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Browne Academy's preschool, junior kindergarten, and kindergarten students performed at Good House in Alexandria.

Starting New Tradition

Browne Academy turns holiday into day of service.

Browne Academy started a new tradition at the school on Martin Luther King Day. Instead of taking Monday, Jan. 21, as a holiday, Browne honored King's legacy by having a school-wide day of service. All students from preschool through 8th grade gave back to the community.

The youngest students (preschool-kindergarten) headed to Goodwin House, a local retirement community, where entertained residents with musical

performances and made Valentine's decorations.

The 1st and 2nd grades assembled Browne Bags of Love (packed lunches) for the Carpenter's Shelter, a local homeless shelter that provides temporary housing for women and children in need.

Leading up to the day of service, the school participated in a coat and canned food drive. The 3rd and 4th graders traveled to the Harbor Light Salvation Army in Washington, D.C., to deliver the do

SEE NEW TRADITION, PAGE 14



Browne Academy 8th graders and teacher Danielle Gerber make scarves for the homeless.



Browne Academy 1st and 2nd graders assembled Browne Bags of Love (packed lunches) for the Carpenter's Shelter.

\$1 Billion for Roads

Projects to improve I-495 and I-95.

BY OWEN FITZGERALD
CAPITAL NEWS SERVICE

Virginia and private partner Transurban will invest over \$1 billion in four transportation projects in Northern Virginia and Fredericksburg, state officials announced Tuesday, Jan. 29. The projects are designed to reduce traffic congestion and improve connectivity on Interstates 495 and 95.

"Creating opportunity for all Virginians no matter who they are or where they live depends on having a safe, reliable transportation network," Gov. Ralph Northam said. "People need good transportation — be it road, transit or other options — to get to work and businesses need it to move goods."

Secretary of Transportation Shannon Valentine said the projects include a two-and-a-half mile extension of the express lanes of I-495 north to the American Legion Bridge and the Maryland border. The Capital Beltway Express Lanes Northern Extensions, or Project NEXT, will require no public funding from the state, Valentine said.

She said the project will address one of the "worst bottlenecks in the region" and reduce cut-through traffic in nearby McLean neighborhoods. Valentine, who oversees the Virginia Department of Transportation, said Project NEXT will connect Virginia to Maryland by creating direct access to the American Legion Bridge, the George Washington Parkway and the Dulles Toll Road.

Officials also announced a new auxiliary lane that would seek to reduce bottleneck traffic on the Occoquan Bridge.

"The I-95 bottleneck at the Occoquan Bridge has been a source of personal frustration and time stuck in traffic — valuable time that could be spent with family," said Sen. Jeremy McPike of Prince William County. "With funding now in place, VDOT will begin the design and construction that our community has sought for years." The Occoquan Auxiliary Lane will connect the southbound Route 123 ramp onto I-95 with the westbound off-ramp of Prince William Parkway.

Also announced was the addition of a new reversible ramp that would improve access Potomac Mills and Sentara Virginia Medical Center. The ramp would connect existing I-95 express lanes directly to Opitz Boulevard where the facility is located.

Lastly, a plan was finalized to extend the I-95 express lanes in Fredericksburg — a 10-mile extension expected to increase the highway's capacity by 66 percent during peak hours. The Fredericksburg Extension Project, or Fred Ex, was initially announced in January 2018. Construction will begin later this year and is expected to be finished by the fall of 2022.

Transurban President Jennifer Aument spoke about her company's long history working with Virginia to solve "major transportation challenges."

"With expanded capacity and new connections to commuter routes and commercial centers," Aument said, "we are committed to delivering transportation solutions that keep travelers moving faster and safer throughout Northern Virginia."

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OPEN SUN 2/3, 2-4

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OPEN SUN 2/3, 1-4

Old Town | \$1,070,000

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OPEN SAT 2/2 & SUN 2/3, 2-4

Potomac Greens | \$1,024,900

Fabulous former model home with \$200K+ in upgrades & minutes to AmazonHQ2. Custom cherry library, 4 fireplaces, 10-ft ceilings, almost 3,800 SF of living & huge 2-car garage. Top level party room/optional 4th bedroom has wet bar and roof deck. 719 Bracey Lane Joan Shannon 703.507.8655 www.JoanHome.com



OPEN SUN 2/3, 2-4

Hollin Hills | \$580,000

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OPEN SUN 2/3, 2-4

Liberty Row | \$865,000

Sunny corner unit with designer details & upgrades. Hardwood floors, fireplace, huge kitchen, renovated master bath & powder, 2 master suites. French door to treetop terrace overlooking Gables Old Town. 2 parking spaces. 635 First Street #203 Susan Taylor 703.927.3000 www.CallSusanTaylor.com



Hunting Creek Club | \$185,000

Spacious 1-bedroom condo on the 9th floor with balcony and panoramic sunset view. Stainless appliances. 2 walk-in closets. Community offers pool, tennis, and sauna. 5 blocks to Huntington Metro & across the bridge from National Harbor & MGM. Charlene Schaper 703.217.3666 www.cschaper.com



OPEN SUN 2/3, 12-3

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Providing Supper and Entertainment to Furloughed Workers

More than 20 furloughed Federal government workers and their families enjoyed supper and entertainment as the guests of Spring Hills Mt. Vernon Assisted Living served in part by seniors on Thursday, Jan. 24. It was a gesture of giving back and sharing their appreciation of government employees who may be experiencing hardships during the recent shutdown. Saxophonist Keith Kool-K Wilson entertained the diners.

Dinner was three courses including loaded potato skins and meatballs for hors d'oeuvres, beef lasagna, coconut shrimp, baked ziti, salad choices and more for the entrée course, and desserts. Spring Hills Mount Vernon, located at 3709 Shannons Green Way in Alexandria, provides assisted living and memory care. See www.springhillsmountvernon.com.



Preparing food in the kitchen for furloughed Federal government workers and their families.



PHOTOS CONTRIBUTED

Lolita Robinson and her family are photographed with saxophonist Keith Kool-K Wilson entertaining the group.

Food Dude's Show Films at Al's Steak House

Famous cheesesteak sandwiches are focus for upcoming cooking show.

BY MIKE SALMON
THE GAZETTE

The cheesesteaks at Al's Steak House in Del Ray were on the top of the storyboard for Brandon Frye, also known as the "Food Dude," as his video crew jockeyed for position in the tight kitchen along Mount Vernon Avenue. Chef Mark Williams chopped a mound of steak on the fryer, which would later turn into about 50 cheesesteak sandwiches that has made Al's a go-to spot on Mount Vernon Avenue since 1955.

Frye kept the conversation going as the cameras rolled. "That's a lot of meat man, how many subs?" he asked. Then Frye segued into the history of the cheesesteak sandwich, and the cameras cut back to the pile of meat being chopped.

That's life on the set with the Food Dude, a native of Alexandria who travels around with a film crew of Cheryl Anders of Reston and Keri Cannistraro from Burke, capturing the culinary art at its best. Cannistraro has a video company called VideoMagic. They've been to a number of places on the east coast, such as the Nordic Lodge in Rhode Island, Bill's Gyro Souvlaki Atlantic City and others, and been featured on NBC and CBS, producing more than 50 food shows in their climb to the top of the food show heap. The format is similar to Diners, "Drive ins and Dives" but Frye isn't concerned. "If it works, it works," he said.

Frye grew up on Route 1 in Alexandria, where his family worked at the Cow Palace, a bar and grill, where Frye's memories of that were crawling around on the floor when they opened in the morning, looking for change from night before. He went to Woodley Hills Elementary School at that



Chef Mark Williams prepares a pile of steak which will make nearly 50 sandwiches.

time.

Fast forward several years, and now he's the focus of his own show that is big on social media, which he hopes is a first step. "I'm pretty knowledgeable about food, I'm not into fancy food too," mentioning the term "hoity toity," with a scowl. He has his sights on the food network and more.

Back at the grill, Frye talks with Williams about the process for a cheesesteak, but when it comes to the secret ingredients in the marinade, Williams didn't budge. Frye played it up for the sake of suspense. "Can't get it out of him, man," he said to the cameras.

It was getting close to lunchtime and the regulars started coming in, so Dorothy Breeding, one of the owners, kept answering the phone and dealing with the walk-up orders at the counter, like "Curly," from the neighborhood. He was ordering a late breakfast. "They've got great everything, don't leave the pizza out," Curly said.

Frye approached Breeding about the idea a few weeks ago after he heard about the cheesesteaks, and she was skeptical at first until she looked at his clips. "He's done some pretty reputable restaurants, we figured we'd give it a try," Breeding said.

Al's Steak House opened in 1955, and



Brandon Frye and the famous cheesesteak sandwich at Al's.



Keri Cannistraro is one of the camera operators at the Food Dude shoot.

changed hands a couple of times before the Breedings took over. There was a fire on July 6, 2016 that put it out of commission for a short time while they rebuilt and redesigned the kitchen.

Anders and Cannistraro will take the footage back to their studio, edit it and release it initially on the FoodDudeUSA Facebook page. From there, people will see it and share it via the internet, and it grows from there in social media fashion. Frye noted to the folks at Al's that they'll see an increase in sales after the show hits the web. Then it's on to the next restaurant for Frye and the crew.

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OBITUARY

Amy Jo Southard

Amy Jo Southard, 63, wife of Thomas N. Southard for more than 40 years, died on January 23, 2019. She is preceded by her father John Paton Blake, mother E. Arloa Blake, her brother Scot Blake, and sister, Sue Mitchell. She is survived by her daughter, Casey B. Hutcherson, son-in-law, Kerry B. Hutcherson, her two grandsons, Emmitt F. and James Wrenn Hutcherson, all of which reside in Ashland, Va., as well as her brother, Tom Blake, of Yorktown, Va., and her sister, Lyn Schwartz, of Waterford, Mich.

Amy graduated from Ferguson High School and Virginia Commonwealth University where she studied interior design. She started her career as an interior designer and later got her builder's license. She lived with her husband and daughter in Alexandria for 30 years and helped hundreds of people to beautify their homes by designing kitchens and bathrooms.

After moving to the Northern Neck in 2009, she focused on a career in real estate with IsaBell K. Horsley Real Estate, Ltd. and loved working side by side with Neena Rodgers.

She was a devout Christian, and was a member of the Christian Science Society in Kilmarnock, Va. She lived an active lifestyle and enjoyed going to the



YMCA to play pickleball with her friends. She also enjoyed kayaking, traveling, and spending time with her family and close friends.

People who knew her have described her as calm, patient, loving, determined, certain of what she wanted to do and how she was going to do it, and always active. One long time friend of Amy's wrote of her: "I loved Amy's confidence in who she was, to have embraced her religion and lived it in a time when most of us had put God on the backburner. Amy was such a beautiful soul and wonderful friend."

She embraced everyone she met and helped everyone who needed it. Amy was the most welcoming person and she made friends wherever she went. She really embraced life and had such a talent." She will forever be in our hearts as a kind, wonderful, and beautiful soul.

To send your condolences, visit <http://www.qeepr.com/profile/AmyJoSouthard/>

In lieu of flowers, please be kind to each other and love one another unconditionally, help those in need, and know that God is Love. This is what Amy Jo would want.

"Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you." II Cor 13:11

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CRIME

The following incidents were reported by the Mount Vernon District Police Station.

COMMERCIAL ROBBERY: 4300 block of Pembroke Village Drive, Jan. 25, 7:30 p.m. The victim was delivering food to a townhouse when he was approached by a man brandishing a handgun. The suspect demanded the victim's phone, cash and food, and told him to run away. The victim borrowed a cellphone to call 9-1-1. The suspect was described as a black man, medium complexion, 6'2", late 30's to early 40's, clean-shaven, stocky build, wearing light-colored blue jeans, dark jacket and a black cotton hat.

ROBBERY / MALICIOUS WOUNDING: 2800 block of Camellia Drive, Jan. 26, 11:08 p.m. The victim was walking near his home when he was jumped by three men, all armed with handguns. The suspects assaulted and pistol-whipped the victim during the robbery. They took his wallet, phone and cash before he was able to run away and call 9-1-1 from his home. He was taken to a local hospital to be treated for injuries that were not life threatening. A short time later, officers stopped a car at a local hospital for numerous traffic violations and found a person in the car had an accidental self-inflicted gunshot wound to the arm. Officers determined the vehicle and suspects were involved in the robbery. A 25-year-old man from Annandale was charged with robbery, firearm use in commission of a felony, contributing to the delinquency of a minor and felonious assault in the commission of a felony. A 19-year-old man from Annandale was charged with robbery, firearm use in commission of a felony, contributing to the delinquency of a minor, felonious assault in the commission of a felony and concealed weapon. A 25-year-old man from Fairfax was charged with robbery, firearm use in commission of a felony, contributing to the delinquency of a minor and felonious assault in the commission of a felony. All are being held without bond. A 17-year-old juvenile was charged with robbery and malicious wounding.

STRONG ARM ROBBERY: Janna Lee Avenue/Tamarind Street, Jan. 18, 4:30 p.m. The victim was approached by a man who displayed a weapon and demanded money. The victim didn't move so the suspect searched the victim's pockets. When the suspect discovered an empty wallet, he walked away. The suspect is described as a light-skinned man wearing a full-face mask and a red-hooded sweatshirt.

STRONG ARM ROBBERY: 8000 block of Fordson Road, Jan. 18, 6:19 p.m. The victim was standing outside his

house talking with someone when a man came up from behind him and put a gun to his back, demanding money. When the victim said he didn't have any money, the suspect shot a round near the victim's foot. The suspect ran away. The suspect is described as a black man, wearing a red coat, jeans and a black ski mask.

ROBBERY: 4300 block of Pembroke Village Drive, Jan. 19, 10:05 p.m. A pizza delivery driver was delivering food to a house. The homeowner denied ordering pizza and when the driver was walking back to his car a man brandished a handgun and announced a robbery. The suspect took the pizza, cash and a cellphone from the victim. The suspect is described as a 30 to 40-year-old black man, 6', 175 pounds, wearing black clothing and a monkey mask.

COMMERCIAL ROBBERY: 5638 Mount Vernon Memorial Highway (7-Eleven), Jan. 20, 3 a.m. A man entered the store and displayed a knife to the employee. The suspect took cash and cigarettes and left in a red, older model pickup truck. No one was injured. The suspect was described as white, in his 20s, approximately 6', 165 pounds, wearing a grey hooded sweatshirt, green pants and tan boots.

RESIDENTIAL BURGLARY: 6100 block of Edgewood Terrace, Jan. 20, 9 a.m. Someone entered the residence and took jewelry.

JAN. 28 LARCENIES
3100 block of Lockheed Boulevard, merchandise from business
7700 block of Fordson Road, mer-

chandise from business
2900 block of Arlington Drive, merchandise from business
7300 block of Richmond Highway, merchandise from business
7700 block of Richmond Highway, merchandise from business
7900 block of Flamingo Drive, merchandise from business
1500 block of Anderson Road, luggage from residence

JAN. 23 LARCENIES
4400 block of Longworth Square, license plate from vehicle
2900 block of Popkins Lane, purse from location
5900 block of Richmond Highway, liquor from business
6300 block of Richmond Highway, license plates from vehicle
7700 block of Richmond Highway, wallet, keys and cell phone from location
6900 block of Telegraph Road, license plates from vehicle

JAN. 22 LARCENIES
3300 block of Clayborne Avenue, doors from vehicle
2400 block of Fairhaven Avenue, beer from business
8400 block of Frye Road, wine from business
2000 block of Huntington Avenue, credit card from residence
7900 block of Janna Lee Avenue, wallet from vehicle
3100 block of Lockheed Boulevard, beer from business
3100 block of Lockheed Boulevard, merchandise from business
2000 block of Mason Hill Drive, property from residence

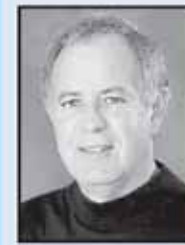


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Alex/Riverside Estates \$589,900
8312 Cherry Valley Lane
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Stafford/Harris \$239,900
11 Shady Lane
Beautiful 3BR, 3BA Cape Cod, bursting with charm. This property contains two lots (for total .67 acres), with winter views of Aquia Creek. 2nd Lot may potentially be buildable (grandfathered). Expansive and open floor plan. Enjoy nature's beauty from the back screened porch or multiple decks. Large shed/hobby room w/electricity (conveys as is). Quiet and serene location. Close to Quantico!



Alex/Woodland Heights \$819,900
8608 Woodland Heights Ct.
4BR, 3.5BA center hall colonial in sought after Mt. Vernon neighborhood of Woodland Heights. 4,000 sq. ft. Stunning Sun Rm addition looks out over beautifully landscaped & terraced bkyd, complete w/ground irrigation system. Large & updated kitchen w/center isle, granite counters & ceramic tile. Gorgeous hardwood floors, 6 panel doors, double pane windows. Large Owner's suite w/vaulted ceiling & walk-in closets. Updated MBA has separate soaking tub & shower. Finished basement offers a Rec Rm w/bar, 3rd full bath & ample storage. GREAT LOCATION: 10 mins to Ft. Belvoir & 15 to Old Town & easy access to GW Pkwy.



Alex/Stratford \$574,900
2601 Culpeper Road
Price just reduced on this - Lovely 4BR, 3BA home with carport in popular Stratford on the Potomac. Situated in sought after Stratford Elementary school district. Well maintained home. Replacement windows. Freshly painted interior with refinished hardwood floors. Beautiful landscaping. Updated baths. Family room with gas fireplace. You'll love it!



Alex/Mt. Vernon Woods \$362,500
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OPINION

Some Bills Die, Others Progress

BY SCOTT SUROVELL
STATE SENATOR (D-36)



The third week of the General Assembly brought action on many of my bills. First, the Equal Rights Amendment was killed in House Committee at the beginning of the week. It was the first time the House of Delegates has ever held a hearing on the amendment. The official statements from members who opposed indicated that they felt women had equal

COMMENTARY rights and the amendment was no longer necessary.

However, the conservative activist community has attempted to make the amendment all about abortion which is inaccurate — the right to contraception and reproductive freedom is already recognized in the U.S. Constitution.

Women do not have equal rights. There are numerous pieces of legislation that are regularly passed across the country that have a disparate impact on women. Unfortunately, these are very difficult to challenge in court because government actions that differentiate on sex are not given the same scrutiny as government actions that differentiate based on race. I have carried this bill for seven years and we will continue to fight to enshrine equality in the U.S. Constitution.

My legislation has started to move. The new “gig economy” has created challenges with some of our old systems. For example, Virginia Law does not allow child support to be withheld from anyone who is paid by 1099. Some child support payees have used jobs at entities like Uber and Lyft to avoid making payments. My legislation to close this loophole cleared the Senate Courts Committee.

Next, my bills to regulate predatory lending strangely failed. I introduced legislation to put a 36 percent rate cap on consumer finance loans. My legislation was supported by the consumer finance industry, but was opposed by internet lenders who want to use Virginia’s consumer finance laws to allow them to make loans over the internet at over 400 percent. Five senators changed their votes from last year and my bill that passed the full Senate 38-2 failed in committee by two votes. I will be back next year.

My legislation providing more transparency with homeowners associations cleared committee. First, my legislation would require all homeowner and condominium associations to actually publish their budget to members on an annual basis (this is not currently required). Next, association will be required to tell their members exactly how much reserves for capital investments are recommended by their reserve study and exactly how short they are. Associations frequently do not raise dues to save enough money which leaves sidewalks, pools, and parking lots in a decrepit state.

Next, homeowner association of childcare has been a regular problem. Home-based childcare is entry level employment for many immigrant families and provides a useful service given that childcare in the D.C. Metropolitan Area is the most expensive in the United States.

Many associations try to use “home-based business” prohibitions to prohibit unsophisticated homeowners who have already received country approval for their childcare service. My legislation says associations can only prohibit home-based childcare if they pass a specific rule about home-based childcare. This will help avoid disputes.

My legislation to amend the Town of Dumfries Charter to require elections to be held in November instead of May also passed committee. This will save taxpayer dollars and increase turnout. More people voting makes for better elections.

Finally, we have seen zero movement on reaching tax conformity with the federal government. Because of this, Virginians still cannot file a tax return. This is becoming a crisis, but the Republican majority has refused to reach out for input to us even though conformity legislation cannot pass without 12 Democratic votes as emergency legislation. We need to get this done immediately.

Please complete my constituent survey online and email me at scott@scottsurovell.org if you have any feedback. It is an honor to serve as your state senator.

Update on Bills’ Passage in the House

BY PAUL KRIZEK
STATE DELEGATE (D-44)



As we enter the fourth week of the Virginia General Assembly, it is important to provide you with an update on my legislation. As of Tuesday morning, 12 of my 14 bills have been given at least an initial hearing. Last week, I highlighted six pieces of legislation including three that have passed the House. Below, I have provided a brief update

COMMENTARY on changes to some of those bills along with legislation that was brought before sub and full committees this past week.

HB 1710, which requires seat belts on school buses, passed 6-4 in Education Subcommittee #2 and was referred to the full Committee on Education. Full Committee voted in support 13-8 on this bill, on Jan. 21, and further referred it to the Appropriations Elementary and Secondary Education Subcommittee. Unfortunately, this subcommittee voted the bill down. Critics viewed it as an unfunded mandate on localities. However, the seat belts would have been phased in only on new buses over the next 20 years which is the average lifespan of a bus. Additionally, seat belts on school buses only account for a small increase in the total cost of buses while providing additional safety

for our children.

HB 2576, a bill that establishes a Sex Trafficking Response Coordinator, was referred to Courts of Justice Subcommittee #1 and passed unanimously with an 8-0 vote. It was then reported to full Courts of Justice and passed unanimously, 18-0. It is now referred to Appropriations Public Safety Subcommittee and is awaiting a hearing. As a unanimous recommendation of the Crime Commission, I am hopeful this important bill will pass, especially since I serve on the Public Safety Subcommittee.

HB 2498, a bill which would codify the current practice that the Virginia State Police issue a public or media alert regarding a missing and endangered child who does not meet the definition of an abducted child, was assigned to Militia, Police, and Public Subcommittee #2. I am regretful to say this bill failed to move to full Committee with the vote 3-2 against.

HB 2264, which would require all passengers, front seat and back seat, to wear seat belts, was assigned to Transportation Subcommittee #1 and defeated on a party line vote. Republicans see this bill as government overreach but I remain hopeful to pass this legislation in the future to ensure the safety of all Virginians.

HB 2263, which updates the Code of Virginia so that no firefighter can be fired unjustly, was assigned to Courts of Justice Subcommittee #2 and passed unanimously with a substitute. The

bill requires that no evidence can be used against a firefighter in an interrogation that violates the Firefight Conduct of Interrogation. It moved to full Courts of Justice and also passed unanimously. The bill was on its first floor reading on Tuesday.

HB 2009, a bill that establishes a ranking procedure for Virginia Land Conservation Foundation proposals, was first referred to Agriculture, Chesapeake, and Natural Resources Subcommittee #1 and passed unanimously with a substitute. This substitute streamlines the procedure into one step, which was previously two. It was then voted unanimously from full Agriculture, Chesapeake, and Natural Resources and referred to Committee on Appropriations.

HB 1936, which allows dependents of Foreign Service Officers to receive a one-year residency waiver for in-state tuition, was first assigned to Appropriations Higher Education Subcommittee and passed unanimously with a substitution. This substitute lays out a 90-day residency requirement before qualifying for the one-year residency waiver. It was then passed unanimously, 20-0, from full Appropriations Committee. HB 1936 has passed through its second reading and was on its third reading on Tuesday, Jan. 29.

HB 1790, a bill which provides that a person who is line to cast a ballot for in-person absentee voting shall be permitted to vote, is assigned to Privilege and Election Subcommittee

SEE UPDATE, PAGE 13

Mount Vernon Gazette

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Senior Living

Weight Lifting in the Golden Years

When done properly, strength training can have tremendous benefits for seniors.

BY MARILYN CAMPBELL

Richard Foley of McLean says he hits the gym at 7:30 five mornings a week. He spends about 40 minutes lifting weights followed by 40 minutes of walking on the treadmill and 10 minutes of sit-ups and crunches.

"I've always been physically active," he said. "I've actually slowed down a little, but it's important to me to keep going for as long as I can."

A National Institutes of Health (NIH) study of Americans over the age of 60 showed that strength training, such as lifting weights, reduced the risk of osteoporosis and chronic conditions such as heart disease and diabetes. It also found that strength-training exercises has the ability to increase muscles strength and mass and allows seniors to stay mobile longer, while also combating weakness and frailty.

"Improving and increasing the muscles in your legs for example, makes them stronger, which means that you'll be able to maintain your ability to walk without assistance longer than you might otherwise," said Rita Days, RN, a gerontological nurse in Falls Church who was not involved in the study. "For seniors who enjoy traveling, shopping

or any activity that requires walking, having strong quadricep and hamstring muscles means that you'll be able to enjoy those activities longer. It also means that you'll have the strength and endurance to navigate difficult terrain during vacations and other activities that involve walking.

Strength training can lead to a sense of independence for everyday activities like grocery shopping or even getting up from a chair, says Jay Rader, a private health and fitness coach based in Arlington. "When you strengthen the muscles around your joints, you can prolong and even improve your range of motion," he said.

Weight training for seniors, says Days, comes with caveats. "Just because it's beneficial doesn't mean that an 89-year-old should go out and start trying to lift 50 pound weights so that he can regain the ability to walk up three flights of stairs like he could 30 years ago," she said. "The benefits of strength training are tremendous, but they also come with risks and must be done safely. You should definitely consult with a doctor before beginning any kind of exercise program, and it would be my strong recommendation that any one over the age of 50 hire a personal trainer if they're starting any kind of exercise program."



Strength-training exercises has the ability to increase muscles strength and mass and allows seniors to stay mobile longer.

In fact, David Schwartz, a personal trainer in Bethesda says that he has four clients who are over the age of 60, and while he personalizes each client's workout, there are specific exercises that are particularly beneficial to seniors. "I have one client who is 72 and began training with me when she was 68," he said. "The workouts that I do with her include lunges and squats which strengthen the quadriceps, or the muscles

in the thigh area. It's been interesting to watch her gain leg strength and be able to walk longer distances. But strengthening the quads can also protect your knees and prevent injuries and other problems."

The bicep and tricep muscles of the arm are also important to building strength. "All you need are a pair of light to medium weight dumbbells," said Kat Chetrit, a personal trainer in Fairfax. "Two great exercises, that are also relatively simple are bicep curls where you hold the weight in your hand and bend your arm at the elbow and curl the weight in the direction of your shoulder; and hammer curls, which are very similar except that you hold the weight like you would a hammer. Those are both great exercises for maintaining arm strength."

Days however, underscores the fact that there are risks involved "You can strain a muscle or drop a weight on yourself or even fracture a bone," she said. "With the elderly, these injuries can take a longer time to heal than they would in a person who is much younger. The benefits definitely outweigh the risks, but you want to be safe and smart. That includes talking with your doctor and getting help from a personal training, especially if you've never or rarely exercised before."

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ENTERTAINMENT

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

ONGOING

Art Exhibit: “Destroy the Picture.”

Through Feb. 2, Wednesday-Saturday, noon-6 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Beverly Ryan has been a resident artist at the Torpedo Factory Art Center since 2001 and has taught at The Art League School in Alexandria, Va., for 15 years. She has curated several shows of abstract painting, narrative painting and encaustic painting. Between 1949 and 1962, numerous painters including Alberto Burri, Salvatore Scarpitta and Yves Klein produced artwork that incorporated destruction in their processes. The book *Destroy the Picture: Painting the Void*, written and edited by Paul Schimmel describes the exhibition of these works in Los Angeles at the Museum of Contemporary Art, 2012-2013. In the spring of 2018, this work inspired Beverly Ryan to lead a group of her students to explore destruction and re-creation of artworks from previously unresolved paintings. Visit www.bethesda.org/bethesda/gallery-b for more.

Art Exhibit: “Lift Us Up, Don’t Push Us Out.”

Through Feb. 3, gallery hours at The Art League Gallery in Studio 21, Torpedo Factory, 105 North Union St., Alexandria. Performing Statistics: a Project by ART180 and Legal Aid Justice Center – “Lift Us Up, Don’t Push Us Out” asks the question, how would criminal justice reform differ if it was led by incarcerated youth? Connecting incarcerated youth at the Richmond Juvenile Detention Center with artists, legal experts, and advocates to reimagine Virginia’s juvenile justice system, this exhibition provides the answer. Including virtual reality experiences, photography, murals, and interactive audio installations that use human touch to activate stories from youth in the system, their media campaigns and mobile exhibits have connected the dreams, stories, and policy demands of youth in the juvenile justice system with tens of thousands across Virginia and beyond. Visit www.theartleague.org.

Art Exhibit: It’s Not All Black and White.

Through Feb. 3, 10:30 a.m.-5:30 p.m. daily (Thursdays until 9 p.m.) at Potomac Fiber Arts Gallery, in the Torpedo Factory Art Center, 105 N. Union St., Studio 29, Alexandria. Potomac Fiber Arts Gallery announces the opening of its juried show, *It’s Not All Black and White*. It may be black and white (dreary) outside but Potomac Fiber Arts Gallery radiates with color. In addition to lovely neutral pieces, artists have warmed their space with colorful creations. Themed work will be eligible for recognition by the jurors. Non-themed work may also be exhibited. Free admission. Visit www.potomacfiberartsgallery.com or call 703-548-0935.

Photography Exhibit: Fax Ayres.

Through Feb. 24, Thursday-Sunday, noon-4 p.m. at The Athenaeum, 201 Prince St. Fax Ayres’ photography employs a ‘lightpainting’ technique to imbue his subjects with an almost surreal quality. He sets up still life vignettes in the dark and then carefully paints individual components with light, assembling multiple images together to create the final photograph. Visit www.nvfaa.org or call 703-548-0035.

“Three Sistahs.”

Through Feb. 24, at MetroStage, 1201 N. Royal St., Alexandria. “Three Sistahs” is an intimate musical which exposes the



Lift Us Up, Don’t Push Us Out

Performing Statistics: A Project by ART180 and Legal Aid Justice Center asks the question, how would criminal justice reform differ if it was led by incarcerated youth? Connecting incarcerated youth at the Richmond Juvenile Detention Center with artists, legal experts, and advocates to reimagine Virginia’s juvenile justice system, this exhibition provides the answer. Including virtual reality experiences, photography, murals, and interactive audio installations that use human touch to activate stories from youth in the system, their media campaigns and mobile exhibits have connected the dreams, stories, and policy demands of youth in the juvenile justice system with tens of thousands across Virginia and beyond. The exhibit runs through Feb. 3, gallery hours at The Art League Gallery in Studio 21, Torpedo Factory, 105 North Union St., Alexandria. An opening reception is planned for Thursday, Jan. 10, 6:30-8 p.m. Visit www.theartleague.org.

souls of three strong independent women as they gather together in the family home one last time. They reflect on the past, present and their hope for the future with powerful music and insights about their lives and relationships. Performances will be Thursdays and Fridays at 8 p.m., Saturdays at 3 p.m., and 8 p.m., Sundays at 3 p.m. and 7 p.m., Jan 24- Feb 24, 2019. Tickets are \$55 with student and active military and group discounts available. Four or more tickets are \$50 each. Call the theatre at 703-548-9044 or go online to www.metrostage.org.

Art Exhibit: Ritualisms.

Through March 3, gallery hours at Target Gallery, 105 N. Union St., Alexandria. New Target Gallery Exhibition contemplates the universality of rituals. The exhibition juxtaposes different artists’ interpretations of rituals through their work, daily routines, habits, or personal quirks. It also brings in broader cultural formalities and religious ceremonies. Visit www.torpedofactory.org.

FRIDAY/FEB. 1

Family Splash Night.

6-9 p.m. At Chinquapin Park Rec Center and Aquatics Facility, 3210 King St., Alexandria. Featuring Ferdinand T. Day and Samuel W. Tucker schools. Enjoy swimming, a floating obstacle course, games, relays, refreshments, music, diving for prizes and more. Different schools are featured at each event but all are welcome. Admission is \$4 per person upon entry. Visit www.alexandriava.gov/Recreation for more.

First Friday: “Chinese New Year Celebration.”

6-10 p.m. at the Durant Arts Center, 1605 Cameron St. The evening will include the Fairfax Chinese Dance Troupe dancing several traditional Chinese Folk Dances accompanied by Alice Guzhang Ensemble, Mr. Zhang on a traditional instrument called hulusi,

and a vocalist Mr. Lin. A Chinese Kungfu, Martial Arts demonstration and the City’s Mobile Art Lab leading interactive art activity will round off the evening’s festivities. A “meet and greet” begins at 6 p.m. with festivities beginning at 6:30 p.m. Light refreshments will be available complements of the Office of the Arts. \$9 per person. Children under 5 years old are free. Children must be accompanied by one adult. Reserve today at www.alexandriava.gov/Arts and select Durant Arts Center. Tickets are available at the door.

“New Beginnings” Opening Reception.

7-9 p.m. At Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. See artwork created by reuse. These creations incorporate found objects, recycled materials or older works of art. The exhibit runs from Feb. 1-24. Exhibit details, plus information on four special workshops at www.DelRayArtisans.org/event/new-beginnings.

FEB. 1-MARCH 30

Art Exhibition: High School Students.

At The Gallery at Convergence, 1801 N. Quaker Lane, Alexandria. The Alexandria All City High School Art Exhibition hosted by the Convergence Arts Initiative returns for its fourth year. This year’s experience features more than 90 Alexandria high school students representing six high schools including public, private, and independent. Returning for 2019’s collaborative event are students from Bishop Ireton, Episcopal High School, T.C. Williams, St. Stephen’s and St. Agnes School, Commonwealth Academy, and The Howard Gardner School. Visit www.ourconvergence.org.

SATURDAY/FEB. 2

15th Annual Alexandria Warehouse Sale.

9 a.m.-4 p.m. At

The Westin Alexandria, 400 Courthouse Square, Alexandria. Deemed the “Super Bowl of Shopping Events” (always occurring the Saturday of Super Bowl weekend), the winter deals event is free to enter and will include a variety of new boutiques and retailers not only located in Alexandria, but throughout the Metro region. The event was the brainchild of Elizabeth Todd (co-founder of the Old Town Boutique District and owner of The Shoe Hive). Visit www.oldtownboutiquedistrict.com or www.AlexandriaWarehouseSale.com.

Painting with Pastels.

10 a.m.-noon at Huntley Meadows Park, 3701 Lockheed Blvd. Interested in art, but not sure where to start? Soft pastel painting is a fun and forgiving medium. In this class, local pastel artist Teresa T. Brunson will demonstrate many ways to paint with pastels and show expressive ways the medium can be used. Learn painting techniques, mark-making and layering. All supplies are provided. For participants 16-adult. \$35 per person. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows.

Story Time for Little Historians.

11 a.m. At The Black History Museum, 902 Wythe St., Alexandria. This month’s topic: Presenting Henry’s Freedom Box – A True Story from the Underground Railroad, which was written by Ellen Levine and illustrated by Kadir Nelson. Bring your little learners to the Alexandria Black History Museum for cultural stories and creative craft activities that introduce world history and folklore. Explore the museum exhibits afterward to learn about local black history. All ages are welcome, but most suitable for children 3-6 years old. \$3 per person. Visit www.alexandriava.gov.

Martin & Mahalia.

11-1:45 a.m. in the Picture Book area at Beatley Library, 5005 Duke St. Celebrate with the entire family the words and

songs of the famous Martin Luther King, Jr. and Mahalia Jackson for Black History Month. All ages with adult. Visit www.alexandria.lib.va.us or call 703-746-1702.

Happy Birthday, John Carlyle: A 1770s Celebration.

12-4 p.m. at Carlyle House, 121 N. Fairfax St., Alexandria. Help wish a happy birthday to Alexandria town founder, Col. John Carlyle. Festivities will include 18th-century dancing, live music, and a birthday treat. Admission is free, but donations are welcome. Visit www.novaparks.com.

Locals’ Alley Saturdays.

12:30-2:30 p.m. at The Old Town Shop, 105 S. Union St. at King Street. Meet the makers of local goods, featuring: Ester’s Granola tasting. Call 703-684-4682 or visit www.TheOldTownShop.com.

Seed Exchange.

12:30-4 p.m. at Green Spring Gardens in Alexandria. These seed swaps are in-person and face-to-face. Bring extra seeds and swap them with other gardeners. Everyone will leave with a bag full of seeds, new garden friends, and expert planting advice. \$20 per person. Registration is now open at WGSeedExchange-GSG.brownpapertickets.com.

An Outrage: A Documentary Film.

2 p.m. at The Alexandria Black History Museum, 902 Wythe St. The Alexandria Black History Museum will screen *An Outrage: A Documentary Film on the History of Lynching in the American South*. Filmed on-location at lynching sites in six states and bolstered by the memories and perspectives of descendants, community activists, and scholars, this unusual historical documentary seeks to educate even as it serves as a hub for action to remember and reflect upon a long-hidden past. Admission is \$5 and must be paid in advance at alexandriava.gov/shop. Call 703-746-4356 for more.

Alexandria Oddball Cinema: Basquiat.

2-4 p.m. at the Duncan Library Meeting Room, 2501 Commonwealth Ave. Join Alexandria Oddball Cinema in this special screening of *Basquiat* in honor of Black History Month. Visit www.alexandria.lib.va.us or call 703-746-1705.

Country-Western Dance.

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

SUNDAY/FEB. 3

Bagels and Bach Concert Series.

11 a.m.-1 p.m. at the Durant Arts Center, 1605 Cameron St. Enjoy classical music and a light brunch, while children will become aware and will learn how to appreciate classical music. This month’s concert showcases Tyler Castrucci, trombonist with the Washington Metropolitan Philharmonic Orchestra. \$9 per person. Children under 5 years old are free. Make reservations at www.alexandriava.gov/Arts and select Durant Arts Center. Tickets are also available at the door.

Walking With Washington Tour.

2-4 p.m. at Ramsay House, Alexandria Visitor’s Center, 221 King St., Alexandria. Explore important sites associated with George Washington in his hometown of Alexandria. This guided walking tour of historic Old





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Public Hearing Scheduled on E-Bike Use on Park Trails

A public hearing will be held in Lorton, Va., on Thursday, February 7, 2019, on proposed changes to regulations on the use of Electrically Assisted Bicycles, or e-bikes, in Fairfax County and NOVA Parks.

The hearing will cover proposed changes to Park Authority Regulation §1.14 Motor Vehicles and Traffic. Under the proposal, the regulation would define an e-bike and clarify distinctions between e-bikes and mopeds. E-bikes would be allowed anywhere traditional pedal-powered bikes are allowed. Mopeds would be allowed only where motor vehicles are permitted.


As part of the proposed change in regulation, draft guidelines for the use of e-bikes within Fairfax and NOVA Parks' will be presented. These guidelines outline the type and level of performance for e-bikes that are suitable for use within Fairfax and NOVA Parks. Draft guidelines define e-bikes as a "wheeled vehicle equipped with (i) pedals that allow propulsion by human power and (ii) an electric motor with an input of no more than 750 watts that reduces the pedal effort required of the rider. This applies to both road and mountain style (e/MTB) e-bikes." These use guidelines will be recommendations only and will not be enforceable by law.

The guidelines for e-bike riders would call for them to yield to pedestrians and equestrians and keep e-bike speeds below 20 miles per hour. In addition, e-bike riders would be strongly encouraged to operate only in areas where traditional bicycles are allowed and to not disturb wildlife, livestock or domesticated animals on park property. E-bike riders would be expected to follow the same regulations and rules regarding access to the parks as other visitors. Riders would assume responsibility for the safe and respectful operation of their e-bike. For more information, visit online at <https://www.fairfaxcounty.gov/parks/e-bikes>

The joint hearing to be held by the Northern Virginia Regional Park Authority Board and the Fairfax County Park Authority Board will begin at 7 p.m. at The Jean R. Packard Center at Occoquan Regional Park, located at 9751 Ox Road, Lorton, VA.

Please contact the NOVA Parks Operations office at 703-359-4612 or NOVAParks@nvrpa.org to sign up to speak at the public hearing, or the Fairfax County Park Authority Public Information Office at 703-324-8662 or via email at Parkmail@fairfaxcounty.gov. All speakers are welcome; it is not necessary to sign up in advance.

Written comments must be received by March 11, 2019 to be included in the official public record. Please send your feedback to either the Fairfax County Park Authority or NOVA Parks:
Email (preferred): Parkmail@fairfaxcounty.gov or NOVAParks@nvrpa.org

 To request reasonable ADA accommodations, call 703-324-8727, TTY 711, at least 10 working days in advance of the registration deadline or event.

ENTERTAINMENT

Bistro Sancerre Offers Come-As-You-Are French Flair

BY HOPE NELSON

A long-vacant storefront facing Duke Street in the King Street Station complex has new life with the arrival of Bistro Sancerre, a French bistro and steakhouse that opened its doors a little more than a week ago.

Bistro Sancerre, the Alexandria outpost from the owners of the Arlington-based Grand Cru, came to be when longtime – and voluminous – clientele moved to Carlyle and began lobbying for the restaurant to pick up stakes and move. The National Science Foundation, now stationed nearby, was a neighbor of Grand Cru in Ballston.

"They used to do all of their big meetings over at Grand Cru and told Lena (Thorpe, director of operations) we needed to open a place over here, so that's what made us start looking over here," owner Troy Thorpe said. "We (decided on) this location because it kind of resembles our other location."

But don't expect Bistro Sancerre to simply be a carbon copy of its elder sibling. With Ravi Narayanan at the helm in the kitchen as executive chef, the menu is full of French-style classics – and a bit of fun, too. Narayanan was in fact the proponent of what he calls the "jocularity" in the menu – plays on words, a festive air – and how he wants to extend that to the dining room as well as the kitchen.

"That's the feel of the restaurant that I wanted it to be. Come as you are, welcome to the neighborhood, and sit back and enjoy yourself," he said.

And Narayanan makes it easy to kick back and await the coming meal. All the French favorites are there – filet mignon, Parisian steak frites, duck confit

– but so too are those less-expected offerings. Narayanan doesn't forget the small stuff – and small plates, too.

"In terms of the starters that we have, my duck wing lollipops are very, very fun," he said. A take on the classic duck à l'orange, the lollipops are a succulent way to start a meal.

And those dishes that are now essential table stakes don't get short shrift, either. Consider for a moment the lowly house salad, a mainstay on nearly every menu but one that is largely forgettable.

"The house salad I think is something that we here at Bistro Sancerre are very, very proud about. We've elevated our house signature salad and made it some-

thing to be proud of," Narayanan said. "Not that other restaurants in Washington, D.C., and Virginia don't, but it always takes that lonely stand-in-the-corner kind of role."

The wine selection process is rather unexpected, as well. Many varietals are available by

the glass, but to select a bottle, don't expect a lengthy wine list to arrive at the table. Rather, guests are invited to peruse the shelves lining the dining room to select a bottle that speaks to them.

After a week of dinner-only service, the restaurant is now open for lunch and dinner seven days a week. Troy Thorpe says brunch will be in the offing for spring – perhaps making use of Bistro Sancerre's extensive outdoor patio space when the weather warms up – but for now, the restaurant is taking time to settle into its new digs and new neighborhood.

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

If You Go

Bistro Sancerre, 1725 Duke St.

Hours: 11 a.m.-10 p.m. Monday-Tuesday; 11 a.m.-11 p.m. Wednesday-Saturday; 11 a.m.-9 p.m. Sunday.

Try This: The wine flights. "Those I will be changing every so often ... every four to six weeks," says director of operations Lena Thorpe. "Any time I bring something new on the shelf I would like to share with the guests and gather their opinions."

CALENDAR

Towne covers significant people and events in Washington's life and in American history, with stops at Ramsay House, Market Square, Carlyle House, Wise's Tavern, Duvall Tavern/Charles Lee House, Gadsby's Tavern, Washington's townhouse, The Lord Fairfax House, the "Light-Horse" Harry Lee house and Christ Church. Sponsored by the City of Alexandria's George Washington Birthday Celebration Committee. Free. Visit washingtonbirthday.com for more.

Tell Me Your Name. 3:30 p.m. at Carlyle House Historic Park, 121 N. Fairfax St., Alexandria. A conversation about identifying enslaved individuals and their communities and putting that into a historical and genealogical context. In 2017 Carlyle House Historic Park undertook a new research project to improve its knowledge and interpretation of the site's enslaved population. Join Maddy McCoy, founder of Slavery Inventory Database, LLC, for an illuminating tour on the new research of the enslaved community at Carlyle House. Cost is \$10. Tickets available at apm.activecommunities.com/novaparks/Activity_Search/2516.

MONDAY/FEB. 4

School Holiday Camp. 9 a.m.-4 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. The country may have been in a depression, but kids were still finding ways to have fun in the 1930s. Today's kids will discover new ways to have old-fashioned fun in the "Play Like It's 1935" camp at Huntley Meadows Park. Children age 6-12 are invited to the park to play games like the Alcorn children did when they moved to Huntley during the Great Depression. Kids will make a simple toy to take home, too. It's a full day of fun while school's out. \$65. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows.

Talk on Microgreens. 7-8:30 p.m. at Barrett Branch Library, 717 Queen St., Alexandria. Discussion on Microgreens: What Are They, Why Are They So Fabulous, and How to Grow Them. This class is offered by Extension Master Gardeners with the Virginia Cooperative Extension, Master Gardeners of Northern Virginia. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgaralalex@gmail.com.

TUESDAY/FEB. 5

Tuesday Tots. 11 a.m.-noon at Burke Branch Library Meeting Room, 4701 Seminary Road. Astory with a painting craft based on the art of artist Alma Woodsey Thomas. Children should wear something they can paint in. Ages 1-4 with an adult. Visit www.alexandria.lib.va.us or call 703-746-1704.

Film: Loving. 2-4:30 p.m. at Burke Branch Library, 4701 Seminary Road. The story of Richard and Mildred Loving, a couple whose arrest for interracial marriage in 1960s Virginia began a legal battle that would end with the Supreme Court's historic 1967 decision. Visit www.alexandria.lib.va.us or call 703-746-1704.

WEDNESDAY/FEB. 6

Family Storytime Class: Books by African American Authors. 10:30-11:10 a.m. at Beatley Library, 5005 Duke St. Family Story Time celebrates Black History Month. With books written and illustrated by African Americans and depicting children of color. All ages with adult. Visit www.alexandria.lib.va.us or call 703-746-1702.

ENTERTAINMENT



Dominion Brass Concert

Benefit concert for Rising Hope Mission Church with Dominion Brass, a large brass and percussion ensemble of professional musicians. Sunday, Feb. 17, 3-4:30 p.m. At Aldersgate United Methodist Church, 1301 Collingwood Road, Alexandria. Free. Donations to support Rising Hope will be collected during the concert. Call 703-300-0985.

CALENDAR

Amazing African American

STEAM. 4-4:45 p.m. at Barrett Branch Library - First Floor, 717 Queen St. Hands on art and science projects for ages 5 and older. No registration required. Visit www.alexandria.lib.va.us or call 703-746-1703.

I Protest! 5-6:30 p.m. at Barrett Branch Library - Second Floor, 717 Queen St. Protest unfair laws and rules today and remember the struggle of the past by making protest signs. Poster board, supplies and inspiration will be provided. Visit www.alexandria.lib.va.us or call 703-746-1703.

FEB. 6-MARCH 10

“Opposites Attract.” At Potomac Fiber Arts Gallery, Torpedo Factory Art Center, Studio 29, 105 North Union St., Alexandria. Show featuring everything Quiet and Loud, Large and Small, Smooth and Rough, Bright and Dull, Stiff and Flowing, Smiles and Frowns – the list goes on and the artists had a great time incorporating this theme into their work. Visit www.Potomacfiberartsgallery.com.

THURSDAY/FEB. 7

The Snowy Day - A Story Time Adventure for Black History Month. 4-4:45 p.m. at Barrett Branch Library - Story Room, 717 Queen St. Celebrating the immortal story by Ezra Jack Keats with story and art. Ages 3 and up. No registration required. Visit www.alexandria.lib.va.us or call 703-746-1703.

Evening of French Love Songs. 7 p.m. at The Lyceum, 201 S. Washington St., Alexandria. The Alexandria-Caen Sister Cities Committee invites you to Chansons d'Amour: An evening of French love songs. In anticipation of Valentine's Day, spend an evening learning about French Love Songs and listening to curated selections of “Chansons d'Amour” with event MC, Joseph Gueron. Gueron is the Producer and Host of GloBeat, the

world music radio show on WERA 96.7 FM. The event includes music, dancing, and a wine and dessert reception. Cost is \$10. Tickets available onsite or online at shop.alexandriava.gov. Email AlexandriaCaenSisterCities@gmail.com with questions.

FRIDAY/FEB. 8

Movie Matinee: Chi-Raq. 3:30-6 p.m. at Burke Branch Library Meeting Room, 4701 Seminary Road. Screening of the film “Chi-Raq.” Teens, adults. Visit www.alexandria.lib.va.us or call 703-746-1704.

The Alligator Pears. 6-8 p.m. At The Lyceum, 201 South Washington St., Alexandria. The Alligator Pears features Piedmont Blues music. Beer and wine for sale; light refreshments available as well. Visit www.alexandriava.gov.

Family Splash Night. 6-9 p.m. At Chiquapin Park Rec Center and Aquatics Facility, 3210 King St., Alexandria. Featuring George Mason and Matthew Maury schools. Enjoy swimming, a floating obstacle course, games, relays, refreshments, music, diving for prizes and more. Different schools are featured at each event but all are welcome. Admission is \$4 per person upon entry. Visit www.alexandriava.gov/Recreation for more.

Gunston Hall Game Night. 6-9 p.m. at Gunston Hall, 10709 Gunston Road, Mason Neck. Gunston Hall is opening its doors after-hours to welcome game enthusiasts to immerse themselves in a variety of 18th-century card, board, and dice games. \$35 registration includes beverages and heavy hors d'oeuvres, including some items made from 18th-century recipes. Visit www.gunstonhall.org for more.

History by the Glass. 7-9 p.m. at Gadsby's Tavern Museum, 134 North Royal St., Alexandria. Enjoy a night out that brings the history of ice and the tavern together through cocktails. Sip inspired drinks created by a local mixologist, examine ice-related artifacts rarely on display, and find

out first-hand how the historic tavern preserved ice for months without electricity. \$50 per person. Price includes two drink tickets and light hors d'oeuvres. Tickets can be purchased at alexandriava.gov/shop or 703-746-4242.

Reception and Gallery Talk:

Ritualisms. 7-10 p.m. at Target Gallery, 105 N. Union St., Alexandria. New Target Gallery Exhibition contemplates the universality of rituals. The exhibition juxtaposes different artists' interpretations of rituals through their work, daily routines, habits, or personal quirks. It also brings in broader cultural formalities and religious ceremonies. Visit www.torpedofactory.org.

SATURDAY/FEB. 9

ASO Presents: Mozart's Prague Symphony. 8-10 p.m. at Rachel M. Schlesinger Concert Hall, 4915 East Campus Drive. New and old traditions collide in February with an exploration of the Classical-era symphony. The program centers on Mozart's Symphony No. 38 “Prague,” juxtaposed with Prokofiev's Symphony No.1 “Classical.” The program will also feature soloists from the ASO for Bach's Brandenburg Concerto No. 1 and Stravinsky's Dumbarton Oaks. Adult, \$20-\$80; youth, \$5; student, \$10. Call 703-548-0885 or visit www.alexsym.org for more.

Outfitting Billy Yank Program. 11 a.m.-3 p.m. at Fort Ward Museum, 4301 West Braddock Road, Alexandria. Learn about the clothing and equipment used by Union soldiers during the Civil War in “Kepi to Cartridge Box: Outfitting Billy Yank,” at Fort Ward Museum. Free. Call 703-746-4848, or visit www.fortward.org.

Locals' Alley Saturdays. 12:30-2:30 p.m. at The Old Town Shop, 105 S. Union St. at King Street. Meet the makers of local goods, featuring: Truly-Life soaps and bath products. Call 703-684-4682 or visit www.TheOldTownShop.com.

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Mozart

Prague Symphony






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February 10, 2019 @ 3pm
 James Ross, Music Director

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ENTERTAINMENT

3:30 p.m. at Green Springs Gardens, 4603 Green Spring Road, Alexandria. Branch out and give the gift of topiary this Valentine's Day. Floral Design Workshop: Valentine Topiary" with floral designer Chuck Mason who will lead you through this fun, floral project that you can keep for yourself or give away. \$39 for the program, plus \$30 for supplies. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-spring.

Tips on Taking the Story. 3-4 p.m. at Duncan Library Meeting Room, 2501 Commonwealth Ave. Anne Bolen of Anne B. History will give you tips on how to collect family memories with oral history interviews. Visit www.alexandria.lib.va.us or call 703-746-1705.

Yale University Wiffenpoofs Chorus. 3 p.m. at the George Washington Masonic National Memorial on Callahan Drive. The Alexandria Harmonizers Barbershop Chorus will be hosting the Yale University Wiffenpoofs Chorus, the oldest continuously performing a capella chorus in the United States. This performance will be opened by selections by the Alexandria Harmonizers, followed by The Wiffenpoofs. \$30 at the door or directly from members of the Alexandria Harmonizers Barbershop Chorus prior to the event. Visit www.harmonizers.org for more.

Read Write Now: A Craft Talk. 5:30 p.m. at The Athenaeum, 201 Prince St. "Read Write Now" is an event series focused on the craft of writing. Join Old Town Books and National Book Award-nominated writer Carmen Maria Machado in conversation with bestselling writer and editor Nicole Chung. (The talk

will be followed by a book signing of Carmen Machado's short story collection *Her Body and Other Parties* (Graywolf, 2017) and Nicole Chung's *All You Can Ever Know* (Catapult, 2018). \$26. Ticket price includes one pre-order for a signed copy of Machado's "In the Dream House," which will be published and available for pick up at Old Town Books in fall 2019. Visit www.nvfaa.org or call 703-548-0035.

Chili Cook Off and Bingo Night. 6-9 p.m. at Historic Pohick Episcopal Church, 9301 Richmond Highway, Lorton. The Ann Mason Guild of Pohick Church will hold their annual Chili Cook Off and Bingo event. Tickets are \$10 per person (without a chili entry) and \$5 per person (with chili entry). Children 10 and under are free. Hot dogs will also be available. Contact: Wendy Remaly at wendy.remaly@gmail.com or Angela Edgemon at Aedge619@aol.com, or call 703-339-6572 or visit www.pohick.org.

SUNDAY/FEB. 10

Harry Allen Winter Lecture Series. 1:30-2:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. Get "Ideas from Europe for U.S. Gardeners" when garden designer and international traveler Carolyn Mullet shares design ideas from her European garden travels and shows how to modify these inspirations in fun and functional ways at home. Adults. \$10 in advance; \$12 at the door. Visit www.fairfaxcounty.gov/parks/green-spring or call 703-642-5173.

Walking With Washington Tour. 2-4 p.m. at Ramsay House, Alexandria Visitor's Center, 221 King St., Alexandria. Explore important sites



James Ross conducts the Alexandria Symphony Orchestra.

PHOTO BY P.J. BARBOUR

ASO Presents: Mozart's Prague Symphony

New and old traditions collide in February with an exploration of the Classical-era symphony. The program centers on Mozart's Symphony No. 38 "Prague," juxtaposed with Prokofiev's Symphony No.1 "Classical." The program will also feature soloists from the ASO for Bach's Brandenburg Concerto No. 1 and Stravinsky's Dumbarton Oaks. Saturday, Feb. 9, 8-10 p.m. at Rachel M. Schlesinger Concert Hall, 4915 East Campus Drive. Adult, \$20-\$80; youth, \$5; student, \$10. Call 703-548-0885 or visit www.alexsym.org for more.

associated with George Washington in his hometown of Alexandria. This guided walking tour of historic Old Towne covers significant people and events in Washington's life and in American history, with stops at Ramsay House, Market Square, Carlyle House, Wise's Tavern, Duvall Tavern/Charles Lee House, Gadsby's Tavern, Washington's townhouse, The Lord Fairfax House, the "Light-Horse" Harry Lee house and Christ

Church. Sponsored by the City of Alexandria's George Washington Birthday Celebration Committee. Free. Visit washingtonbirthday.com for more.

Tell Me Your Name. 3:30 p.m. at Carlyle House Historic Park, 121 N. Fairfax St., Alexandria. A conversation about identifying enslaved individuals and their communities and putting that into a historical and genealogical context.

In 2017 Carlyle House Historic Park undertook a new research project to improve its knowledge and interpretation of the site's enslaved population. Join Maddy McCoy, founder of Slavery Inventory Database, LLC, for an illuminating tour on the new research of the enslaved community at Carlyle House. \$10. Tickets available at apm.activecommunities.com/novaparks/Activity_Search/2517.

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OPINION

Pursuing Nonpartisan Redistricting

BY ADAM EBBIN
STATE SENATOR (D-30)



Last week, two of my committees: the General Laws and Technology Committee and the Privileges and Elections Committee, heard a plethora of bills addressing reform for several pressing issues affecting many Virginians, including nonpartisan redistricting and eviction law.

This is the final session to begin the process for a constitutional amendment to require a nonpartisan approach in time for the 2021 redistricting. Redistricting occurs every 10 years after the completion of the federal census. Virginia law requires that a constitutional amendment be passed twice by the General Assembly before and after a state election and be passed via a "referendum" process by the voters. Nonpartisan redistricting is critical because, for years, politicians have made a practice of picking their voters, rather than their voters picking them. Last year, federal courts required a number of House of Delegates Districts be redrawn due to racial gerrymandering. The 4th District US Court of Appeals introduced a plan for the 2019 election, changing the borders of 26 districts from Richmond to Hampton Roads, shifting the partisan makeup of many, some dramatically, including those of Speaker Kirk Cox (R-Chesterfield) and House Appropriations Chair Chris Jones (R-Suffolk).

The Privileges and Elections Committee heard several possible constitutional resolutions to address nonpartisan redistricting last week including proposed legislation presented by Senator Mamie Locke (D-Hampton) and Senator Emmett Hanger (R-Augusta) which I co-sponsored. That bill would have required full transparency in the process, prohibited any criteria that supports a political party, and focused on maintaining existing communities whenever possible. While that resolution died on a 9-5 vote, we eventually passed out of committee Senator George Barker's (D-Fairfax) bill which will ensure bipartisan consensus by balancing membership on the commission and including citizen members.

In the General Laws and Technology Committee we heard a number of bills regarding eviction, an issue which has come to light in the last year as one of the greatest issues of inequality in Virginia. In a recent study by the New York Times, it was revealed that five of the top 10 cities in the nation in which evictions are filed are in our state. These cities include: Richmond, Newport News, Hampton, Norfolk, and Chesapeake. Eviction has many serious effects on low income communities including making it more difficult to find future housing, preventing families from building support systems like child care and a steady learning environment, and creating additional costs because often keeping basic household necessities like furniture and cooking supplies is impossible during evictions. It sows long-term instability in our most marginalized communities and keeps many locked in the cycle of poverty.

Over the last year, the Virginia Housing Commission met with a group of stakeholders to identify possible solutions to this issue. The commission endorsed a number of bills including ones to ensure a written lease, extending the period in which a tenant may pay back rent before the sheriff arrives to evict them, and creating a diversion pilot program which will require landlords and tenants in high evic-

tion areas to participate in a payment plan created by the court. I supported these bills, but co-sponsored a more comprehensive bill introduced by Senator Jennifer McClellan (D-Richmond), which included the commission's recommendations and added the ability for a tenant to reclaim legal fees if they win their case and extended the time in which they can pay rent before an eviction is even filed. This more comprehensive approach takes the necessary step of truly expanding tenant rights in the courtroom.

This adjustment is important because low income tenants can rarely afford quality legal representation against unfair housing practices. Considering that we face an affordable housing crisis across the state, ensuring tenants' rights is a must.

Virginia has, for far too long, failed to put enough emphasis on providing affordable housing for the working class. This year I am excited that Governor Northam proposed to nearly quadruple the funding in the state's Affordable Housing Trust Fund (flexible funds that often serve to supply gap funding that can be used to bring projects to fruition) from \$5 million to \$19 million in his budget. These additional funds are a start, but much more is needed. Additionally, the Virginia Housing Development Authority has put forward \$15 million per year for five years in R.E.A.C.H. (Resources Enabling Affordable Community Housing) funding for Northern Virginia. These funds go to loans and grants that support those in the lowest income brackets. We must refocus our efforts on vulnerable populations and enable them to stay in the communities they have developed and in the homes that they have created. This will be an ongoing struggle. As our population continues to grow we have to create affordable housing that grows with it.

Though these issues are complex, and our state is behind the mark in finding appropriate fixes, the bills headed to the Senate floor will move us forward.

Please consider taking the time to fill out my constituent survey to let me know your priorities: www.adamebbin.com/survey

Update on Bills

FROM PAGE 6

tee #1 and awaiting its first hearing.

HB 1687 provides a private cause of action against employers who fail to pay their employees their wages, is referred to Commerce and Labor Subcommittee #2 and is awaiting a vote.

HJ 597, a bill which requests the Department of Environmental Quality to study the impact of littering, had its first hearing on Tuesday, Jan. 29.

Additionally, I introduced a budget amendment (Item 136 #22h) to increase state share of education costs. The state direct aid for public schools has fallen while the student population has been increasing. Local governments are experiencing a large amount of this burden and the budget amendment aimed to alleviate this problem by increasing the State's share of funding. Unfortunately, the 2 percent increase I requested was turned down in Appropriations.

It is hard to believe we are almost halfway through this year's legislative session. It has been a great session so far as we have had three bills already pass through the House. During the remainder of session, I remain hopeful that I can pass additional pieces of legislation, many generated from our community and that will be good for our Commonwealth, and continue my work on the budget as a member of the Appropriations Committee.

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Cat It Again



By KENNETH B. LOURIE

As my white cat, Twinkle, continues to walk left to right and right to left across my writing pad with various stops in between for scratching, nudging, belly-rubbing and paw patty cakes, I can't help wondering if there's a method to her non-madness. She doesn't appear to be the least bit agitated. She's not meowing her presence or seemingly demanding anything – other than attention, that is. In fact, she's purring and seems quite pleased with herself.

What's puzzling to me is exactly what the attraction/need is here? I don't have any treats. Her food and water bowls are not here. Neither is her litter box. It's in the adjacent room. Yet here she sits and rolls and scratches herself with what appears to be not a care or concern in the world. She seems extremely content with her situation.

I would have expected her to be sleeping in the house somewhere like our other four cats. I mean, it is 2:15 in the afternoon, many hours after her 6:30 breakfast and hours still to go before her 5:30 dinner. Heck, I've even dozed off myself for a bit before I sat down to try and write this column. But here she is, wide awake, and back and forth.

My wife, Dina, maintains that cats and dogs have a sixth sense when it comes to people being sick, and tend to hang around those afflicted with something or other, providing aid and comfort, if you will.

And so, she gets nervous when multiple cats surround me when we're sitting on the couch watching television: a black cat, usually "Sleeky," lays on top of the couch behind where I'm sitting; Twinkle, sits on the couch next to me and cuddles up against my left thigh; and Biscuit (one of our two buff-colored brothers) "sphinxes" on the coffee table staring at me while I'm having to stare through him to watch television. The other two cats, "Chino" and Andrew are usually sleeping in their spots, out of sight, but never out of mind.

A shift change, apparently. "Chino" has just jumped on my desk and Twinkle has jumped off, no doubt to find a warm spot to sleep perchance to dream. Chino is now laying on his side/back – partially on my writing pad, with his rear end pressed up against my left forearm with all four paws raised up in the air not exactly in my direction but definitely in my proximity.

This cat exchange sort of reminds of how my brother and I would alternate our visiting time with our parents on Sundays, splitting the day so that one of us was always present and accounted for.

But I'm not sick (OKAY, diseased then), and I don't feel as if I need 24/7-type cat companionship. Though I am home alone a lot – and left with my own thoughts, I don't view the cats shifting around me as anything more than there considering me as a big toy.

A toy whose movements and appearance are stimulating to them, sort of like a giant scratching post infused with catnip. A combination they couldn't possibly ignore, like peanut butter and chocolate is to me.

So as much as I feel nurtured and loved and comforted by this cat behavior, I don't feel it's because I'm sick, or rather about to be sick (again, their sixth sense at work), I feel simply that we have some very affectionate cats whose indoor-only lives have caused them to become dependent and appreciative of those who feed and water them. (We won't mention that we're also the ones who stuff them into cat carriers and drive them to the vet, an experience which they collectively hate.)

But if I do get sick (I guess I should be honest: get sicker, I do have cancer) I know I can count on "Chino," Biscuit, Twinkle, Andrew and "Sleeky" to always keep me company. I don't know how much better their presence will make me feel, but I do know their presence will keep me from feeling worse.

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

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News

New Tradition

FROM PAGE 1

nated food and some of the coats. While there, they helped clean the building's chapel.

Once all the lower school students were back on campus, they gathered to eat and hear a presentation by Nate Woldu, from the P.U.S.O. Foundation and also a former Browne student, who accepted the rest of the donated coats to help those in need locally and abroad. P.U.S.O. stands for the Purposeful Unconditional Service to Others. The students also screened a movie that the 3rd grade produced about kindness.

On the middle school side, Browne's 5th, 6th, and 7th graders attended Volunteer Arlington's opening activities. Afterward, the 5th and 7th graders traveled to St. Mary's Episcopal Church in Arlington where they participated in a Youth Service America training about leading service projects. The 6th graders visited Culpepper Garden Affordable Senior Living where they played board games and made welcome kits with the residents.

Finally, 8th graders went to Ron Brown High School in Washington, D.C. to attend an opening program from City Year before making scarves and putting together essentials kits for the homeless. These items will be distributed via Thrive DC.

Browne Academy's Head of School Peggy Otey was pleased with the inaugural day of service: "Browne Academy's mission and core values of excellence, diversity, character, and community align wonderfully with Dr. King's beliefs. What better way is there to honor him than to come together to help those in need? Browne Academy looks forward to making our MLK day of service an annual, eagerly anticipated tradition."

BULLETIN BOARD

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

DONATIONS NEEDED

UCM Needs Help. United Community Ministries (UCM), 7511 Fordson Road, Alexandria. Inventory is low on disposable diapers especially sizes 4, 5, 6; canned tuna and other canned meats like chicken; and low-sugar breakfast cereals. Shop and donate with their Amazon Wish List at: bit.ly/UCM_FoodPantry_AmazonWishList. Email Assistant Food Pantry Manager Von at vonneta.jones@ucmagency.org or visit at www.ucmagency.org.

SATURDAY/FEB. 2

Mount Vernon Town Meeting.

7:45 a.m.-noon at Mount Vernon High School, 8515 Old Mt. Vernon Road. Meet Mount Vernon District Supervisor Dan Storck and many county, state and federal leaders at the 32nd Annual Mount Vernon Town Meeting. Have questions answered, learn about important issues important, connect with county agencies and service providers and mingle with neighbors. The highlight of the morning will be taking a "virtual tour" of the District with "pilot" Supervisor Storck. Visit www.fairfaxcounty.gov/mountvernon/32nd-annual-town-meeting-2019.

Town Hall Meeting.

1 p.m. at South County High School, 8501 Silverbrook Road, Lorton. State Sen. Scott Surovell and Del. Kathy Tran will host a town hall meeting. Individuals will have the opportunity to hear about progress in Richmond and ask questions about legislation as the legislative process happens.

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MACHINE ROTORS ADDITIONAL.

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\$15.00 OFF when you spend \$100.00 - \$199.99

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BATTERY CHECK-UP

Check cold cranking amps and visual inspection of
battery condition. Includes battery condition print out.

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Does not apply to hybrid batteries.

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Check your windshield. Does your sticker say **12/18, 1/19,**
or **2/19**? If so, your VA Safety Inspection is now due

VIRGINIA STATE INSPECTION

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9402 Mt. Vernon Circle

Riverfront Community! | \$875,000

Unique property in highly desired Mt. Vernon on The Potomac Neighborhood! Classic 3 level Colonial in prime location just steps from neighborhood private marina. Amazing rear decks include private balcony off Master Bedroom and large deck off main level provide some seasonal Potomac views. Other features include: Open Floor plan, large room sizes, family room off nicely updated Kitchen with stone fireplace, hardwood floors, elegant trim detail, and true oversize two car garage. Unique combination of features, location, and price in the area's premier waterfront community! Community includes private waterfront grassy area, 2 tennis courts with hitting wall, fire pit, bathrooms, and docks/boat slips (for additional fee).



8826 Black Alder Dr

Long List Of Updates! | \$665,000

Incredible value for Classic Colonial style on established street adjacent to Mount Vernon Country Club. Many features include: 3 finished levels, 5 Bedrooms including main level master, 3.5 baths, open updated Kitchen to Family room, 2 fireplaces, oversize 2 car garage. Extensive list of recent updates. Turn key opportunity!



9112 Volunteer Dr \$655,000

Exceptional property! Spacious Colonial in the Williamsburg tradition featuring premier setting on large level lot in the desirable Westgate community near Mt Vernon Estate. Features include: 4 Bedrooms, 2.5 baths, huge master suite with 2 large

closets and private bath, 2 fireplaces in family and living room, hardwood floors on both levels, two car garage, & incredible sun room overlooking half acre rear grounds complete with 2 storage sheds!

AVAILABLE!



4021 Colonial Ave \$1,130,000

Incredible brand new build in desirable Mount Vernon area. Almost 5,000 square feet on a flat level half acre lot. 5 Bedrooms and 4.5 Baths with long list of builder selections that set this home

apart from your average build. Rare opportunity for a brand new build in Mount Vernon!

CONTRACT!



9416 Old Mt Vernon Rd. \$789,000

Incredible opportunity to own a brand new 5 Bed/5.5 Bath home on 4 finished levels! Economical Gas appliances include: fireplace, cook top, heat and hot water. Hardwoods on main level,

open kitchen to family room w/ large island & breakfast area, 4 BR's on upper level w/ 3 baths including luxurious master suite, finished basement w/ rec room, bedroom, & full bath. 10 year builder warranty

SOLD!



8902 Beauchamp Dr. \$550,000

Expanded and updated contemporary on gorgeous half acre lot near Mt. Vernon Estate. Fabulous features include: bright open floor plan, glass window wall,

gorgeous hardwood floors on two levels, and oversize two car garage. Large deck overlooks private grounds. Freshly painted interior makes this one move in ready!

SOLD!



8314 Wagon Wheel Dr \$665,000

3 level Colonial situated on serene elevated lot overlooking natural wonderland. Private dock for your canoe, kayak, or small motor boat! Home has huge potential & features: 4/5

Bedrooms, large room sizes, hardwood floors, fully finished lower level w/ outside entrance, sunroom overlooking creek. Won't find another one like it!

SOLD!



3708 Carriage House Ct \$810,000

Truly special property in prime location on gorgeous lot bordering Mt. Vernon Estate grounds. Fabulous home in pristine condition. Features include bright open floor plan, stunning glass

walled addition, updated expanded kitchen, gorgeous hardwood floors, 4 bedrooms including master suite with recently remodeled bath, & 2 car garage. Custom deck & brick patio overlook backyard & MV Estate

SOLD!

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