is headed to the Route 1 exit at the Henry Street intersection, which is generally jammed with cars blocking traffic in the intersection. When City Council decides to start enforcing our traffic laws, this intersection is a good candidate to start with. This would be a better use of City Hall's time and energy in the long run — rather than adding to traffic woes, it can solve them.

Townsend A. "Van" Van Fleet
Alexandria

Lessons for Democrats

To the Editor:

After this seismic national election, Virginia voters have a playbook of what to do and not to do with the state's upcoming campaign contests for 2017.

As Albert Einstein once noted, the definition for insanity is doing the same thing over and over, and expecting a different result. Don't let the upcoming Virginia statewide election battle be another losing proposition for Democrats by replicating various strategic mistakes. Here are some suggestions:

♦ **Start at the top**, with the pending choice of a Democratic candidate for governor.

Some fellow politicians are coalescing around Dr. Ralph Northam as a "good guy." But he is not running for Mr. Congeniality as one does in a beauty pageant. While he is knowledgeable and has political experience, Northam is not a charismatic personality, a facile impromptu speaker, a debater or an aggressive rebuttal person. The many Republican candidates vying for the top job will be very tough competition and he will not fare well, in person or in debates.

The Virginia Democrats should stop acting like the Trump Republicans, who are wrapped in the sycophantic myth of the "Emperor's New Clothes." Northam will not win the governor's race. Pick instead someone who would be a more viable opponent

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LETTERS

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like the current Attorney General Mark Herring or state Sen. Mark Levine or someone else with a proven track record for a statewide race. The Democratic governor's candidate must have the verbal skills, political savvy and the jousting ability that this contest will require. Northam does not.

❖ **Skip a suicidal multi-person primary.** Eight years ago, the Democrats made Republican Bob McDonald the governor with their fractious three-way primary. Don't fall into that trap again.

❖ **Clean house.** Robby Mook, the campaign organizer for the Hillary Clinton campaign, left one detail to chance, and it was his undoing. States are "blue" or "red" based on a color on a paper or in the voter's perceptions. And this is in a state of flux, not done with permanent marker pens. Mook overlooked courting voters in once "blue" Wisconsin, Michigan and Pennsylvania, who had been considered "safe" prospects on paper four years ago — and his analysis was seriously out of date. These states cost him the election. He had an overreliance on algorithms and technology instead of "street smarts" and checking for flaws in the overall strategy.

Democrats could benefit from what Republicans did after the 2008 and 2012 losing elections. They hold people accountable for negative results and fire them from the top on down, unlike some Democrat organizations that give these campaign managers second, third and fourth chances to try again. One needs to remember that "do overs" occur only on the golf course, not in the voting booth. Mook should be unemployable in the political field for a long, long time.

❖ **Leave nothing to chance.** Dr. Howard Dean, who once headed the Democratic National Committee, emphasized that all presidential races should be based on 50 states, not the myth of a few "swing" states. The same holds true for Virginia with its 95 counties and 38 independent cities. A "we" in Northern Virginia versus the "they" of all the downstate areas will not work.

Instead, we need an "us" approach which looks for the commonalities we share: good schools (wherever you live); a healthy and safe environment (clean air and clean water; public health); security (in the neighborhood, school, work); and fairness and equity in

SEE LETTERS, PAGE 16



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LETTERS



PHOTO CONTRIBUTED

A National Park Service - Washington Area Bicyclist Association project at Jones Point Park moved 74 parking bumpers, cleaned up debris and patched holes.

FROM PAGE 15

applying the Rule of Law in the community and in the workplace. With job creation, encourage our Virginia candidates to urge U.S. employers to relocate overseas Call Centers to Virginia. Our workers can replace those in far flung places, instead of the state trying to prop up industries like coal mining and tobacco that can kill these workers over time? Have our Democratic candidates call for a raise in the state's minimum wage, for all workers, not just those in Northern Virginia. Educate voters to stop voting against their own best interests. And demand that the media coverage of this campaign not be fact-free or "fake news," as happened on the national scene.

Kathleen Burns
Alexandria

Improving A Local Amenity

To the Editor:

A previous writer indicated that the Washington Area Bicyclist Association (WABA) had sidestepped applicable processes in pursuing a narrow interest in a public space. The opposite is true. WABA followed applicable processes to improve a local amenity for public use. Shortly after we asked questions about a National Park Service (NPS) - WABA project at Jones Point Park, WABA's executive director explained the genesis of the project:

"WABA currently teaches roughly 15-20 bicycle safety classes annually at Jones Point Park going back years. We are the region's largest bicycle safety education organization ... WABA is committed to increasing safe and legal bicycling.

"This project was conceived in 2012 with the previous GW Parkway Superintendent Jon James. When the National Park Service

finished construction of Jones Point Park, Department of Homeland Security forbid NPS from using the parking lots underneath the bridge unless a permit was acquired due to national security concerns. As such, we proposed to NPS repurposing one of the parking lots into a place for safe bicycling education. We entered into an MOU with GWMP in 2015 to install this project.

"The design for Jones Point Park is a pilot installation with only pavement paint. There will be no heavy construction and only modifications to the pavement surface. There will be no vertical construction.

"On Saturday, volunteers will move the concrete 'parking stops' off of the parking lot to create a clean and obstruction free surface. Next spring, we will host another set of volunteer days to paint the 'streets.'

"This project demonstrates WABA's core commitment to safe bicycling education. We will continue to use the space for our Alexandria classes. And we will promote this place as a local amenity for families to use to teach their children to ride bicycles safely."

The executive director further offered to meet with residents who have questions about the project, as did I. He also confirmed that 100 percent of the "Bike Campus" project will be funded by WABA, a non-profit organization.

On Saturday a group of 20 volunteers and staff from the National Park Service and WABA made short work of moving parking bumpers. [See photo above.]

A total of 74 bumpers were moved to the side for pick-up by NPS staff. Dirt and debris that had accumulated around the bumpers was swept up and holes were patched. With 74 "tripping hazards" removed, the area is a safer open space for use by all.

Jim Durham
Chair,
Alexandria Bicycle and
Pedestrian Advisory Committee

Two Types of Christmas

BY THOMAS C. BROWN, JR.

The annual back and forth about ritual Christmas celebratory customs and their attendant symbols — crèches, carols, trees — has become an event all its own, sometimes involving more the matter of what is permitted and who gets to decide than the holiday itself, provoking much unneeded argument, flexing of constitutional muscles, and hurt feelings.

To simplify the matter, consider that there are two types of Christmas, and Americans, given their abundant freedoms, may choose the type they want to celebrate, choose to celebrate both types, or choose not to celebrate at all. Under certain circumstances, the two types of Christmas may be comingled, but they are better thought of as separate. Neither one is to be imposed on anyone.

The first Christmas type is the one Christians celebrate as the anniversary of the birth of Christ. This Christmas type, and the days leading to and following it, is a religious event, for which no celebratory permission is needed, just as your regular or irregular attendance at your place of worship requires no permission. For this Christmas type, there may, or may not, be an exchange of gifts but the celebrating does not take place on government property.

The second Christmas type is not religious and has nothing to do with the birth of Christ. It is a purely secular, or even corporate, event involving the exchange of gifts and the shopping associated with them, reunion of family and friends, and various kinds of celebratory merry making, typically with food or beverage — usually the more of each the better the celebration.

So what is the difficulty and why all the Christmas angst? Because we conflate the two Christmases, seeing them as one when they really are two, and because so many seem unable to accept the separation of church and state, we are unsure of which rituals are appropriate under which circumstances and in which places.

Some people's religious beliefs are offended while other people's political values are offended.

Is a crèche appropriate on public property? Is singing Christmas carols or performing a Christmas pageant appropri-

ate in public schools? Where can we place a Christmas tree — or is it a holiday tree? Why is Christmas a holiday? What to do?

If we apply the religious vs secular test, we can sort out things and the answers present themselves with greater ease. Consider the following:

❖ A crèche is a religious symbol, so place it in a religious setting. If you want to place a crèche on your property, your home for example, do so, but do not place it on public property. If a crèche is not placed on public property, then we do not need to address the matter of a menorah, which is not about Christmas anyway.

❖ A public school is a public building, so singing Christmas carols — the religious hymns, not the secular songs — or performing a Christmas drama about the birth of Christ in a public school as part of the school day is not allowed. The mandatory singing of religious hymns is equally offensive and is not permitted.

❖ The Christmas tree is a secular item, with no religious connotation, although it often appears in Christian churches because a church is free to include whatever it wants as part of its Christmas décor. Under the two-Christmas approach, calling a tree a Christmas tree does not make it a religious icon. It is just a Christmas tree; place it wherever it fits. Call it a holiday tree if you want.

❖ Since church and state are separate, why is Christmas a federal holiday? Under the two-Christmas approach, making the secular Christmas a federal holiday does not violate the separation of church and state. Besides, making Christmas a holiday recognizes an essential fact: only those who go to work now because their presence is indispensable would go to work if Christmas were not a holiday. The others would take annual leave.

❖ Wish each other a Merry Christmas, because it covers both types of Christmas, and let the recipient of your good wishes figure out which one you mean.

From now on, anticipate Christmas without the usual tug-of-war over whose rights are being favored or disfavored. Celebrate the Christian Christmas or the secular Christmas or both or neither. You decide. But be nice, in keeping with the Christmas spirit — both Christmases.

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BULLETIN BOARD

Email announcements to gazette@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

FRIDAY/DEC. 16

Parent Coffee: A Family Engagement Initiative. 8:15-9:45 a.m. at Patrick Henry Elementary, 4643 Taney Ave. Families are invited to join the Principal and Parent Liaison at their child's schools each month to discuss important issues

regarding their child's education. Enjoy coffee and a light breakfast, ask questions, and hear from school staff and other parents. 703-824-6865 or krishna.leyva@acps.k12.va.us

SATURDAY/DEC. 17

Alexandria Domestic Violence Program Holiday Party for children. Donations needed, 8 a.m.-5 p.m. at the main office at 421 King Street, Suite 400, from 8 a.m. to 5 p.m. The deadline for delivery or pick-up of unwrapped gift donations is Dec. 15. 703-746-4911

ENTERTAINMENT

Email announcements to gazette@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

“Adventures With Mr. Bear.”

Through Dec. 17, various times at The Lab at Convergence, 1819 N. Quaker Lane. One cozy winter afternoon, a young girl and her favorite stuffed animal, Mr. Bear, play a game of hide and seek which evolves into a series of exciting adventures. Together, they embark on a journey of endless possibilities – all from the comfort of her playroom. Tickets are \$9. Visit www.ArtsOnTheHorizon.org.

The Little Theatre of Alexandria’s

“A Christmas Carol.” Through Dec. 17, various times at The Little Theatre of Alexandria, 600 Wolfe St. A return of the classic by Charles Dickens featuring Ebenezer Scrooge, a miserly Victorian humbug. 703-683-0496 or www.thelittletheatre.com

Convergence: “Various Small

Fires.” Through Dec. 17, gallery hours at Convergence Gallery, 1801 N. Quaker Lane. the Convergence Arts Initiative presents: ‘Various Small Fires,’ a site-specific installation and exhibit by Isabel Cureux. Various Small Fires explores how each small event in our lives creates who we are. Mental illness, divorce, “biraciality,” and religion will be presented in innovative ways to garner a feeling of solidarity with others who have experienced these things, and present a new way to understand them for those who have not. Free to attend. Visit www.ourconvergence.org for more.

“Raising: Motherhood in

Modernity.” Through Dec. 18, gallery hours at The Margaret W. and Joseph L. Fisher Art Gallery at the Rachel M. Schlesinger Concert Hall and Arts Center, 4915 E. Campus Drive. Elements of motherhood and the good and bad of being a parent can be found in the ceramic pieces Jessica Gardner created for the exhibit “Raising: Motherhood in Modernity.” Free. Visit www.nvcc.edu for more.

West Potomac High School

Athletic Boosters Christmas Tree Sale. Through Dec. 24. Saturday, 9 a.m.-6 p.m., Sunday 10 a.m.-5 p.m. and weeknights from 5-8 p.m. next to Sandburg Middle School, 8428 Fort Hunt Road. 703-360-1048

December Artist Showcase.

Through Dec. 31 at Broadway Gallery, 5641-B General Washington Drive. The December Artist Showcase features new works from several of gallery artists, including abstracts, landscapes, seascapes, and photography. www.broadwaygallery.net 703-450-8005

116 King Holiday Pop-Up.

Through Dec. 31, at 116 King St. The shop will feature 28 upscale fashion and lifestyle brands, including 13 brands under the umbrella of The Skinny Dip, a fashion collective founded by Sara Rossi and Taylor Ivey, as well as 15 additional brands with products ranging from women’s apparel and jewelry to men’s clothing, children’s items and other gifts. Sponsored by the Alexandria Economic Development Partnership. www.116king.com

Master Realist Painter Dennis Crayon Pieces Together the Past. through Jan. 2 at the Torpedo Factory Art Center 105 North Union St., Studio 21. Scraps of old photos

are starting points for his paintings and expands outward, using imagination to fill in the story and objects outside the bounds of the snapshot. Opening reception and meet the artist: Thursday, Dec. 8, 6:30-8 p.m. www.theartleague.org

“Fully Committed” at MetroStage.

Through Jan. 8, various times at MetroStage, 1201 N. Royal St. Tom Story plays a restaurant reservationist, juggling phones, personalities and pandemonium with the dexterity of a Cirque du Soleil contortionist. \$55-\$60 703-548-9044 www.metrostage.org

Art Exhibit: Color Disorder.

Through Jan. 8 at Athenaeum Gallery, 201 Prince St. Katie Baines and Amy Chan’s acrylic, gouache, airbrush and screen print work on display. Sat., Nov. 13, 4-6 p.m. is opening reception. 703-548-0035, nvfaa.org.

Potomac Fiber Arts Gallery:

“Geometry Glitz.” Through Jan. 8, gallery hours at Torpedo Factory Art Center, 105 N. Union St. 2016. In this show, our artists have the sparkle and shine of the holidays for inspiration, with an additional focus on geometry. Explorations may focus on points, lines, and other flat shapes, such as circles and triangles, or 3-dimensional shapes, such as spheres and cubes. Free. Visit www.potomacfiberartsgallery.com.

Bagels and Bach Concert Series

Returns. Through Jan. 8, 11 a.m.-1 p.m. at the Durant Arts Center, 1605 Cameron St. Enjoy classical music from Washington Metropolitan Philharmonic Association’s Youth Orchestras while eating a light brunch. Advance registration: resident \$10/Nonresident \$15. Children under 5 years old are free. For more information, contact Cheryl Ann Colton at 703-746-5565 or e-mail cheryllanne.colton@alexandriava.gov

Art Making as Meditation with

Kathryn Coneway. Second Wednesday of each month, 7-8:30 p.m. at St. Aidan’s Episcopal Church, 8531 Riverside Road. Each session begins with a short reading and a brief introduction to materials. Silence for making and meditation lasts an hour followed by sharing images or insights gained through the process, if desired. Children able to participate in silence are welcome to come with a parent’s quiet supervision. RSVP not necessary for attendance, but helpful for planning purposes. Email info@centerforspiritualdeepening.org.

New Frontiers in Textile Art

through Jan. 15 at the Torpedo Factory Art Center, 105 N. Union St. a new exhibition in Target Gallery, the contemporary exhibition space for the, turns an eye toward the future of textile art. Public reception: Thursday, Dec. 8, 6–8 p.m.; Juror’s Talk at 7 p.m.

Mercy in Alexandria Walking

Tour. Sundays at 1:30 p.m. at Alexandria Visitors Center, 221 King St. Experience an inside access tour of 19th century Alexandria. Inspired by the PBS mini-series “Mercy Street,” accompany a trained military historian through Civil War-era Alexandria and learn the actual history behind the TV show. Short tours are \$15, private tours for five are \$149. Visit www.dcmilitarytour.com for more.

The Lyceum: 175 Years of Local

History. Ongoing, Monday-Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. at The Lyceum, 201 S. Washington St. On view in the museum’s Coldsmith Gallery, the historical objects and images featured represent The Lyceum, the community at work, and commemorations and celebrations. Throughout the exhibition, visitors



PHOTO
CONTRIBUTED

‘Fully Committed’

Tom Story plays a restaurant reservationist, juggling phones, personalities and pandemonium with the dexterity of a Cirque du Soleil contortionist. “Fully Committed” at MetroStage, 1201 N. Royal St. playing Dec.8-Jan. 8. \$55-\$60. Call 703-548-9044 or visit www.metrostage.org.

are invited to “be the curator” and think about why the various artifacts are in the museum’s collection, and about how tangible representatives of the past help tell the story of Alexandria’s history. Free. Visit www.alexandriahistory.org for more.

Medical Care for the Civil War

Soldier Exhibit. Ongoing at the Fort Ward museum, 4301 W. Braddock Road. ongoing exhibit which features original medical instruments and equipment from the Civil War period and information on Union Army hospital sites in Alexandria. Free. Visit www.alexandriava.gov/fortward for more.

Alexandria’s Nurses and Hospitals

During the Civil War. Ongoing at The Lyceum, 201 S. Washington St. An exhibit on the life of Clarissa Jones, a nurse at The Lyceum hospital during the Civil War. The true story of a nurse in Alexandria during the war, drawing parallels with characters portrayed in the PBS drama “Mercy Street,” with references to the experiences of other nurses, such as Anne Reading, who worked in the Mansion House hospital, and Jane Woolsey, who served at the Fairfax Seminary hospital. Admission is \$2. Visit www.alexandriava.gov/lyceum for more.

“Ancient Art of Movement.” 1 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Carmen Shippy, retired professional dancer, teaches a series designed for ages 50 and above. Movements are designed to

strengthen core muscles and increase flexibility. Adjustments will be made for those with physical limitations. First lesson in the series is free for non-center members. To continue lessons, a yearly membership to all Senior Center programs is \$48. Call 703-765-4573 to sign up.

Flamenco Show.

Wednesdays and Thursdays, 7:30-8:30 p.m. at La Tasca, 607 King St. Watch dancers and guitarists perform traditional flamenco. Free to attend. Call 703-299-9810 or visit www.latascausa.com.

French Movie Night.

Every Thursday, 7 p.m. in the back room of Fontaine Caffe and Creperie, 119 S. Royal St. View a French film. Free, no reservation necessary. Call 703-535-8151 or visit www.fontainecaffe.com/reviews.html.

Their Fates Intertwined: The Lees of Alexandria in the War of 1812.

Wednesday- Saturday, 10 a.m.-4 p.m. Sunday, 1-4 p.m. Lee-Fendall House and Gardens, 614 Oronoco St. A new exhibit on the experiences of the Lee family in Alexandria during the War of 1812 examines the contributions of Alexandria’s citizens during the conflict that led to the writing of our national anthem through the lives of this iconic Virginia family. Visit www.leafendallhouse.org or call 703-548-1789.

Alexandria Cars and Coffee invites car enthusiasts to meet for coffee at Hollin Hall Shopping Center in front of Roseina’s, 1307 Shenandoah Road.

Owners of classic cars, hot rods, exotic cars, motorcycles and more meet to share car stories and drink coffee. Group meets the first Sunday of every month. 8:30-11 a.m.

Fifty Years of Collecting. Tuesday-Saturday 10 a.m.-5 p.m., Sundays 12-5 p.m. Fort Ward Museum, 4301 W. Braddock Road. An anniversary exhibit of objects from the Fort Ward collection. Free. Visit www.fortward.org or call 703-746-4848.

Dishing up Wares for a Holiday

Harvest Spread through Nov. 30 at 105 N. Union St., ground floor Studio 19. Artists riff on an abundance of raw material, creatively cooking up a table fully dressed for the holidays from the centerpiece down to the dishes. For more information, call Scope Gallery at 703-548-6288, visit scopegallery.org, or torpedofactory.org/galleries/scope

National Inventors Hall of Fame

Exhibit. Through November at The National Inventors Hall of Fame–USPTO campus, 600 Dulany St. The exhibit features the stories of Inductees of the National Inventors Hall of Fame who served their country during World War II and returned home to help build the nation with their innovations. Free. Visit www.inventnow.org.

Dinner for the Washingtons.

12 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway. A walking tour that goes behind the scenes to find out how food was prepared and served before the era of microwaves and TV dinners. \$5 in addition to estate admission. Visit www.mountvernon.org for more.

Second Thursday Music.

Athenaeum, 201 Prince St. 7 p.m. Second Thursday of every month. Visit nvfaa.org to view concert calendar and listen to upcoming Second Thursday Music artists.

The Monday Morning Birdwalk

takes place weekly, rain or shine (except during electrical storms, strong winds, or icy trails), at 7 a.m. (8 a.m. November through March), is free, requires no reservation and is open to all. Birders meet in the parking lot at the park’s entrance at 3701 Lockheed Blvd. Direct questions to park staff during normal business hours at 703-768-2525.

Civil War Sundays.

1-5 p.m. at Alexandria Archaeology Museum, 105 North Union St., #327. Learn more about the Civil War as it occurred in Alexandria. Find dioramas, newspaper articles and more. Free. Visit www.alexandriarchaeology.org.

Doggy Happy Hour.

Starting April 5, Tuesdays through October 5-8 p.m. at Jackson 20 and Hotel Monaco Alexandria, 480 King St. Doggy Happy Hour at Jackson 20 and the Hotel Monaco Alexandria offers specials on cocktails and beers plus treats and water for canine companions. Free, but drinks sold separately. Visit www.monaco-alexandria.com for more.

Baseball Boat to Nationals Park.

Departs from the Alexandria Marina, 1 Cameron St. The Potomac Riverboat Company offers baseball enthusiasts the chance to avoid the crowds and take a leisurely cruise from Old Town Alexandria to Nationals Park along the scenic Potomac River. Admission: one-way \$20; round-trip \$25 Monday-Thursday; round-trip \$28 Friday-Sunday. Visit www.baseballboat.com for more.

Wake Up Wednesdays featuring The Pop Up Cafe. 7-9:30 a.m. on Wednesday’s near the King Street Tunnel - Carlyle Entrance located near 2000 Duke Street near Motley Fool. The cafe will feature coffee, live music to help commuters start the

ENTERTAINMENT

Join Us CELEBRATE ADVENT AND CHRISTMAS AT TRINITY
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December 18
Fourth Sunday of Advent

9:30 a.m. Advent Adult Forum (Parlor), Canticle of Simeon - Luke 2:29-32
11:00 a.m. Worship with Lighting of Fourth Advent Candle

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5:00 pm Vigil Mass
6:30 pm Vigil Mass (en Español)

Sunday:
7:30 am; 9:00 am (with Sign Language Interpreter and Children's Liturgy of the Word); 10:30 am; 12:00 Noon; 2:00 pm (en Español); 6:30 pm

Monday-Saturday:
9:00 am Mass (Rosary at 8:30 am)

En Español:
Monday, 6:30 pm; Thursday, 7:30 pm; First Friday, 7:30 pm

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St. Paul's Church
warmly welcomes you to join us in celebrating the birth of Christ at one of our many Christmas service offerings:

Saturday, December 24
Christmas Eve

12:00 p.m. Holy Eucharist
4:00 p.m. Holy Eucharist Children & Family Service with Angel Choir, Youth Ensemble, and the Heralds
5:30 p.m. Prelude
6:00 p.m. Holy Eucharist with St. Cecilia & Women's Choirs and Brass
10:30 p.m. Prelude
11:00 p.m. Holy Eucharist with Adult Choir & Brass

Sunday, December 25
Christmas Day

10:00 a.m. Holy Eucharist

Sunday, January 1
10:00 a.m. Christmas Lessons and Carols

St. Paul's Episcopal Church
228 South Pitt Street, Alexandria, Virginia 22314
The Rev. Oran E. Warder, Rector
703.549.3312
www.stpaulsalexandria.com



Lorrie Morgan's Country Christmas

Lorrie Morgan will be playing Dec. 18 at Birchmere. Doors are at 7:30 p.m. and tickets are \$45. www.birchmere.com

day off right and donuts from Sugar Shack. maurisapotts@gmail.com

CAMPS, CLASSES AND WORKSHOPS

Community Dance. 7:30-9:30 p.m. every third Friday at Hollin Hall Senior Center, 1500 Shenandoah Road. Live music. Tickets are \$4. Call 703-765-4573.

Life Drawing. Del Ray Artisans offers a range of open life drawing sessions for anyone to develop life-drawing skills further. Drop-in for the session and bring supplies to draw or paint live models. Fee ranges from \$8-\$12. All skill levels are welcome. Del Ray Artisans is located at 2704 Mount Vernon Ave. Visit www.TheDelRayArtisans.org for a schedule.

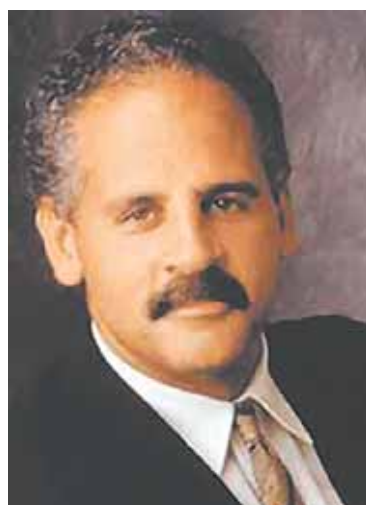
Community Yoga. Wednesdays 9:30-10:30 a.m. and Sundays 7:30-8:45 p.m. at 532YOGA, 532 N. Washington St. Suite 100. No experience required to participate in weekly community class. Suggested \$10 donation. Visit www.532yoga.com.

THROUGH JAN. 6

Mount Vernon Holiday Tours. 9 a.m.-4 p.m. at 3200 Mount Vernon Highway. Tour the Mansion, watch historic chocolate-making demonstrations, and meet Aladdin the Camel. Join daily "Camel Talks" and learn more about the rare animals at George Washington's home during the holiday season. Hear from costumed friends and family of the Washingtons tell stories of Christmas traditions of the past. Mount Vernon is open every day of the year, including Christmas Day and New Year's Day. 703-799-5203 or www.mountvernon.org. Adults \$17, ages 6-11, \$9, ages 5 and under free.

Holiday Ornament Making. 9 a.m.-4 p.m. at 3200 Mount Vernon Highway. On select weekends, make a Mount Vernon holiday wooden ornament. For children ages 5-10, accompanied by an adult. Included in admission. Supplies limited. Adults \$17, ages 6-11, \$9, ages 5 and under free.

Holiday Teddy Bear Teas. 9 a.m.-4 p.m. at 3200 Mount Vernon Highway. On select weekends, bring a favorite stuffed animal friend to have "tea" with "Lady Washington."



Keynote Speaker

Dr. Stedman Graham will be the keynote speaker at the Annual Black History Month Gala, Saturday, Feb. 25 at the Hilton Alexandria Mark Center. The 2017 National Black History Month Theme is The Crisis in Black Education. www.vabhma.com

This special experience will also include a hands-on seasonal activity. For ages 4-11, accompanied by an adult. Refreshments provided. \$5 in addition to general admission. Adults \$17, ages 6-11, \$9, ages 5 and under free. 703-799-5203 or www.mountvernon.org.

SATURDAYS THROUGH DEC. 24

Random Acts of Holiday Cheer. 11 a.m.-3 p.m. Throughout Alexandria random Acts of Holiday Cheer will delight holiday shoppers with surprise giveaways from the Elf Prize Patrol, pop-up musical performances through the Alexandria Arts Alliance, and hands-on activities at the Mobile Art Lab.

THURSDAY/DEC. 15

Merry Membership edition of Business After Hours. 5:30-7 p.m. at Cedar Knoll, 9030 Lucia Lane. Network with other business professionals while celebrating the holidays and ring out the year with the Alexandria Chamber of Commerce. Holiday refreshments and appetizers provided by Cedar Knoll. \$20 early bird member rate; \$40 non-member rate. sbolouri@alexchamber.com

FRIDAY/DEC. 16-SUNDAY/JAN. 1

WRAP Sober Ride Program. 10 p.m.-6 a.m. each evening as a way to keep local roads safe from impaired drivers during this traditionally high-risk, holiday period. Washington-metropolitan area residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to \$ 30 fare), safe way home. (AT&T wireless users can dial #WRAP for the same service.)

THURSDAY-FRIDAY/DEC. 15-16

Country artist Sarah Darling. 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. Playing with Carbon Leaf, \$35.

THURSDAY/DEC. 15

Registration Opens for Encore Chorale Program. Winter/Spring session of the Encore Chorale at locations in Northern Virginia and



PHOTOS CONTRIBUTED

Musical Comedian

Stephen Lynch performs at 7:30 p.m. Wednesday-Thursday, Jan. 11-12, at the The Birchmere 3701 Mt. Vernon Ave. \$25. www.birchmere.com

singers of all vocal experience, age 55+, are welcome to join. Rehearsals begin the week of Monday, Jan. 9. \$175 for 15 weekly rehearsals, sheet music, CD of performances. Visit encorecreativity.org, call 301-261-5747 or email info@encorecreativity.org.

FRIDAY/DEC. 16

Holiday Choral Concert. 7:30 p.m. at Encore Chorale, 1801 Quaker Lane. The programs, co-conducted by Jeanne Kelly and Jeffrey Dokken, will feature holiday and seasonal pieces. www.encorecreativity.org or 301-261-5747

SATURDAY/DEC. 17

Holiday Gift Wrapping. Volunteers are needed to wrap gifts at Barnes & Noble Potomac Yard, 3651 Jefferson Davis Highway. and collect donations. www.volunteerallexandria.org/
Friendship Firehouse Ornament Decorating Workshop. 1:30-3:30 p.m. at Friendship Firehouse Museum, 107 S. Alfred St. Decorate and take home ornaments inspired by firefighting. For children ages 4-10, and their caregivers. No registration required. 703-746-4994 or www.alexandriava.gov/friendshipfirehouse

Country-Western Dance. 6:15-9:30 p.m. at Lincolnia Senior Center, 4710 North Chambliss St. The Northern Virginia Country-Western Dance Association will hold a dance, couples and singles are welcome. \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. See www.nvcwda.org or call 703-860-4941.

SUNDAY/DEC. 18

Lorrie Morgan's Country Christmas. 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. \$45.

MONDAY/DEC. 19

Civil War Battlefield Medicine. at Alexandria Library, Duncan Branch, 2501 Commonwealth Ave. Civil War Medicine: On Battlefield Medicine: Trauma Care in the Civil War,

WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT

3 Foodie Events To Remember

BY HOPE NELSON
GAZETTE PACKET

The ebb and flow of holiday celebrations can make a meal at home seem much too ordinary in comparison. Here are some options to add some flair to your dinner throughout the remainder of the season.

Vermilion, 1120 King St.

The venerable restaurant and bar on King Street offers a midmonth respite on Thursday, Dec. 15, when it hosts a four-course “whiskey and cider dinner” featuring the Virginia Distillery Company and Potter’s Cider. Paired with each dish, the cider and Highland whiskey are bound to pack a punch of flavor.

APPETITE

Vermilion is known for its multicourse meal pairings, and the matchup here shouldn’t disappoint. With offerings such as roast pork shoulder and squash ravioli, the bounty should be hearty to pair with the libations.

Seatings cost \$85 per person and are by reservation only.

Rustico, 827 Slaters Lane

Is it the 10th anniversary of Rustico’s Festivus celebration already? Nothing to do now but celebrate.

The Festivus event returns to Rustico on Dec. 22, and the restaurant has selected 20 beers to get the

festivities started on the right foot. Some of the holiday must-tries: the adventurous 3 Notch’d Biggie S’mores — an Imperial stout with a graham-cracker finish — and the stalwart Great Lakes Christmas Ale, always a holiday go-to. Looking to pair your libations with some food? The kitchen has you covered with some Seinfeld-inspired specials, including but not limited to “Steinbrenner’s Favorite Calzones.”

There’s no cover charge to join the party, and the beers are available by the taste or by the pint.

Blackwall Hitch, 5 Cameron St.

Sticking around town for the holidays? Blackwall Hitch will keep its doors open throughout Christmas Eve — from 11 a.m. to 9 p.m. — for those folks looking for a meal away from the homestead’s Yule log.

The restaurant on the waterfront will run its normal menu throughout the day and into the evening, but it’ll also offer a special prix fixe selection in honor of the holiday. Diners can choose from a silky butter-nut squash and fennel soup, Chilean sea bass, an apple-cranberry oat crumble, and more from the three-course menu. Or go with a standard-menu favorite, such as the shrimp and grits, or go straight to dessert with a slice of Smith Island cake.

Reservations for Christmas Eve are recommended; the three-course meal is \$49 per person.

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

CALENDAR

presented by the National Museum of Civil War Medicine. This program coincides with the Second Season release of Mercy Street. 703-746-1781.

TUESDAY/DEC. 20

Planetarium Show. 7 p.m. at T.C. Williams Planetarium, Room C-308, 3330 King St. In this child-friendly show, see how the rising and setting positions of the sun, along with its altitude at noon and the length of the day are used to determine the first day of each season, and more. planetarium@acps.k12.va.us

John Water’s Christmas. 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. Noted filmmaker spreading yuletide profanity and perverted piety with his critically acclaimed one-man show. www.Birchmere.com

THURSDAY/DEC. 22

Jazz Christmas Service. 7-8 p.m. at 201 South Washington St. Join Aldersgate Methodist Church and the Eric Sabo Quintet featuring Darden Purcell for a Christmas Celebration. 703-765-6555, www.aldersgate.net

FRIDAY/DEC. 23

Holiday Gift Wrapping. Volunteers are needed to wrap gifts at Barnes & Noble Potomac Yard, 3651 Jefferson Davis Highway and collect donations. www.volunteeralexandria.org/

SATURDAY/DEC. 24

Waterskiing Santa. 1 p.m. at the Waterfront near the Torpedo Factory Art Center, 105 N. Union St. Waterskiing Santa and his wakeboarding reindeer, plus flying elves, the Grinch and his friends, Frosty the Snowman and Jack Frost. www.waterskiingsanta.com or 703-746-3301

THURSDAY/DEC. 29

Hank Williams Tribute Show. 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. This tribute to the “Hillbilly Shakespeare” is celebrating its 20th anniversary. A different show for the holidays, it features hometown artists saluting Hank Sr.’s songs. www.Birchmere.com

SATURDAY/DEC. 31

First Night Alexandria. 2 p.m.-midnight at venues throughout Old Town and one at the Mount Vernon Recreation Center, 2701 Commonwealth Ave. Midnight fireworks: Potomac River at the foot of King Street. More than 150 performances at 25 indoor venues, with live music, dancing, children’s face painting and games. The afternoon’s Eighth Annual Fun Hunt is accompanied by all-new activities for families and pets. There’s a venue at the Mount Vernon Recreation Center in Del Ray filled with activities for children 10 and younger, and dancing at the east end of King Street at 10 p.m. 703-746-3299 or firstrnightalexandria.org

WEDNESDAY/JAN. 4

Boomerangs Square Dancing Lessons. Lincolnia Senior Center, 4710 N. Chambliss St. No partner is needed. Cost is \$30 per four classes for a 12-week series of classes. 571-210-5480.

FRIDAY/JAN. 6

The Cecilian Players, Blessed Sacrament’s Chamber Ensemble. Blessed Sacrament Catholic Church, 1427 W. Braddock Road. The concert is free but contributions to support the concerts are welcome. jmccrary@blessedsacramentcc.org or

703-998-6100 x 103

JAN. 6-29

Simply Abstract” Art Exhibit. At Del Ray Artisans Gallery, 2704 Mount Vernon Ave. Features local area artists’ expressions of abstract art using shape, form, color, and line in 2- and 3-dimensional work. Artists tossed their colors and media in the air to release their inner energy in this display of artwork. Opening Reception: Friday, Jan. 6, 7-9 p.m. at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. DelRayArtisans.org/exhibits

SATURDAY/JAN. 7

Nowell Sing We. 7-9 p.m. at the St Mary Catholic Church Lyceum, 313 Duke St. Alkemie Medieval Music Ensemble will present a concert of Medieval and Renaissance vocal music for three sopranos and vielles (medieval fiddles) and instrumental dances in celebration of Epiphany. stover.michael@gmail.com 202-966-7298 www.alkemie.org

Parade of Plants. 10-11 a.m. at Green Spring Gardens, 4603 Green Spring Road. Look at the history of the Rose Parade, see close-up photos of the floats and go on a walk in the gardens to collect plant materials. Afterwards make a wintery decoration from natural materials in the tradition of the floats. \$6 Register online at www.fairfaxcounty.gov/parks/parktakes using code 2901813501 or call 703-642-5173.

Zombie Drama Camp Registration. 10 a.m.-2 p.m. at the West Potomac Theatre Department, 6500 Quander Road. Open to students 3rd-8th grades. www.westpotomactheatre.org

SUNDAY/JAN. 8

Art Show and Reception. 1-3 p.m. at Green Spring Gardens, 4603 Green



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ENTERTAINMENT

Spring Road, Alexandria. Reception for the Vienna Arts Society show at the Horticulture Center and Historic House from Dec. 20-Feb. 19. Free. 703-642-5173

MONDAY/JAN. 9

Yoga for Gardeners 9:30 to 10:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. This class features an introduction to the Vinyasa method which helps participants increase the strength, flexibility and endurance necessary for gardening. Register \$91 www.fairfaxcounty.gov/parks/parktakes using code 2901262401 or call 703-642-5173

Garden Sprouts: Nature Playgroup 10-11:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. Preschooler do nature-themed activities while other playgroup parents can meet one Monday a month. \$6 www.fairfaxcounty.gov/parks/parktakes using code 2901028701 or call 703-642-5173

JAN. 9-20

Christmas Tree Recycling. Residents who receive city refuse collection may place Christmas trees at the curb for recycling on their regular trash collection day, beginning Monday, Jan. 9, through Friday, Jan. 22. Remove stands, lights, and decorations from trees. See alexandriava.gov/YardWaste.

TUESDAY/JAN. 10

NVCC Community Chorus invitation. Rehearsals start for all interested singers to join for the spring 2017 season. No audition is required. Join by registering for this



one-credit class at Northern Virginia Community College, Alexandria campus. Rehearsals are 7 p.m. on Tuesdays at the NVCC Alexandria campus, 3001 N. Beauregard, with some optional extra Saturday morning rehearsals. The college waives tuition for seniors 60 and older. Dr. Mark Whitmire, Director, 703-845-6097 mwhitmire@nvcc.edu

WEDNESDAY-THURSDAY/JAN. 11-12

Musical Comedian Stephen Lynch. 7:30 p.m. at the The Birchmere 3701 Mt. Vernon Ave. \$25. www.birchmere.com

JAN. 11-MARCH 1

Jitterbug/Lindy Hop classes. 7-9

First Night Alexandria

This year, the firework show over the river will be a part of the First Night in Alexandria on Dec. 31 that includes music, arts, entertainment and fireworks on the east part of King St. at 10 p.m. First Night Alexandria is one of the largest family-friendly and alcohol-free New Year's Eve parties in the Washington, D.C. region.

PHOTO BY
J. CLIFFORD

p.m. at Nick's Nightclub, 642 S. Pickett St. In the beginner class, learn the three footwork patterns that are the basis of all forms of swing dancing: six-count, eight-count Lindy Whip and Circle, and Charleston. The intermediate class builds upon the foundation to help develop a vocabulary of dance moves that are easy to use on the social dance floor. www.gottaswing.com

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New animal foster parents play with kittens looking for foster homes.



Joe Swanson with a kitten in need of foster care.

PHOTOS BY VERNON MILES / GAZETTE-PACKET

Animal Foster Care Provides Temporary Homes

FROM PAGE 3

into homes as we can so they can learn what it's like to be a dog [or a cat, rabbit, ferret, etc.] and to be socialized," said Flynn.

While the foster care system has technically been in place at the shelter for a couple of years, Flynn says the shelter is putting it into the forefront with a new foster coordinator: Echo Keif.

Keif helps train new animal foster parents in how to deal with their pets and matches foster parents with an animal from the shelter. Keif said the program is going through changes to be able to provide more support and resources to animal foster parents. The foster program provides all of the food, litter, cages or toys necessary to take care of the animal. If the animal requires medical attention, it can be brought to the shelter's emergency veterinarian without cost to the foster parent. Pets can generally be kept in foster homes between one to eight weeks. Some pets require around-the-clock attention, like neonatal kittens and puppies, while others can work with a few hours of love each day.

The Animal Welfare League is an open shelter, taking any animal brought to them and taking in animals from other, more crowded shelters. The Alexandria shelter also does not euthanize for space, only in situations with behavioral or medical issues where it would be considered inhumane to keep the animal alive.

Some of the animals have had prior experiences that have left them uncomfortable around people or other animals, but with time and affection most of these animals are able to overcome past trauma.

Jo Kang and Joe Swanson have two cats already but recently signed up for the foster program.

"I used to volunteer with the Animal Welfare League, it's a great organization," said Kang. "I really needed a dog fix."

"We tend to travel a lot," said Joe Swanson, "But taking care of an animal for a few weeks at a time can work."

"There's always a misconception about



A cat reaches out for an animal foster parent during a tour of the Volala Lawson Animal Shelter.

rescues, that they're old and used, but they all have such life and such personality," said Flynn. "Some people say they couldn't be fosters because they wouldn't be able to give the animal back up at the end, but it is incredibly satisfying when you finally see that animal you nurtured finally get adopted."

To sign up to be an animal foster parent with the Animal Welfare League of Alexandria, go to alexandrianimals.org/fostering, email foster@alexandrianimals.org or call 703-746-4774.



PHOTO FROM ANIMAL WELFARE LEAGUE OF ALEXANDRIA

Floppity is a rabbit available for foster care following a recent surgery.



Jo Kang and Joe Swanson with a kitten in need of foster care.

To the Rescue

Firefighters and Friends collects toys for area children.

By JEANNE THEISMANN
GAZETTE PACKET

Christmas arrived early for more than 250 children from local Head Start programs as they picked out toys and visited with Santa during the annual Firefighters and Friends to the Rescue toy drive distribution day Dec. 11 at Penn Daw Fire Station 11.

"We distributed over 3,000 toys to 80 schools, shelters and nonprofits in Alexandria and Fairfax County," said Capt. Willie Bailey, who founded the toy drive 17 years ago. "Prior to the distribution to school representatives, we escorted and gave toys to local preschool kids."

Bailey, a councilman in the City of Alexandria, said that 550 new coats were also given out to children in need. "In addition to the toys and coats, we gave out over 100 new bikes and 400 books," he said.

Nearly 70 volunteers were on hand to help distribute the toys, including representatives from local police, fire and sheriff's departments. "Many of these kids wouldn't have Christmas if not for this," said Alexandria Police officer Bennie Evans, who has volunteered the last four years. "This is a beautiful thing for the kids and really brings the community together."

Hopkins House CEO Glenn Hopkins accompanied 44 Hopkins House preschoolers as they selected toys and books from the thousands distributed at the annual event. "What Willie Bailey has done is just terrific," Hopkins said. "The parents of these children really appreciate it."

Other volunteers included firefighter Dave Saunders and his son Hunter as Santa and his elf along with Caring Angels Therapy Dogs and their handlers. Sheriff Dana Lawhorne and ACT for Alexandria President John Porter were also on hand as representatives from schools and social service agencies throughout the region selected toys for children in need. Porter has known Bailey since his time as principal at T.C. Williams High School. "I think Santa Claus is running a close second to Willie Bailey," Lawhorne said jokingly before getting serious. "No doubt Willie learned the true meaning of community service by watching men like John Porter. They are the best at helping those in need in this community."



Along with mom Cara Holtmann, 8-year-old Allie helps select toys for Fairfax County Head Start preschoolers.



Fairfax County Police officer Ken Pfeiffer pairs up with 4-year-old Precious to select toys and books during the Dec. 11 Firefighters and Friends annual distribution day at Station 11.



Angela Maxley, left, and 1-year-old Shiatzu Avivii of Caring Angels Therapy Dogs bring a smile to a preschooler during the toy drive distribution.



Fairfax County firefighter Dave Saunders, with his 14-year-old son and chief elf Hunter Saunders, are with a child from the county's Head Start program during the annual Firefighters and Friends toy distribution day Dec. 11 at Station 11.



Members of the Fairfax County Alumni chapter of Delta Sigma Theta Sorority gather Dec. 11 with Capt. Will Bailey (back row), founder of the Firefighters and Friends annual toy drive. The volunteers helped distribute thousands of new toys, books, coats and bikes to children in need throughout the county. They are Ahkiyak Davis, Shirleen Stephens, Debra Vaughn, Elsie Adjetey-Doku, chapter president Vicki West, Gwendolyn King and LaShonda Bracey.



Alexandria Deputy City Manager Debra Collins, Hopkins House CEO Glenn Hopkins, ACT for Alexandria president John Porter and Sheriff Dana Lawhorne share some laughs prior to the start of the Firefighters and Friends toy distribution Dec. 11 at Fire Station 11.

HomeLifeStyle

This budget-friendly kitchen by Elena Eskandari includes finishes such as quartz countertops and ceramic backsplash tile with crackled glazing.

PHOTO BY STACY ZARIN GOLDBERG.
CASE DESIGN/
REMODELING, INC.



A Stylish, Budget-friendly Kitchen

Local homeowners transform their kitchen, without breaking the bank.

BY MARILYN CAMPBELL
GAZETTE PACKET

When Janet and Frank McDermott purchased their Alexandria home in 1997, it was already outdated. Built in 1970, the home had a layout that lacked the natural flow the couple wanted, particularly in the kitchen. They only recently got around to updating it, however.

"We hadn't had a chance to undertake big projects since we both worked full time," said Janet McDermott.

The budget-conscious couple decided to remodel the kitchen and wanted a design that was simple, clean and timeless. The kitchen project made use of the existing space with only minor changes to the original blueprint.

In the original layout, the refrigerator was located in the middle of the room, disrupting the room's flow, so they relocated the appliance to the opposite side of the space. The new design incorporated a built-in microwave oven to free up counter space.

"The kitchen was very budget-oriented, so they didn't want to move things around that much," said Elena Eskandari of Case Design/Remodeling, Inc., who was tasked with creating the design. "Fortunately, the plumbing was already in a good location."

Eskandari optimized the existing layout of the cabinetry and saved money by adding a floor-to-ceiling pantry cabinet, rollout shelving and open shelves for easy access to cookbooks.

"We love to cook and having all new appliances makes the task so much more enjoyable," said Janet McDermott. "The new layout of the kitchen provides a great deal of cabinet space and our kitchen looks quite a bit bigger."

The new pantry has rolling shelves, "so that we can pull out the drawers and see what we have," said Janet McDermott. "Our old pantry did not have this feature."

Flanking the microwave are glass-front cabinets, which give the McDermotts a space to showcase their collectables. The kitchen finishes include a quartz countertop, ceramic backsplash tile with crackled glazing, and a luxury vinyl tile floor with acrylic grout joints.

"We wanted to keep the materials neutral so that they last a longer time," said Eskandari. "Quartz countertops are durable and don't stain. We used wide Shaker-style cabinetry with beading, which is popular right now. And luxury vinyl tile had a bad rap at one point, but now it's made to look like real tile and is more budget friendly. Many of the kitchen finishes were budget-oriented, but well-coordinated to create an aesthetically pleasing and cohesive look."

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FEBRUARY

2/1/2017.....Valentine's Dining & Gifts I

2/1/2017.....Wellbeing - National Children's Dental Health Month

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Stop Sewage in River? Just Takes Money

FROM PAGE 1

Creek and Hoofs Run because VDEQ required us to address these three. We have still been working on the Oronoco Bay outfall without a federal or state mandate to do so, and in fact we have just accelerated the feasibility element of that project by 14 years.”

Fifer said upcoming private development near Oronoco Bay will add new sewer lines to reduce the volume flowing into the Oronoco Bay outfall.

“These results will inform the design of the Oronoco Bay outfall and allow us to design a potential solution at the right size and price,” said Fifer.

Vice Mayor Justin Wilson said that while the city was moving on an accelerated timeline to fix the Oronoco Bay outfall, time would be necessary to study the problem first and fully develop plans before diving in.

“We will also have substantial redevelopment there in the next 10 years and we’re getting developers to do sewer separation as part of their approval,” said Wilson. “We’re not standing still on this.”

But Naujoks said the idea of waiting for private development to move in before addressing outfall 001 is backwards. Naujoks said the recent withdrawal of developers from the Robinson Terminal North site’s redevelopment for unspecified reasons should signal concern.

“On one side of the site is a huge oil contamination from the former gasworks plant, and on the other side you’re right at Oronoco Bay, right where Outfall 001 discharges,” said Naujoks. “Could you imagine building a beautiful hotel with sewage coming right out from entrance. You’re overlooking an Oronoco Bay choked full of sewage, condoms, tampons, garbage, full of algae, from one side to the other. All those nutrients help algae grow, which is also a public health issue. Now you have bottles sitting on top of mats of algae. It’s disgusting. What hotel would want to have that sitting there? Alexandria wants to be the next Georgetown but keeps dumping sew-



Heavy rainfall on Dec. 6 in Old Town.

age where they want people paddling. [This is] not going to go away. It may even hinder economic redevelopment. People are not going to accept [the city’s] plan is for Outfall 001.”

Professor R. Christian Jones at George Mason University said the algae produced by the stormwater-sewage system could have an impact on human health through intestinal pathogens.

“These are things that are in human waste and they don’t die immediately on flushing,” said Jones. “With contact through recreation or swimming you could be exposing yourself to a fair amount of risk for diarrhea or worse.”

Because of this, Jones said that if the city can only afford to focus on either the creek or river outfalls in the immediate future, it’s better to work with the sewage spilling into the smaller body of water.

“If there was more risk of a young person getting exposed to raw sewage, that’s more likely to happen by playing in the creek than from the river,” said Jones. “In that sense, that might have a higher priority, though it all goes into the main body of the Potomac. I would say going into a smaller body of water, particularly one that’s accessible by

the public and by kids, would be more of a concern to me than just going into the river.”

But Jones also noted that algae in fresh water is not a major health risk to humans.

“You would have to ingest a tremendous amount of algae,” said Jones. “There are cases where livestock have drunk large amounts of water and are affected by toxins, but that takes a large dosage.”

The Potomac River is designated as a contact-recreation body of water. There are no swimming beaches and going into the water is discouraged, but Jones said that boaters can often be exposed to the water. Peter Stramese, head coach for the T.C. Williams boys crew team, said the team hasn’t experienced any major issues of sickness related to sewage and that they mostly practice towards the center of the river, away from the more shallow Oronoco Bay.

But eventually, Jones said Alexandria is going to have to take Old Town off of its combined sewer system.

“Newer parts of Alexandria are on separate sewers, which eliminates this problem,” said Jones. “It’s a retrofit issue, but there’s



PHOTOS BY VERNON MILES / GAZETTE-PACKET

Outfall 001, source of sewage being dumped into Oronoco Bay.

no way around it.”

Tom Soapes, president of the North Old Town Independent Citizen’s Association, said that residents of North Old Town understand the costs of the project and how disruptive the construction will be, but said that the citizens would rather have the problem fixed and soon than be perpetually delayed.

“Yes, it is a big cost item, but the city should proceed to get something done about this,” said Soapes. “There are bigger polluters, but that’s like saying the U.S. shouldn’t do anything about air pollution until China does. It’s ignoring the problem. You have to take some action, and sooner is better.

We’re happy to see the study process accelerated, but we need to follow up on that and have action as soon as practical, as soon as that funding can be secured. Any sort of pollution affects the community as a whole.”

Torpedos Away

FROM PAGE 3

cus on the actual plan and the merits of the plan. To focus on one sentence as a make it or break it sentence I don’t think is appropriate.”

The Arts and Culture Master Plan establishes five goals: achieve equity, inclusion and access for artistic and cultural endeavors, facilitate opportunities for innovation and collaboration, support and foster a sustainable and diverse community of the arts, convey and facilitate artistic and cultural expression, and raise community awareness of the Office of the Arts. As part of The Arts and Culture Master Plan’s implementation, The Office of the Arts and the Alexandria Commission for the Arts will develop annual work plans and establish task forces to work towards yearly goals. The plan also calls for additional full time employees when financially feasible to increase pro-

gramming capacity and community engagement. Specifically, the plan identifies the need for a full-time public art manager and a full-time administrative assistant under the Office of the Arts.

At Lovain’s suggestion, the council voted to advance the plan to the Dec. 17 City Council meeting where the inclusion of the sentence will be reconsidered. The motion was approved in a 6-1 vote, with Pepper staying true to her word and not voting in favor of the plan without the sentence included.

“Plan overall is excellent, if it had not been for this particular paragraph would have been delighted to support it,” said Pepper. “If anyone wants to minimize that one sentence about the torpedo factory, you’ve really not been listening, not just to us but to others. I will not be supporting it.”



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Service Recognized

Sandy Modell, retiring DASH general manager, was honored by the City Council after 28 years of service.

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LEGAL NOTICE
Pursuant to the provision of section 4-1-16 of the code of the City of Alexandria, the Alexandria Police Department located at 3600 Wheeler Avenue, Alexandria, VA 22304 is now in possession of unclaimed bicycles, mopeds, lawn equipment, money, scooters, and other items. All persons having valid claim to the property should file a claim to the property with reasonable proof of ownership or the items will be sold, destroyed, converted or donated. For a complete listing go to <http://alexandriava.gov/police/> and contact the Police Property Section at (703) 746-6709.

21 Announcements

ABC LICENSE
AR Workshop Alexandria, LLC trading as AR Workshop Alexandria, 107 N. Fairfax St. Alexandria, VA 22314. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Art Instruction Studio license to sell or manufacture alcoholic beverages. Katie Wells Owner
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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OBITUARY



Great Patriot Richard Cauthers Funeral Service Sat Morning 11 AM December 17 at Bethany Lutheran Church, 2501 Beacon Hill Rd. Alexandria, VA 22306."

21 Announcements

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LEGAL NOTICE

Notice is hereby given to members of the NY, nonprofit, American Society of Clinical Oncology, Inc., that eligible ASCO members may vote by proxy ballot between Nov. 1 to Dec. 2, 2016 to elect the President-Elect, three seats on the Board of Directors, and two seats on the Nominating Committee for service beginning on June 5, 2017. Information about proxy ballots is available at www.asco.org/election. Completed proxy ballots will be delivered to the ASCO President or his designee for casting at a meeting to be held on Dec. 6, 2016, 9:30 AM – 10:00 AM at ASCO Headquarters, 2318 Mill Road, Suite 800, Alexandria, VA 22314. Members with questions can email ascocollection@asco.org or call 571-483-1316.

21 Announcements

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ABANDONED WATERCRAFT

Notice is hereby given that the following watercraft has been abandoned for more than 60 DAYS on the property of Frank Smith, 807 South Alfred Street, Apt #4, VA 22314, Telephone number 202 5695761.

Description of the watercraft:

Make: Wellcraft, length: 19 feet, year built: 1988, color: blue and white, boat registration: VA 1134 XX, hull identification number: WELT 4187B888

Application for Watercraft Registration / Title will be made in accordance with Section 29.1-733.25 of the Code of Virginia if this watercraft is not claimed and removed within 30 days of first publication of this notice. Please contact the Virginia Department of Game and Inland Fisheries with questions.

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ALEXANDRIA CITY PUBLIC SCHOOLS REQUEST FOR PROPOSAL NUMBER 16-12-01

The Alexandria City School Board dba Alexandria City Public Schools is seeking proposals for Professional Development for Teachers of Immigrant Youth.

Sealed Proposals with the notation RFP# 16-12-01 Professional Development for Teachers of Immigrant Youth will be received in the Central Procurement Office, 1340 Braddock Place, Suite 620, Alexandria, Virginia 22314, on or before 3:00 pm, January 10, 2017. The time of receipt shall be determined by the time clock stamp in the Procurement office. Proposals appropriately received will be opened and the names of the firms responding will be read aloud. RFP documents may be obtained at the above Procurement Office or by calling 703-619-8162, or by downloading the RFP from the ACPs website at <http://www.acps.k12.va.us/financial-services/purchasing/>

All questions answered will be posted as an addendum to the ACPs web site.

No RFP may be withdrawn for a period of ninety (90) days after the opening of proposals except as may be set forth in the RFP.

ACPS reserves the right to cancel this RFP and/or reject any or all proposals and to waive any informalities in any proposal.

Gerald W. Amacker (Jerry)
ACPS Senior Buyer

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OBITUARY

DELNEGRO

CAROL M. DELNEGRO

1939-2016

A longtime resident of Alexandria, VA, passed away on December 7, 2016, at her home after a brief illness.

Carol was a beautiful woman, to say the least...a bright, shining beacon of love, warmth, and friendship to all who knew her. She was a wonderful and amazingly strong and loving mother and wife, an adoring, caring, and giving grandmother, and a selfless and loyal friend. Those who knew her will never forget her. Her love encompassed all and her larger-than-life presence had no bounds. She will be missed by her family and many friends.

Carol is survived by her husband Mike Delnegro, daughter Lisa, son John and his wife Lisa, grandsons Jack and Ben, and grandpuppy Dixie.

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ALEXANDRIA CITY PUBLIC SCHOOLS REQUEST FOR PROPOSAL NUMBER 16-10-12

The Alexandria City School Board dba Alexandria City Public Schools is seeking proposals for World Languages Textbooks for ACPs Schools.

Sealed Proposals with the notation RFP# 16-10-12 World Languages Text Book will be received in the Central Procurement Office, 1340 Braddock Place, Suite 620, Alexandria, Virginia 22314, on or before 3:00 pm, January 6, 2017. The time of receipt shall be determined by the time clock stamp in the Procurement office. Proposals appropriately received will be opened and the names of the firms responding will be read aloud. RFP documents may be obtained at the above Procurement Office or by calling 703-619-8162, or by downloading the RFP from the ACPs website at <http://www.acps.k12.va.us/financial-services/purchasing/>

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ACPS reserves the right to cancel this RFP and/or reject any or all proposals and to waive any informalities in any proposal.

Gerald W. Amacker (Jerry)
ACPS Senior Buyer

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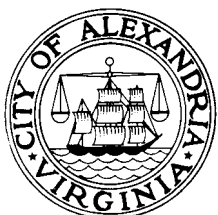
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Public Hearing will be held by the City Council of the City of Alexandria, Virginia, in the Council Chambers, City Hall, City of Alexandria, Virginia, on Saturday, December 17, 2016, at 9:30 a.m., or as soon as may be heard on the hereinafter described items.

AN ORDINANCE to amend and reordain Title 10 (MOTOR VEHICLES AND TRAFFIC), Chapter 1 (GENERAL PROVISIONS), Section 10-1- 15.1 (TRUCK TRAFFIC; PROHIBITED ON CERTAIN STREETS; PENALTY) of the Code of the City of Alexandria, Virginia, 1981, as amended by adding language to prohibit truck traffic on West Linden Road between Commonwealth Avenue and Russell Road.

The proposed ordinance adds the section of West Linden Street between Commonwealth Avenue and Russell Road to the list of roads not accessible by thru trucks.

AN ORDINANCE to amend and reordain Section 10-3-924 (FAILURE TO YIELD RIGHT-OF-WAY TO PEDESTRIANS IN SPECIALLY MARKED CROSSWALK) of Article B (RECKLESS DRIVING, SPEEDING, ETC.) of Chapter 3 (OPERATION OF VEHICLES) of Title 10 (MOTOR VEHICLES AND TRAFFIC) of the Code of the City of Alexandria, Virginia, 1981, as amended.

The proposed ordinance clarifies the language of the City Code by incorporating by reference provisions of Section 45.2-924 of the Code of Virginia (1950, as amended), previously cited in City Code Section 10-3-924, regarding pedestrian in the right-of-way.

AN ORDINANCE authorizing the owners of the property located at 505 S. Lee Street to construct and maintain an encroachment into the public sidewalk right-of-way at that location for a stoop consisting of stairs and a landing.

The proposed ordinance permits an encroachment for a stoop consisting of stairs and a landing to be located in the sidewalk right-of-way at 505 S. Lee Street as a replacement of the building's existing front stoop.

PUBLIC HEARING on the Arts and Culture Master Plan.

THE PUBLIC IS ADVISED THAT AMENDMENTS OR ADDITIONS MAY BE MADE TO PROPOSED ORDINANCES WITHOUT FURTHER PUBLICATION. IT IS RECOMMENDED THAT PERSONS INTERESTED IN ANY OF THESE ORDINANCES OBTAIN FREE FULL-TEXT COPIES FROM THE CITY CLERK AT CITY HALL. If the mayor finds and declares that weather or other conditions are such that it is hazardous for members to attend the meeting, this meeting will be continued to the following Saturday.
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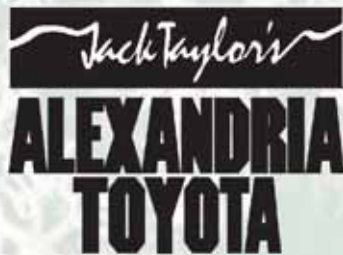
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