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Alexandria

Gazette Packet

WELLBEING

PAGE, 14

25 CENTS

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MARCH 7, 2019



Slainte!

The City of New York Police Department Emerald Society Pipes and Drums participates for the first time in the Ballyshaners 38th annual St. Patrick’s Day Parade March 2 in Alexandria. Story, more photos, page 4.



Grand Marshal Shawn McLaughlin, right, with his wife Cassie, on the reviewing stand during the 38th annual St. Patrick’s Day Parade.



A member of the National Potomac Yacht Club.



A unicyclist entertains the crowd during the St. Patrick’s Day Parade.

PHOTOS BY MARK MOGLE/GAZETTE PACKET

‘Fiscal Slam Dunk for City’?

City leaders promise significant, but unspecified, economic growth from new Virginia Tech campus.

BY DAN BRENDEN
GAZETTE PACKET

Local government leaders reiterate their belief that Virginia Tech’s “Innovation Campus,” planned for northeast Alexandria in connection with Amazon’s HQ2 in Arlington, will prove an economic boon.

“Having Virginia Tech as part of the Amazon project in Alexandria

was a huge win for our community,” said Stephanie Landrum of the Alexandria Economic Development Partnership, during a Feb. 21 virtual panel. The billion-dollar campus intends to focus on graduate and post-graduate education and industry-partnered research in computer science and software engineering. At full build-out, it’d occupy about two million square

SEE FISCAL SLAM, PAGE 20

Remembering Lewis Stearman

Newspaper publisher, SSA and Optimist Club founder dies at 95.

BY JEANNE THEISMANN
GAZETTE PACKET

When Lewis Stearman was 14 years old, he took a job as a substitute carrier for the Alexandria Gazette newspaper. The year was 1938 and the company would turn

SEE NEWSPAPER, PAGE 15

Lewis Stearman

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‘Without Some Sort of Strategy ...’

Council considers long-term investments, especially in schools and other city facilities.

BY DAN BRENDL
GAZETTE PACKET

With citizens’ chance to weigh in at the city budget public hearing coming up next Monday, here’s a quick look at what’s gone before City Council regarding long-term capital investments.

SCHOOLS & CITY FACILITIES, MOUNTING COSTS

The need to overhaul and expand public schools and city government facilities looms center-stage in City Manager Mark Jinks’ proposed \$1.6 billion 10-year Capital Improvement Program (CIP).

The School Board’s pending request to council for \$479 million over 10 years includes five new school builds and replacements to address ballooning enrollment. The division as a whole operates at 110 percent of its design capacity. Five elementary schools operate at 120 percent, or more. The division forecasts enrollment will grow by 8 percent over the next 5 years.

“A demand for labor, material costs and fuel costs seem to be going up,” said Arthur Wicks, the city’s capital budget coordinator. Next year “you’re going to see some of these construction estimates going up, some significantly.”

Building greener and of addressing forthcoming school facility condition assessments and “equity audits” could also add to the bill, said Superintendent Dr. Gregory Hutchings.

“It will be impossible, without some sort of strategy, to fund all these additional requests in the future if we’re doing things the same way we’ve been doing them in the past,” he said.

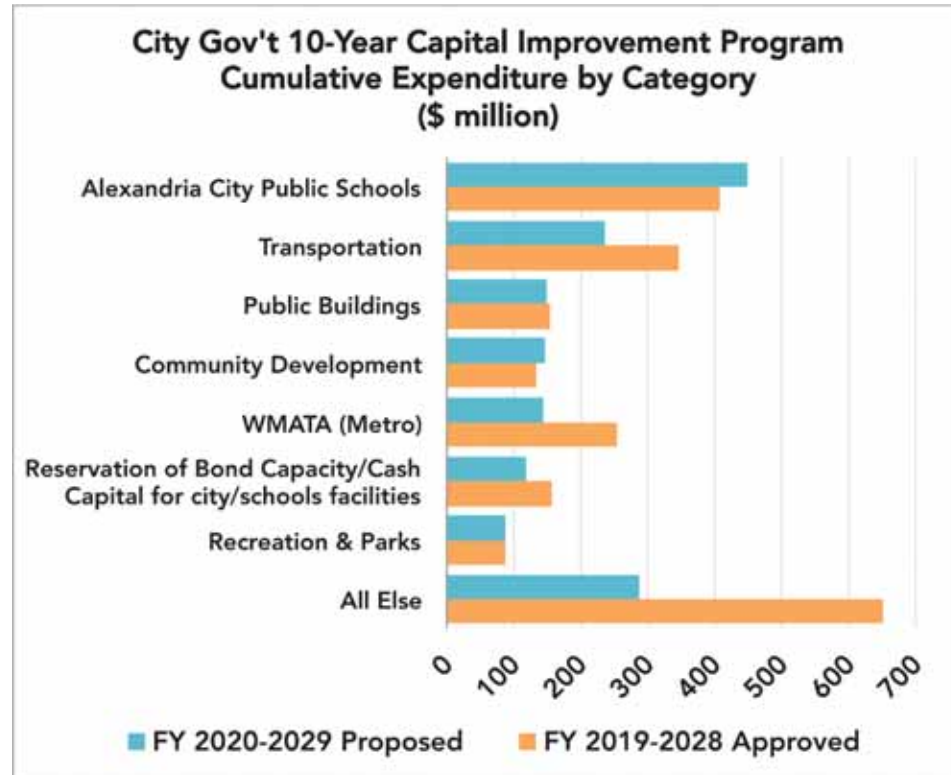
Still, he wants to instill a positive public “narrative” about the schools’ spending, saying: “The dollars we receive from the city [have] a significant impact on the achievement of our students.”

DEBT SERVICE, STRUCTURAL DEFICITS

Alexandria maintains an “extraordinarily healthy” low amount of debt, which “most local governments wouldn’t come near,” said Jinks. Still, he worries about the creeping costs of increased borrowing, saying: “[The public schools’] capital needs have and will continue to put significant pressure on future operating and capital budgets. These needs will only increase in the years to come, and will be a major driver of substantially increased school debt service in FY 2021 and beyond.”

“The added debt service ... really is the major driver of the [city’s structural] deficit, the gap that needs to be closed” year after year, he added later.

Under Jinks’ proposal, General Fund spending going toward debt service will increase from about 9 percent in FY 2020 to 12 percent in FY 2029.



SOURCE: CITY GOV'T FY 2019-2028 AND FY 2020-2029 CIPs

The city manager’s proposed FY 2020-2029 Capital Improvement Program budget weighs in at \$1.6 billion. The public school system accounts for 28 percent; the next six largest categories account for 55 percent (“Community Development” principally includes affordable housing subsidies, Waterfront Park flood mitigation, fire department vehicles and apparatus); five remaining categories account for 18 percent. The big drop year-over-year in “All Else” results mainly from the city government transferring responsibility for half-a-billion dollars of sewer overhauls to the local water utility. But the cost didn’t go away; users will still pay for it through their bills from Alexandria Renew Enterprises. Since last year, the state also instituted dedicated funding for WMATA, relieving some funding pressure on local jurisdictions.

Starting next year, Jinks proposes council set a separate real estate tax rate for school-related capital spending, as allowed under state law. While teasing apart tax rates wouldn’t reduce the taxpayer’s bill, he thinks doing so would enhance public clarity and political accountability.

“When they [the School Board] prepare the CIP, they say, this is what we’d like to spend. [But] they don’t have to deal with how it’s paid for,” said Jinks. “If a process were put in place where the School Board, as part of their CIP, would recommend a tax rate, I think that would help in balancing how you pay for it with the timing” of projects and debt issuance/retirement.

As the Gazette Packet goes to press, council and the School Board are meeting in a joint budget work session. A recording of the meeting, plus associated materials, will become available later this week. Follow the “FY 2020 Budget Resources” link at www.alexandriava.gov/Budget.

OTHER PUBLIC FACILITIES, INFRASTRUCTURE

Including all funding streams, the city is poised to invest some \$60 million in the so-called Witter-Wheeler Campus. The campus comprises a mile-long stretch along Duke

“It’s a big property, it’s a pretty low density today. It’s an area where we could go up, depending on the use,” said Mayor Justin Wilson.

For such “a rare opportunity for us to do something unique,” the proposed investment “doesn’t suggest to me that it’s going to be a very ambitious plan,” said Councilman Mohamed “Mo” Seifeldein.

So far, council has also dug especially into proposed transportation spending.

Jinks earmarked \$51 million over 10 years for reconstructing and resurfacing major roads. Overall, city streets receive a condition assessment of 58 (“fair”), on a scale of 0-100.

“The city has actually under-invested for many years in [road] resurfacing,” said Yon Lambert, the city’s transportation director. “Although we have been spending quite a lot of money [in recent years] on the citywide road network, we cannot make up for those many years of deferred maintenance just in a short amount of time.”

Regarding the city’s \$17 million Smart Mobility initiative, Lambert said: “There’s a lot of new thinking in transportation that code — as in computer code — is ‘the new concrete.’ Obviously with the Potomac Yard Metro and the West End Transitway, we’re still ... putting a lot of concrete and steel out there. But cities are increasingly realizing that they can make more efficient use of [their] right-of-way” using technology.

The city’s plan includes traffic signals wired into what Lambert calls “a central brain in our traffic management center;” signals that can self-adapt to traffic conditions; and 90 traffic cameras and other sensors citywide.

The first of two budget public hearings will take place on Monday, March 11, 4 p.m. at City Hall. Council will set the maximum property tax rate on Tuesday, March 12.

Street of 15 contiguous public facilities, some of which might be combined.

Council urged city staff to think big as they hone plans for the area.



Fourth Straight National Title

The Bishop Ireton varsity cheerleaders won their fourth straight National Title at the Christian Cheerleaders of America (CCA) competition over the weekend. They are the only team in the history of the CCA to win the title four years in a row, beating out more than 200 other private and public school teams from North Carolina, Texas, California, and several other states. In addition to winning the overall competition, the team took first place in the music and tumbling divisions.



Members of the Maple School of Irish Dance perform during the St. Patrick's Day Parade March 2 in Alexandria.



Dancers from the Boyle School of Dance perform during the St. Patrick's Day Parade March 2 in Old Town.



Performers from the Laureen O'Neill-James School of Irish Dancing participate in the St. Patrick's Day Parade March 2 in Alexandria.

Slainte! Ballyshaners celebrate 38th annual St. Patrick's Day Parade.

BY JEANNE THEISMANN
GAZETTE PACKET

Irish eyes were smiling as thousands turned out March 2 for the 38th annual St. Patrick's Day Parade in Old Town.

Hosted by the Ballyshaners, a local nonprofit dedicated to Irish heritage, the day kicked off with the annual Fun Dog Show in Market Square before the parade worked its way down King Street in Old Town.

Longtime Alexandria resident Shawn McLaughlin served as the parade's Grand Marshal. McLaughlin, CEO of McLaughlin Ryder Investments, led the parade, which for the first time included the New York City Police Department Emerald Society Pipes and Drums. Other participants included Irish dancers, the City of Alexandria Pipes and Drums and

local Scout organizations.

Last year's Grand Marshal, Pat Troy, died just days after the parade that he founded 38 years ago.

"Pat passed away, leaving a large absence in the Ballyshaners, his Old Town neighborhood and our city's business," said Ballyshaners chairman Kim Moore. "The Ballyshaners aim to continue our dedication in the way that Pat taught us."

The Ballyshaners funds the parade through donations, fundraisers and the city's summer Irish Festival. For more information, visit www.ballyshaners.org.

The Colonial Newfoundland Rescue walk along King Street during the St. Patrick's Day Parade in Old Town.



PHOTOS BY MARK MOGLE/
GAZETTE PACKET



The ShamrockRs Irish Dancers



Members of the NOVA Roller Derby Club



The William Ramsay Elementary School cheerleaders perform during the St. Patrick's Day parade March 2 in Alexandria.



The Kena Shriners Car Club

Suspect Sought in Bank Robbery

The Alexandria Police Department is investigating the robbery of a SunTrust Bank located at 2809 Mount Vernon Ave. On Monday, March 4, at 12:52 p.m., a man entered the bank and demanded money from a bank teller. The teller complied and the suspect fled with an undisclosed amount of cash. There were no injuries. The suspect is described as a black male with a medium build. He was wearing a black hooded-jacket, dark pants, and a dark knit cap.

Police ask that anyone with information about this incident call Detective Matthew Kramarik at 703-746-6650.



Suspect in March 4 bank robbery.

CRIME REPORT

The following incidents were reported by the Alexandria Police Department.

SATURDAY, MARCH 2

The Alexandria Police Department is investigating a weapon violation in the unit block of Prince Street. Officers responded to a shots fired call and

apprehended one suspect. There were no injuries.

FRIDAY, MARCH 1

The Alexandria Police Department is investigating a commercial robbery in the 3600 block of King Street. A woman stole items and pepper sprayed a cashier before fleeing. The victim had minor injuries.

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. network concepts (content repeated at each

Alexandria. For more information, contact Steve Sindiong, Steve.Sindiong@alexandriava.gov, 703-746-4047.

SATURDAY/MARCH 9

Eco-City Summit. 9:30 a.m.-12:30 p.m. in the cafeteria of Francis C. Hammond Middle School, 4646 Seminary Road. Alexandria is seeking feedback on draft recommendations for an

SEE BULLETIN, PAGE 8

THURSDAY, MARCH 7

Alexandria Transit Vision Plan Public Workshop. 6:30 p.m. At Nannie J. Lee Recreation Center, 1108 Jefferson St.,

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Alice Jones recalls her journey as a spiritual being from her birth to her life today.



Psychic Alice Jones begins a session with Molly Birch.

PHOTOS BY SHIRLEY RUHE/GAZETTE PACKET

A Spiritual Being from Birth

BY SHIRLEY RUHE

Alice Jones was born in Poland with a caul over her face when her mother's amniotic sack didn't detach. "In Polish lore that newborn person is one of great psychic ability," Jones says. "At age four I looked up in the sky and asked 'who am I and what is my purpose?' Even at age four I was a spiritual being."

Jones remembers in elementary school she had voices in her head that helped her with her homework. "I never questioned it; I thought it was normal." But it wasn't until she was in her 40s in the 1990s that "it was like a radio switch turned on and messages from God came streaming through me." She had been a real estate agent since 1973 and practicing her spirituality with friends and family but got to a crisis point and gave up real estate to pursue her spiritual self full time. "I knew I would be very sick if I didn't; I was having back pain, earaches, blinding light."

Jones begins today's session: "Molly, what is your last name? Do I have permission to say a prayer?" Jones takes Molly's hands. "I ask that Molly be taken cleaned, centered, aligned and balanced. I ask to be a clear channel of light for Molly."

Jones says, "I tap into your energy field. I sense you are very much a goal setter. You have a central plan for your life. You have a direction for your life but you are questioning."

"Hmmm," Molly agrees.

Jones asks how she gets her information from her guides — visions, voices? "I'm looking at your vision

right now. This is a good place for you. This store is filled with spiritual things. It is revealing itself to you, very slowly so you can handle it."

"O.K." A slight smile crosses Molly's face.

"Trust what you get," Jones moves her hand across the table. "Doubt it, and you move back," as her hand moves backwards and rocks forward and back to show what happens with doubts. "Your guide will give you information; act on your information. When you started on this journey, you probably thought, 'I'm supposed to do what?' You are going to go on your journey faster because you came here. It's like you've answered the call of the spirit."

Jones asks, "Molly, do you have a question?"

Molly pauses, "I know my life's purpose but I don't know how to get there. I've had so many mystical experiences but would have questioned being here. I wonder when I'm supposed to leave the country for Asia."

Jones says, "I'm not sure I see that. You might go there for enrichment but not to live there. I see you more in the churches of southern France where miracles were performed or in the energy of the pyramids. Another thing I see in your future is the El Camino 500-mile journey. Maybe just part of it. There you're actually walking between dimensions."

Molly says, "All the time I'm gone. I travel places I've never been before. I recognize everything — definitely feel like I've been there before."

Jones says when you step out of the third dimension; all lives are being lived at the same time. There are no past lives. Everything is familiar.

"It's just a perception," Molly says. "Lately everything is so easy to penetrate."

Copies of Jones' book, "Own Your Power Day by Day" sit on the table. She says it includes 365 meditations for clearing blockages. Jones is a spiritual counselor, psychic and intuitive healer who works primarily from her home as well as Wednesday at Sacred Circle on King Street. "I follow guides that come from me, are connected to me and connected to God. Any message through me is always encouragement, love."

She remembers her Corgi barking and barking at the front door. She looked out and saw a Civil War encampment living in her front yard. She saw four foggy shadows, ghosts of Civil War soldiers. "I turned them around until they could see their light so they could move there and be released from replaying the same battle over and over."



Alice Jones' psychic session begins with a prayer to the intermediary guides.

From left: Linda App, CRWC 1st vice president, and Eileen Brackens, CRWC president, present Jodi Rushton, NFRW president, with over \$2,200

in member donations for the Pathfinder, Inc. scholarship and internship programs for conservative college students in memory of CRWC member Loree Gunn.



PHOTO CONTRIBUTED

GOP Women Discuss City Budget Proposals

Lisa Henty, assistant director, Alexandria's Office of Management and Budget, was the guest speaker at the Commonwealth Republican Women's Club (CRWC) February meeting. Henty used a PowerPoint presentation to summarize the highlights of the proposed City Fiscal Year 2020 Budget currently being shared with the community for comments in advance of being finalized in May. CRWC members had submitted written questions in advance.

CRWC President Eileen Brackens also reported that the club's efforts to raise funds for the scholarship and internship programs of Pathfinder, Inc. had reached over \$2,200. The funds were raised by members of

CRWC and the Alexandria Republican City Committee (ARCC) to honor the memory of Loree Gunn, who had been active in Alexandria's Republican circles. Brackens presented the funds collected to Jody Rushton, president of the National Federation of Republican Women (NFRW), sponsor of the non-profit Pathfinder, Inc.

ARCC (at www.alexgop.org) is the local branch of the national Republican Party. CRWC (www.alexandriacrwc.org) is the Alexandria chapter of the National Federation of Republican Women (www.nfrw.org). Men can join CRWC as associate members. Information on the Pathfinder Inc. scholarships and internships is located at <http://www.nfrw.org/pathfinder>.

Named Firm's President

Theresa del Ninno AIA, LEED BD+C, has been appointed president of Maginniss + del Ninno Architects.

She joined the firm in 2000, becoming a principal in 2006. She has served on the Architectural Review Board in Alexandria and is past president of the AIA NOVA Chapter. M+dN Architects is a woman-owned business with 40-plus years of experience in delivering award-winning architecture planning and design to a diversity of institutional, government, commercial and residential clients.



Fay Slotnick Memorial

A memorial gathering for Fay Slotnick, who died Feb. 21 at the age of 71, will be held March 9 from 7 to 9 p.m. at the Torpedo Factory Art Center. In lieu of flowers, donations may be made to the ACLU of Virginia, www.acluva.org, or ALIVE!, www.alive-inc.org.



PHOTO CONTRIBUTED

PEOPLE



Newest inductees of TC's chapter of the National English Honor Society.

Joining National English Honor Society

T.C. Williams High School held its annual induction ceremony on Feb. 7 of the school's chapter of the National English Honor Society (NEHS). Twenty-three students, two faculty members, and the keynote speaker were honored in the ceremony, which was attended by family and friends of the inductees as well as teachers and staff members.

The NEHS is open to high school students who have demonstrated exceptional ability in such areas as literary analysis, media studies, composition, linguistic study, and creative writing, and who have

earned a cumulative 3.75 in their high school English courses, with a 3.75 overall grade point average.

The ceremony featured a keynote address by Solveig Eggerz, journalist and author of award-winning novel "Seal Woman" and "Sigga of Reykjavik," her forthcoming book to be released in March. In her speech, Eggerz provided writing exercises that allow for honing of writing skills, as well as reaching a further understanding and enhancing of oneself. She strongly encouraged journal writing that

SEE JOINING NATIONAL, PAGE 21



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PEOPLE



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Scholastic Bowl State Champions

The T.C. Williams High School Scholastic Bowl team, which also competes on It's Academic, recently won the Scholastic Bowl state championship for the first time in TC history. Sophomore Emnet Arefe-Aine, junior Kelly Jones, senior Mark Bailey and junior Townson Cocke, coached by Matthew Zahn, finished with a perfect 3-0 in the Virginia High School League competition at the College of William and Mary.

BULLETIN BOARD

FROM PAGE 5
update of the Environmental Action Plan, the City's road map for creating a thriving, sustainable community. Alexandria is seeking feedback on draft recommendations for an update of the Environmental Action Plan, the City's road map for creating a thriving, sustainable community.

Community members will be able to give feedback on the recommendations for all 10 topics of the EAP. There will be an optional tour of Hammond's composting facility after the event.
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SEE BULLETIN, PAGE 21

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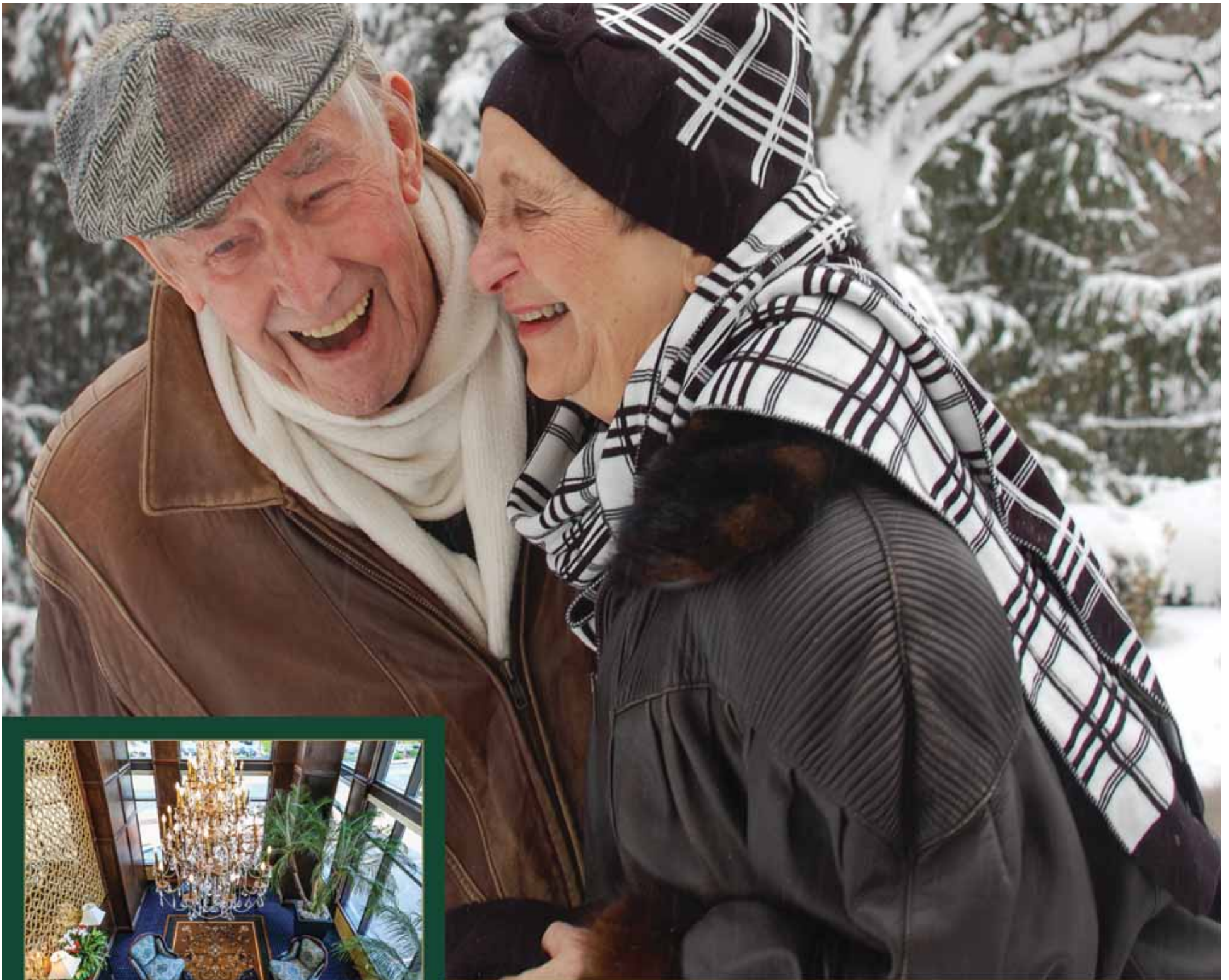
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OPINION

State Adds Funds for Education

BY ADAM EBBIN
STATE SENATOR (D-30)

My final vote of the session was the passage of the budget. This year the General Assembly voted to invest a tremendous amount of the State's excess revenue in education. The final budget included a 5 percent increase in teacher salaries, \$12 million in funding for school mental health counselors, and nearly \$25 million to support the education of students living at the lowest income levels (known as the at-risk add on). We also voted to fund early education programs for lower-income youth and incentivize institutions of higher learning to freeze tuition rates. Because of this decision, Virginia Tech is considering freezing tuition for the first time in decades.

COMMENTARY

Additionally, the budget sent to the Governor for final approval invests in the tech-talent pipeline with nearly \$17 million to expand computer science degrees and \$15.5 million to support need-based financial aid. As Northern Virginia continues to grow into one of the most popular tech destinations on the east coast, we need to create opportunity for our own students to be the beneficiaries of new, high-paying jobs in this field. We can do this by bolstering early education and increasing access to cutting-edge programs from a young age for all students.

Our final budget also grows investment in affordable housing and increases Temporary Assistance for Needy Families (TANF) benefits by 5 percent. I believe the focus of this budget on working class Virginians will provides a strong framework for future, bolder budgets that will build on this structure.



I am thankful for the hard work of Alexandria's elected officials and staff which resulted in the budget including \$25 million in state funding for the city's combined sewer overflow system remediation. This will go a long way in relieving the pressure on ratepayers and city taxpayers of paying for this project, which will cost an estimated \$375 to \$555 million to complete.

With the budget complete, my team and I returned to Northern Virginia after seven long weeks in Richmond. We are having a hard time adjusting to "normal" life. The transition from the all-consuming task of legislating to constituent service and meeting with community groups is abrupt. While our daily responsibilities have changed, there's still more than enough work to go around.

I have begun reviewing my legislation from this year that failed to advance. It's tempting to decide that with a Democratic majority most of my bills would have made it through the General Assembly easily, and to focus all my efforts on this year's political races. But hoping for a positive political outcome won't necessarily get results. To pass meaningful legislation it's critical to do the hard work of self-assessing, finding faults in legislation, and trying again.

Towards session's end we held a meeting of the General Assembly Gun Violence Prevention Caucus, which I co-chair with Del. Kathleen Murphy (D-McLean). Our caucus is dedicated to passing tenable and innovative solutions to ending the ever-present threat of gun violence that hangs heavy over our state. We have already begun to strategize for next year's session.

I will continue working with advocates and stakeholders involved in supporting victims of domestic violence to find a legislative fix for

how our state defines family and household abuse. Our current law does not include those in dating relationships in the domestic violence statute, leaving many victims without appropriate recourse or protection if they are abused. A bill I carried this year to add those in dating relationships to our current definition surprisingly died in committee. This was, in part, due to the overly complex and muddled way Virginia law handles family and domestic abuse, custody, and protective orders. I will be planning meetings with lawyers, advocates, and police representatives in order to successfully address this issue next year.

During the interim I also represent the Senate on several committees and commissions that recommend policy to the General Assembly and oversee current state programs. These include the Northern Virginia Transportation Commission, which promotes and allocates funding for regional transportation; the School Readiness Committee, which oversees the professional development and credentialing of early education professionals; and the Commission on Economic Opportunity for Virginians in Aspiring and Diverse Communities.

Additionally, I have begun researching and meeting with stakeholders to vet new legislative ideas for next year. I recommend that constituents reach out to my office in the spring and early summer with legislation to consider or issues to address so that my staff and I have time to do the research and drafting of bills on their behalf.

Despite the upheaval from painful distractions during the legislative session, we were able to adopt a fiscally sound budget and pass compromise legislation on several major issues. As we continue to wrestle with the issues brought to light during this session, and head into the contentious campaign season, we must always remember that our job is to represent the best interests of Virginia.

LETTERS TO THE EDITOR

Budget for City Libraries

To the Editor:

Alexandria is already a smart city, in the old-fashioned sense of that word — intellectually acute — but with Amazon coming to town, we'll really be called upon to put our best brain forward. So I'm sure that our mayor and council members will be vying with each other to best fund our libraries, which already shelter hundreds of intense students bent over their books, notebooks, and laptops.

These numbers can only grow with the increased demand for a well-educated workforce and with the various educational institutions that are coming online to meet it. The very best and latest books and other resources will be needed. Moreover, many of these

new students will want to get to know others, for learning purposes and also to make new friends: a lot of them will be newcomers to Alexandria. For this the libraries offer attractive and comfortable concourses and even outdoor spaces like gardens; these need to be well maintained.

And for sociability as well as knowledge, nothing can beat the many activities provided by all our libraries, aimed at refreshing and exercising mind and body alike. I'm sure I speak for all Alexandrians when I urge our representatives to let their fingers hover over the "add" button when they budget for the essential services of our libraries, and let the good times roll for our brains!

Elisabeth Vodola
Alexandria

SEE LETTERS, PAGE 12

BUDGET SEASON BUZZWORD BINGO			
"Synergy"	"Have the Conversation"	"Public-Private Partnerships"	"Stakeholders" / "Engagement"
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"Place / Place-Making"	"Regionalism"	"Strategic"	"Data-Driven"

COMPILED BY DAN BRENDL/GAZETTE PACKET

Here are some ubiquitous phrases likely to pepper the public dialogue surrounding the city budget. Fact or fiction? Meaningful or ill-defined?

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OPINION

Managing Money in Retirement

Focus of Senior Services March 13 Speaker Series.

BY MARY LEE ANDERSON
EXECUTIVE DIRECTOR
SENIOR SERVICES OF
ALEXANDRIA



Are you afraid that you don't have enough money to do the things that you like when you retire? Are you retired, but find it hard to make ends meet? Do you know about all the senior discounts available to older adults within the City of Alexandria and beyond? If these are some questions that you ask yourself, you might want to come and get the answers at SSA's Speaker Series on "Managing your Money in Retirement."

"Being proactive in effectively managing your finances in retirement can lead to a more content, fulfilled life during the golden years," said Sally Hurme, author of AARP's "Getting the Most out of Retirement," and workshop presenter.

SSA's "Managing your Money in Retirement," workshop will take place on Wednesday, March 13 from 9:30 a.m. – noon at the

Beatley Central Library, 5005 Duke St. in Alexandria. It will feature a group of dynamic speakers each with a different message about effectively managing your money.

Sally Hurme will discuss ways to "simplify" your finances including organizing bank accounts, paperwork, etc.

The Virginia Cooperative Extension will discuss "Living on a Fixed Income," with helpful hints on how to make your retirement go further.

Tom West with Signature Estate and Investment Advisers will address how to make financial decisions to help live with purpose.

There will be an interactive Q&A session and time to talk with the presenters after the formal presentations. Copies of "Get the Most out of Retirement" will be raffled off courtesy of AARP Northern Virginia.

It is a free event with light refreshments, but we ask that you register either online at seniorservicesalex.org or call 703-836-4414, ext. 110. SSA staff will be on hand to escort you into the meeting room since the library doesn't open to the public until 10 a.m.

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LETTERS

Expedite Peak Traffic Flow

To the Editor:

Central to the city's transportation policy are the Complete Streets and VisionZero national movements. Bicycling activists founded both programs in the U.S. In Alexandria, movement advocates have grossly exaggerated safety risks to promote road redesign projects that often slow motor vehicle traffic to a crawl and increase traffic congestion at peak times. Just ask the commuters on north Van Dorn Street or those traveling to and from T.C. Williams on King Street.

Do we really have a serious road safety problem in this city? Federal statistics from 2017 show that the rate of traffic deaths in Virginia is 20 percent lower than the national average. State government statistics show that Alexandria's rate was 80 percent lower than Virginia as a whole. So, if

Alexandria's rate was (therefore) 84 percent lower than the national average, is there any reason to believe that we have a serious safety issue on our streets?

Movement advocates will point to Alexandria's five traffic deaths

in 2018 as evidence that we have a road safety crisis. However, two of those who died had lost control of their motorcycles, one at 2:30 a.m. Two others died in a one-car accident driving at an excessive speed down an exit ramp off the beltway after midnight. The fifth died in an accident he caused on the inner loop of the Beltway, also after midnight.

None of these accidents should justify the next road narrowing project on another of our major arterials, Seminary Road. This does not mean that there are not unsafe intersections and crosswalks. Let's identify those and make them safer. But let's not let a small group of activists continue to drive an agenda that creates more congestion for the purpose of completing a citywide network of lightly used bike lanes.

The majority of residents still prefer, and generally need, their automobiles to get to work, run their errands and transport their kids to school and activities. Perhaps our city government should focus less on meeting the guidelines of trendy programs and more on expediting peak traffic flow. That would solve a real problem, allowing many of us to reclaim our residential streets from careless cut-through drivers.

Bill Rossello
Alexandria

Same Concerns Environmentally

To the Editor:

Some may have forgotten, but a very similar development scenario was proposed in the late 1980s for the site of today's proposed Potomac Yard Metro Station (PYMS) Alternative B, which was soundly defeated by a united consensus who were greatly concerned that the adverse, irreversible impacts to the freshwater tidal wetlands, scenic and historic George Washington Memorial Parkway, critical wildlife habitat, and quality of life would far outweigh any benefits. Opponents of this earlier development proposal included the Commonwealth of Virginia, NPS, USFWS, National Capital Planning Commission, Alexandria Mayor and Council, and many others.

Councilor Del Pepper, in 1990, captured these concerns well: "The [DOI Final Environmental Statement – GWMP/Potomac Greens] does not explain the significance of the parkway being placed on the National Register of Historic Places or explain the legislative intent of the 1929 agreement between the federal govern

SEE LETTERS, PAGE 13

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LETTERS

FROM PAGE 12

ment and the city to uphold the memorial character of the parkway... we felt that it should have had a greater context to spell out just how critical it is that this land be preserved... we hope that you will protect our natural and national treasure."

Nothing has changed environmentally with the site between then and now, except Alexandria officials want to fast-track a new, poorly sited development project for the same property. So much so that in the 13th-hour they hired a new consultant to draft a new Joint Permit Application (JPA), though fashioned upon the inadequate and flawed Environmental Impact Statement (EIS) and JPA of previous submissions. This rushed effort has the new firm quixotically conducting critical vegetation surveys in December 2018 during plant dormancy, and coming up short as to quantifying and presenting a great number of critical analyses and regulatory safeguards intended to protect Alexandria's and the nation's natural resources.

All of this, of course, is evidence that significant portions of the EIS and new JPA to date have not been sufficiently assessed and analyzed, particularly the Least Environmentally Damaging Practicable Alternative (LEDPA).

This whole impasse could be easily solved if the city were to again adopt Alternative A as the preferred alternative, instead of the environmentally destructive Alternative B.

C. Dara and Jimm Roberts
Alexandria

School Custodians Deserve Respect

To the Editor:

As Alexandria prepares to plunge head-first into the "gig economy," the recent action by the School Board signaled to our lowest paid workers that our community's prosperity will not include them.

Specifically, by a 6-3 vote, six members of the School Board voted to accept the superintendent's proposed budget, which includes a plan to accelerate the further outsourcing of school custodians to private contractors. To be clear, this move is not being done to improve the quality, reliability or stability of the custodial workforce – it is being done solely for budgetary reasons. Essentially, the School Board believes that our compassionate community finds it acceptable to balance its budget on the backs of its lowest paid workers. I cannot state with sufficient alacrity that such a belief is patently false.

While it may be that in the short-run it is cheaper to outsource the custodians, the minuscule price to the taxpayers of absorbing this cost pales in comparison to the needless pain inflicted on the custodians. Moreover, these are our citizens, neighbors, parents, and responsible adult figureheads who daily interact with our children. We all benefit when people who work in our community can afford to live in our community.

SEE LETTERS, PAGE 22

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A new study shows that even after one hour spent on electronic devices each day, children and teens may begin to have less emotional stability and a greater inability to finish tasks.

Managing Screen Time

Working collaboratively
with one's child can
decrease the struggle.

BY MARILYN CAMPBELL

Julia Wires purchased an iPhone for her 12-year-old daughter in part she says, because many of the girls at her Potomac, Md. school have smartphones that they bring to campus daily. Wires and her husband were initially hesitant to make the purchase because their daughter was diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) and Anxiety Disorder at the end of 2018.

"First, there's the social pressure she feels because all of her friends have iPhones. Then there's the issue of her dad and I being able to keep in touch with her now that she has more freedom to go places on her own," said Wires. "Both of those [factors] are juxtaposed against the fact that she has trouble staying focused and calming down when she needs to. That made the decision tough for us."

Too much time spent on gaming, smartphones and watching television could exacerbate symptoms in children who've been diagnosed with ADHD, according to a new study by researchers at San Diego State University and the University of Georgia. The report showed that even after one hour of screen time, children and teens may begin to have lower self-control, less emotional stability and a greater inability to finish tasks.

"Kids with ADHD have trouble keeping track of time, so they could spend hours on their tablet without realizing it. Screen time can make bedtime rou-

tines more difficult and parents might have an additional struggle getting their kids to fall asleep," said child psychologist Adele Schwartz, Ph.D., of McLean, who was not involved in the study. "Kids with ADHD also might be more likely to ignore parental guidelines and I would worry more about them engaging in risky behavior online."

Helping a child with ADHD transition from playing a video game to doing their homework could require special handling, advises Sarah Bryant, LCSW. "Instead of telling your child that they have to stop watching television at six o'clock or that they have five more minutes on a video game, try telling them that they have to stop at the next commercial break or at then end of the round in a video game," she said.

Working collaboratively with one's child will reduce the chance of a power struggle, says Bryant. "You and your child can work together to list all of

the things that need to get done, like homework, time spent outside, doing sports, chores and other activities and come up with a schedule," she said. "Figure out how much time is left for things like video games and television. Hang the schedule somewhere that's visible to both of you. Your child will see how little time is left for playing video games and since they were part of the process, they'll feel like they're part of a team rather than a subordinate with no control over their life."

"Parents of kids with ADHD should definitely make use of parental controls on tablets, smart phones and television, especially during school hours or when kids should be doing their homework," added Schwartz. "It's also important that children, especially those with ADHD not use electronics at least an hour before bedtime. And it almost goes without saying that parents should model the behavior that they want their children to have by limiting their own screen time."

"... parents should model the behavior that they want their children to have by limiting their own screen time."

— Adele Schwartz, child psychologist

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Newspaper Publisher, SSA and Optimist Club Founder Dies

FROM PAGE 1

out to be the only one he would ever work for, spending 43 years in positions ranging from accountant to editor, publisher, general manager and vice president. On March 4, the life-long Alexandrian died at the age of 95.

"Dad was always reliable and steady," said Joseph Stearman. "He had one wife, one job at the paper and he stayed in same house for 60-some years. We definitely had a solid upbringing – almost like Leave it to Beaver – and we may be last generation to say that."

Stearman was born Feb. 8, 1924, in Washington, D.C., one of six sons born to Joseph and Esther Rose



Lewis and Mildred Stearman in an undated photo. The couple were married for 68 years at the time of Lewis's death on March 4.



Lewis Stearman died March 4 at the age of 95.

began working as a rookie salesperson," said Gazette Packet publisher Jerry Vernon. "He was a gentle, kind and scholarly soul who loved to recount the history of the city as told through the Gazette lens since 1784."

Stearman was named a Living Legend of Alexandria in 2013. He and his wife Mildred were married for 68 years at the time of his death. The couple had three sons: David, the oldest died in 1999; Douglas and Joseph. In addition to his wife and two sons, survivors include 10 grandchildren and one great-grandson.

Funeral services will be held Thursday, March 7, at 11 a.m. at Beth El Hebrew Congregation, 3830 Seminary Road. In lieu of flowers, donations may be made to the Salvation Army of Alexandria or the Alexandria-Olympic Boys & Girls Club.

"Dad had good character and was a good, moral man," Joseph Stearman said. "There was no hidden secret. He was a solid guy who came out of the Depression and appreciated everything. When his life was spared as an 8-year-old, he dedicated his life to serving and helping other people."

"Dad was a solid guy who came out of the Depression and appreciated everything. When his life was spared as an 8-year-old, he dedicated his life to serving and helping other people."

— Joseph Stearman on his father
Lewis Stearman

Stearman. His family moved to Del Ray when he was 6 years old and he attended public schools when his health allowed.

"Dad had rheumatic fever when he was a child so he was tutored a lot when he was young," Joseph Stearman said. "He even recalled overhearing a doctor tell his parents that he only had six months to live. He was about 8 or 10 at the time. It wasn't until he was in his 20s that he

really got over it."

Stearman's grandparents were owners of a pawnshop and dry goods store across from the Alexandria Gazette newspaper, which led to his lifelong interest in journalism.

"Dad saw the value of a community newspaper and used the paper as a platform for serving others," added Joseph Stearman. "He always had a sense of service and spent his life serving his brothers and sisters in the community."

Stearman was one of 39 founding members of the Optimist Club of Alexandria in 1946. At the time of his death, he was the last surviving founder of the club. Stearman became an Optimist life member in 1952 and was chosen Optimist of the Year in 2007-2008.

In 1952, Stearman was elected to the board of directors of the Salvation Army in Alexandria. He served as chairman of the board in 1962-63 and again in 1986-87. He was honored as the Man of the Year in 1965 and 1967 and was presented the prestigious William Booth Award in 1968. In 1991, he was given a certificate for life board membership.

Stearman was elected to the board of di-

rectors of the Alexandria Boys Club in 1958. He remained an active board member for more than 30 years and assisted with the merger of the Alexandria Boys Club and the Olympic Boys Club.

In 1968, Stearman was asked to help establish the Alexandria Senior Citizens Employment and Services organization, now Senior Services of Alexandria. He became one of 16 founders and served on the board of directors as president in 1970-71.

"Mr. Stearman was one of the founders of Senior Services of Alexandria and was honored for his important efforts by the organization at the Founders Ball in May 2008," said former SSA executive director Janet Barnett. "He remained interested in improving the lives of seniors and was a faithful donor."

Stearman was a member of the board and trustee of the Maurice D. Rosenberg Lodge of B'nai B'rith International in Alexandria. In 1953 and 1968 he received awards for Outstanding Merit in Journalism for promoting better community relations through journalism.

"Lewis retired as general manager of the old daily Alexandria Gazette shortly after I



Lewis and Mildred Stearman celebrating their 50th wedding anniversary.

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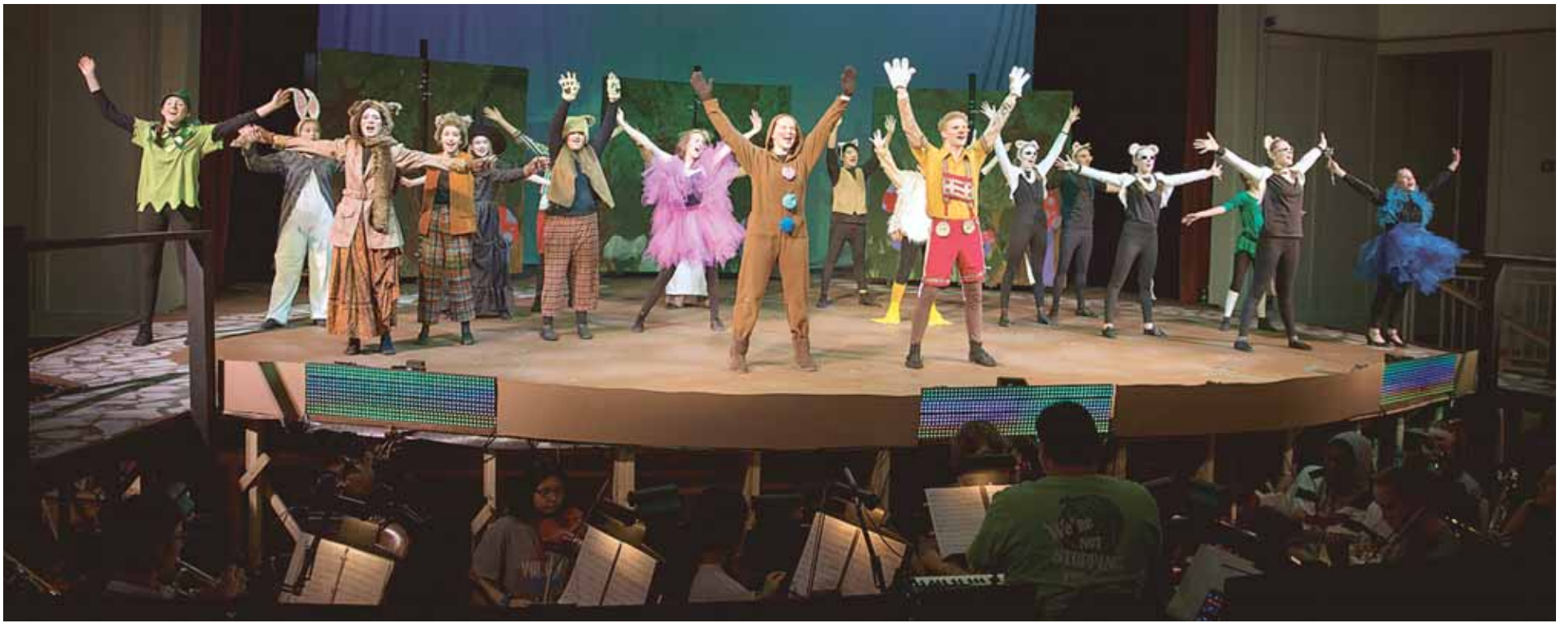
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ENTERTAINMENT



St. Stephen's and St. Agnes School will present "Shrek" on March 8 and 9.

Shrek

St. Stephen's and St. Agnes School Stage One Players presents, Shrek, a musical for the whole family based on the story and characters from the DreamWorks Animation film. It turns the world of fairytales upside down. It is the story of a large green ogre and his loyal steed Donkey as they set off on a quest to rescue the beautiful Princess Fiona from her tower, guarded by a fire breathing love-sick dragon. Friday-Saturday, March 8-9, 7:30 p.m. at St. Stephen's and St. Agnes School, 1000 St. Stephen's Road, Alexandria. Tickets are \$5. Call the reservation line at 703-212-2777.

CALENDAR

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

ONGOING

"Opposites Attract." Through March 10, 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.

Beginner Square Dance Lessons. Through March 27, 7:30-9 p.m. at the Lincolnia Senior Center, 4710 N. Chambliss St. Keep up with New Year's resolutions and enjoy both mental and physical exercise with Square Dance Lessons. \$30 for each four-week session. Open to couples, singles and groups. Email boomerangs@wascaclubs.com or call 571-210-5480.

Art Exhibition: High School Students. Through March 30, 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 ourconvergence.org.

Art Exhibit: For The Artist. Through March 31, at Del Ray Artisans gallery, 2704 Mount Vernon Ave. The "For The Artist" exhibit features artworks that Del Ray Artisans

members have always dreamed of creating. The diversity of expression and creativity in this exhibit is inspiring to artists and art appreciators alike. Two and three-dimensional works, paintings, mixed media, and photography are on exhibit. Visit DelRayArtisans.org/exhibits for more.

Still Life Alive. Through April 2, 9-5 p.m. at River Farm, 7931 East Boulevard Drive, Alexandria. Patricia Uchello One Woman Art Show, featuring 100 original oil paintings of flowers, fruit, landscapes and seascapes. Uchello's work has been collected by IBM, the International Monetary Fund and more. Email pmuchello@aol.com or visit www.patriciauchello.com for more.

CLASSES & WORKSHOPS

Community Dance. 7:30-9:30 p.m. every third Friday at Hollin Hall Senior Center, 1500 Shenandoah Road. Live music. \$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.

The Harmony Heritage Singers (Mount Vernon Chapter of Barbershop Harmony Society), a daytime, a cappella, Chorus, rehearses on the 2nd and 4th Tuesdays, monthly, at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, 10 a.m.-1 p.m. Newcomers welcome for fun or to book for a performance. Visit HHSingers.org, or call Bruce at 703-352-5271.

WEDNESDAY/MARCH 6
Philadelphia Flower Show,

Philadelphia, Pa. 8 a.m.-8 p.m., leaving from Green Spring Gardens, 4603 Green Spring Road. The 2019 PHS Philadelphia Flower Show, Flower Power, ties in to the 50th anniversary of Woodstock. This year's show will also be hosting the Florists Transworld Delivery World Cup, a floral design competition. Bring a lunch or enjoy the atmosphere and food of the Reading Terminal located across the street. \$142, includes motor coach and admission. Register online at www.fairfaxcounty.gov/parks/parktakes/ using code A19.B220 or call Green Spring Gardens at 703-642-5173.

THURSDAY/MARCH 7

Yacht Haven Garden Club Meeting. 10 a.m. At Mount Vernon Yacht Club, 4817 Tarpon Lane, Alexandria. The program, Period Gardens and Landscapes of Historic Properties, will be presented by Ashley Brown, chief architect of the National Trust for Historic Preservation. New members are welcome. Email pmuchello@aol.com.

MARCH 7-23

"Beep Beep" at Arts on the Horizon. At the Lab at Convergence, 1819 N. Quaker Lane, Alexandria. Arts on the Horizon, an interactive theatre for children ages 0-6, will present "Beep Beep," written and directed by Solas Nua Artistic Director and frequent AOTH collaborator, Rex Daugherty. It was created specifically for an audience of children ages 2-5 and their families. Show times are March 7, 8, 13, 14, 15, 19, 20, 21, 22, at 10:30 a.m.; and March 9, 16, 23, at 10 a.m. and 11:30 a.m. \$10 at artsonthehorizon.org or at the door.

MARCH 7-30
"Daddy Long Legs." At the Ainslie

Arts Center, 3900 West Braddock Road, Alexandria. The play tells the story of Jerusha Abbott, her mysterious young benefactor and the affection that grows between them by way of handwritten letters. John Caird's Drama Desk Award-winning book for this stage musical combines the love story derived from the 1912 novel by Jean Webster with contemporary music and lyrics by Paul Gordon. Monumental Theatre Company will be partnering with the English Department at Episcopal High School in Alexandria to give students a "behind-the-scenes" look at "Daddy Long Legs." Tickets can be purchased online at www.monumentaltheatre.org/daddy-long-legs.html.

FRIDAY/MARCH 8

Celebrate International Women's Day. At Pizzeria Paradiso, 124 King St., Alexandria. United States of Pizza menu sales from all five Pizzeria Paradiso locations will benefit She Should Run. She Should Run is a nonpartisan, nonprofit organization promoting leadership and encouraging women from all walks of life to run for office. The U.S. of Pizza special honors U.S. Reps. Elaine Luria, Abigail Spanberger and Jennifer Wexton. The pizza features Virginia Country Ham, cheddar cheese, cherry tomatoes, creamed corn, black eyed peas, collard greens and onions. Visit www.eatyourpizza.com.

Garden Talk-Attracting Wildlife. 1:30-2:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. Native critters can have a positive impact on our gardens. Extension Master Gardeners share tips and recommendations on the best plants you can use to invite pollinators, birds, and other species into your landscape. \$10/person. Register online at www.fairfaxcounty.gov/parks/

www.fairfaxcounty.gov/parks/ parktakes/ using code 1C2.36EE or call Green Spring Gardens at 703-642-5173.

Lydia Martin Performs. 6-8 p.m. At Lloyd House, 220 North Washington St., Alexandria. From old-time country and bluegrass to the subject of her book Robert Johnson for Banjo, from Irish folk tunes to jazz, Lydia Martin takes the banjo to old haunts and new frontiers. No ticket required. Beer and wine for sale; light refreshments available as well. Sponsored by The Folklore Society of Greater Washington and The Office of Historic Alexandria.

SIPS for Saints. 7-10 p.m. At the Atrium Building, 277 S. Washington Street, Old Town Alexandria. Sponsored by the Rotary Club of Alexandria Central. A celebration of Irish Spirit. Guests will enjoy fare from local gourmet restaurants and sip Irish spirits while enjoying favorite Irish music and lively entertainment. Proceeds will benefit local charities. Buy tickets at www.bit.ly/sips4saints

Women's Leadership Forum. 7:30-10:30 a.m. At the Westin Hotel, 400 Courthouse Square, Alexandria. The forum will bring together women at all stages of their careers for a morning-long program designed to provide interactive discussion, inspiration and professional development, centered around this year's theme of what it means to be the whole woman. Moderated by Heidi Przybyla, NBC News. Visit www.visitalexandriava.com/event/2019-womens-leadership-forum-presented-by-the-lizluke-team/14649/.

SATURDAY/MARCH 9

Wintertime Woody Plant Pruning. 10 a.m.-noon at American Horticultural Society River Farm, 7931 E. Boulevard Drive, Alexandria. Ever wonder when to prune roses or boxwood? Come for hands-on

ENTERTAINMENT

Grateful Kitchen Feeds Grateful Neighborhood

BY HOPE NELSON

Ensconced in the Madison Collective at 727 N. Henry St., Kimberly Sickmen has a lot to be grateful for indeed. At the top of her list? Her months-old eatery, Grateful Kitchen, which aims to bring fresh, healthy food to the city.

“Our whole mission is to educate people on why eating organic is so vital and so important,” Sickmen said. “There’s a direct relationship between what you put in your body and how you feel.”

The Grateful Kitchen concept is an expansion of Sickmen’s juice company, Grateful Juice. Originally a way for her to give healthy nutrients to the students at her hot yoga studio, Zweet Sport, “It was more popular than I thought it was going to be,” she said. Her on-the-side juice making led to a more concerted effort in a commercial kitchen, which led, in a fashion, to Grateful Kitchen several years later.

As the owner of Zweet Sport Hot Yoga, Grateful Juice and Zweet Sport Total Fitness, Sickmen had plenty on her plate. But a building in the newly formed Madison Collective came up for rent and Sickmen “moved Total Fitness and siphoned off a piece for Grateful Kitchen,” she said.

“At that point I had also met the guy who’s now my chef (Stephen Hardy) and we had started to talk about food, and I knew that I wanted to add a food element to (the company). So this is basically the

next phase,” she said. “We make all the juice here – we still bottle and make it all here – but we also have a full breakfast and what we call our savory menu.”

Grateful Kitchen opened its doors on Oct. 14, 2018 and, Sickmen says, the reception from the neighborhood has been promising.

“The overall consensus from the community is that it was really needed, and I agree; as somebody who wants to eat organic and healthy, there’s really nothing in Old Town,” she said.

But don’t dare equate “healthy” with “bland.” Grateful Kitchen’s menu runs the gamut and brings a lot of zest along with its meals.

“Right now we have something that’s amazing; it’s called our forbidden black rice bowl,” Sickmen said. “Basically it’s black rice and it’s cooked down for a couple of hours; it’s got ginger in it, and cilantro, and shallot, and then our chef takes steamed kale,

puts the rice on top of the steamed kale, and adds a perfectly soft-boiled egg.”

As a local small businesswoman herself, Sickmen places an emphasis on supporting other local businesses as well. Bread comes from Bread and Water

in Belle Haven; salmon comes from Manolo and Son.

“We want to support as many local purveyors as possible,” she said.

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

GRATEFUL KITCHEN, 727 N. Henry

Hours: 7 a.m.-3 p.m. Monday, Wednesday-Friday; 8 a.m.-3 p.m. Saturday-Sunday; closed Tuesday.

Fun fact: “Everything in our space is all compostable,” says owner Kimberly Sickmen. “All of our utensils, all of our cups, all of our to-go boxes will break down in a landfill in 180 days.”

CALENDAR

training on the how, when, and why to prune hedges, multi-stem shrubs, small trees, and large branches. The results will be healthier and bushier growth, more (or less) flowers and fruit, and attractive landscaping. Bring tools, and remember to dress for the weather. Entire class is held outdoors. This class is offered by Extension Master Gardeners. Free. Advance registration at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

The General’s Tour. 10-11:30 a.m. at Lee-Fendall House Museum & Garden, 614 Oronoco St., Alexandria. Featuring a guided walking tour of Robert E. Lee sites in Historic Old Town Alexandria. Cost is \$10 in advance, \$15 door. Visit www.leefendallhouse.org.

Specialty Tour: The Feminine Side of the Tavern. 10-11 a.m. at Gadsby’s Tavern Museum, 134 N. Royal St., Alexandria. Discover the many roles women played in tavern life. This tour challenges assumptions about a woman’s role in the 18th century and how women interacted with the tavern, a place commonly assumed to be just for men. Visit www.alexandriava.gov.

Festival of Owls. 12-2 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. Ever wonder what are some of the more mysterious residents of Huntley Meadows? Come meet live owls up close. Soar into the night time world of Great Horned Owls, Barred Owls, and Eastern

Screech Owls. Touch real owl feathers and bones and make an owl craft. Option to purchase an owl pellet for dissection with the aid of a naturalist. Cost is \$15 per person. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows-park/.

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: Luxe Sugar Mama bath product sampling. Call 703-684-4682 or visit www.TheOldTownShop.com.

Write Like A Woman Networking Workshop. 1 p.m. At The Athenaeum, 201 Prince Street, Alexandria. Facilitated by poet and author KaNikki Jakarta, this workshop welcomes amateur to professional women writers ages 18-100. Each workshop centers on uplifting and inspiring through writing, and allows participants to enhance their own writing styles. Free. Space is limited; RSVP to admin@nvfaa.org.


Making History In Stitches: Martha Washington’s Shell Cushions. 4 p.m. At Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Alexandria. A talk with Mount Vernon curator Amanda Issac, where she will discuss the making, use, and later history of the Martha Washington shell cushions, some of the best preserved examples of Mrs. Washington’s needlework. Woodlawn has recently acquired one of these



KaNikki Jakarta


Write Like a Woman

Facilitated by poet and author KaNikki Jakarta, this workshop welcomes amateur to professional women writers ages 18-100. Each workshop centers on uplifting and inspiring through writing, and allows participants to enhance their own writing styles. Cookies and tea will be offered. Saturday, March 9, 1 p.m. at The Athenaeum, 201 Prince St., Alexandria. Free. Space is limited, RSVP to admin@nvfaa.org



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cushions, which will be on display at this year's Needlework Show. Visit www.woodlawnpopeleighey.org.

Discover Romance in the Meadows. 5:45 p.m. at 3701 Lockheed Boulevard, Alexandria. Love is in the air – and on the ground – at Huntley Meadows Park as male woodcocks perform their amazing courtship dance. Try to spot these feathered romantics on an “Evening Woodcock Walk.” Listen for the call of the male woodcock and hopefully see his elaborate courtship dance and flight. Prime courtship time is early evening, so bring a flashlight along. Cost is \$8 per person. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows.

St. Patrick's Benefit Concert. 7:30-9:30 p.m. At St. Luke's Episcopal Church, 8009 Fort Hunt Road, Alexandria. Celebrate St. Patrick's Day with The MollyHawks, a local trio performing traditional Irish and celtic maritime music. All proceeds will benefit UCM, Rising Hope, Good Shepherd Housing and other local charities. Cost is \$15/adults; \$10/students; Kids 10 and under free. Visit the website: www.saintlukeschurch.net/calendar/2019/3/9/the-mollyhawks-in-concert.

SUNDAY/MARCH 10

Wintertime Woody Plant Pruning.

1-3 p.m. at 21 West Walnut St., Alexandria. Ever wonder when to prune your roses or boxwood? Come for hands-on training on the how, when, and why to prune hedges, multi-stem shrubs, small trees, and large branches. The results will be healthier and bushier growth, more (or less) flowers and fruit, and attractive landscaping. Bring tools, and remember to dress for the weather. Entire class is held outdoors. This class is offered by Extension Master Gardeners. Free. Advance registration at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

Mad Science. 1-4 p.m. at Stabler-Leadbeater Apothecary Museum, 105 South Fairfax St., Alexandria. What do superheroes, bubbling beakers, and explosions all have in common? A mad scientist probably made them. Explore where real science and mad science collide. This 45-minute tour starts every 30 minutes and features historic medicines with surprising side effects. Upstairs, meet the Museum's very own mad scientist while she brings to life some crazy concoctions and explores the science behind them. Admission is \$6 per person. Call 703-746-3852, or visit www.apothecarymuseum.org.

Lens on History. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. From daguerreotypes to digital images, explore photography's evolution, its impact on society, and what it reveals about historic events. View momentous photographs in world history, famous first photographs, and some fascinating images that shed light on Green Spring's past. Adults. \$32 (program + tea); \$12 (program only). Programs are by reservation only. Call 703-941-7987, TTY 703-324-3988.

Facetime with History. 1-4 p.m. at Gadsby's Tavern Museum, 134 N. Royal St., Alexandria. While journeying through the museum, engage in conversations with people from the past and hear stories that will deepen your understanding of the past and how it connects to today. Listen as Hanna Fairfax Washington and her sister-in-law, Jane Fairfax, reminisce about their lives in early Alexandria.

Huntley Meadows Park Art Exhibit Reception. 2-4 p.m. at Huntley Meadows Park Visitors Center, 3701 Lockheed Blvd., Alexandria. Slip into



Artwork by Kathryn Coneway created with mulberry paper collage and photo transfer. Winter skies and the forms of bare branches are a favorite theme in Coneway's work.

Huntley Meadows Park Art Exhibit

Slip into a gauzy world of collage and photography at Huntley Meadows Park. The park will host the work of Alexandria-based artist Kathryn Coneway through May 31, in the Norma Hoffman Visitor Center. A reception is planned for Sunday, March 10, 2-4 p.m. at Huntley Meadows Park Visitors Center, 3701 Lockheed Blvd., Alexandria. Visit www.fairfaxcounty.gov/parks/park-news/2019/psa057 for more.

a gauzy world of collage and photography at Huntley Meadows Park. The park will host the work of Alexandria-based artist Kathryn Coneway through May 31, in the Norma Hoffman Visitor Center. Visit www.fairfaxcounty.gov/parks/park-news/2019/psa057.

Painting with Wool – Needle Felting Workshop. 3:30 p.m. At Woodlawn & Pope-Leighey House, 9000 Richmond Highway, Alexandria. An introduction to needle felting, where you learn to “paint” a design from wool. Instructor Dani Ives is a fiber artist who has taught hundreds of students in workshops across the United States and internationally. Ives uses wool fibers and a felting needle to create the effects of layering color, creating texture and depth to a piece of work. Learn a number of two-dimensional needle felting techniques and apply to personal tastes and styles. Visit www.woodlawnpopeleighey.org.

MONDAY/MARCH 11

Author Talk and Book Signing.

6:30 p.m. at Hooray for Books, 1555 King St., Alexandria. Author Talk and Book Signing of “Welcome to Washington, Fina Mendoza.” Veteran public radio reporter Kitty Felde turned her years of covering Capitol Hill into this mystery that goes behind the scenes in Congress. Free. Call 703-548-4092 or ellen@hooray4books.com.

MARCH 12-APRIL 14

Good Luck Charms. At Potomac Fiber Arts Gallery, 105 N. Union Street, Studio 29, Alexandria. A very special found object, a four leaf clover, a rainbow, a wishbone, a charm on a bracelet - these objects all serve as inspiration to gallery members when creating pieces for this show. Themed work will be eligible for recognition by the jurors. Non-themed work may

also be exhibited. Visit www.potomacfiberartsgallery.com.

TUESDAY/MARCH 12

Native Plants for Shade Gardens.

7-8:30 p.m. At Barrett Branch Library, 717 Queen St., Alexandria. Do you fret about planting in a shady spot, worried that without sun the plants won't make it? Come learn how to select native plants that thrive in partial or deep shade and are best suited for your soil conditions. Discuss how to layer in natives with the plants, shrubs, and trees already in a shady yard and best practices for maintenance. This class is offered by Extension Master Gardeners. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

Lecture: Ordinary Equality - The Daughters of American Revolution from 1890-1920.

7:30 p.m. at Alexandria History Museum at The Lyceum, 201 S. Washington St., Alexandria. As America prepares to celebrate the 100th anniversary of the 19th Amendment in 2020, come hear how members of the Daughters of the American Revolution worked for social reform and helped make the dream of women's voting rights a reality. Visit www.alexandriava.gov/Lyceum for more.

THURSDAY/MARCH 14

The Athenaeum's Civil War

Authors Series: William Connery. 7 p.m. at The Athenaeum, 201 Prince St. In Mosby's Raids in Civil War Northern Virginia, William Connery chronicles the successes of Commander John Mosby. Also known as the Gray Ghost, he is celebrated most for his raids that captured Union General Edwin Stoughton in Fairfax and Colonel Daniel French Dulany in Rose Hill. \$15 per lecture or attend all three events for \$30.

ENTERTAINMENT



Mad Science

What do superheroes, bubbling beakers, and explosions all have in common? A mad scientist probably made them. Explore where real science and mad science collide. This 45-minute tour starts every 30 minutes and features historic medicines with surprising side effects. Upstairs, meet the Museum's very own mad scientist while she brings to life some crazy concoctions and explores the science behind them. Sunday, March 10, 1-4 p.m. at Stabler-Leadbeater Apothecary Museum, 105 South Fairfax St., Alexandria. Admission is \$6 per person. Call 703-746-3852, or visit www.apothecarymuseum.org.

NVFAA Members can attend all three events for \$15. Visit www.nvfaa.org or call 703-548-0035.

SATURDAY/MARCH 16

Archaeology Symposium. 9 a.m.-4 p.m. At Gunston Hall, 10709 Gunston Road, Mason Neck. Symposium – Exposing A Buried History: The Archaeology of Slave Life. In commemoration of the 400th anniversary of forced migration of the first enslaved Africans to Virginia's shores, the program sheds light on the history of people enslaved in Virginia from the 17th through the 19th centuries. Advance tickets are available until 5 p.m. on March 15 and may be purchased online at www.gunstonhall.org, and over the phone at 703-550-9220. Tickets will be available at the door the day of the symposium and are \$55 full price (\$45 for members of Gunston Hall and Friends of Fairfax County Archaeology). Visit the website: www.gunstonhall.org.

Plants & Design-Starting Cool Weather Edibles. 9:30-11 a.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. Edible gardener and horticulturalist Nancy Olney introduces you some interesting and tasty cool season plants to grow in your spring vegetable garden. Work with Olney to start some seeds in take-home containers to start planting out in your edible garden this spring. \$22/person. Register online at www.fairfaxcounty.gov/parks/parktakes/ using code 1FA.5BAB or call Green Spring Gardens at 703-642-5173.

Watercolor Workshop: Wonky Watercolors. 9:30 a.m.-3:30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (16-Adult) Embrace imperfection as you experiment with watercolor techniques and textures. Instructor Marni Maree demonstrates drawing and painting techniques using only a few colors. Try your hand at these demonstrated techniques and enhance your skill set and appreciation of what you can do with this medium. Supply list emailed at registration. Cost is \$93/person. To register, go to www.fairfaxcounty.gov/parks/parktakes/ and use code FB7.8985 or call Green Spring Gardens at 703-642-5173.

The Century of Immigration: 1820-1934. 10 a.m.-noon at Alexandria History Museum at The Lyceum, 201 S. Washington St., Alexandria. The film chronicles the

period when 40 million immigrants entered the U.S., making immigration a major and defining aspect of American life. Open and free to all members of the community, but pre-registration is requested at Alexandriava.gov/Shop.

Puppet Shows. 10 and 11:30 a.m. At The Durant Arts Center, 1605 Cameron Street, Alexandria. Featuring Joe Pipik's Backpack Puppets 5 Senses Dinosaur Show. Tickets are \$6 per person. To purchase your ticket, visit www.alexandriava.gov/Arts and click on Durant Arts Center. For further information about the National Capital Puppetry Guild, contact Jeff Bragg at 703.424.5553 or email puppettimes@gmail.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: Van Napier Farms Hams and Jelly tastings. Call 703-684-4682 or visit www.TheOldTownShop.com.

Family Fun-Go Native! 1:30-3 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. Discover the importance of native plants to the survival of Virginia's animals. Learn what makes a plant invasive and why it should be removed. Instructors will be from the Virginia Native Plant Society (VNPS) and Green Spring Gardens. \$8/person. Register online at www.fairfaxcounty.gov/parks/parktakes/ using code D2C.E32F or call 703-642-5173.

Family Fun-Sensational Seeds. 3-4 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. Thinking about your spring garden? Come explore the world of seeds. Plant some seeds to grow at home. Transplant them outside in your garden in spring. Children must be accompanied by an adult registered in the program. \$8/person. Register online at www.fairfaxcounty.gov/parks/parktakes/ using code E8F.A210 or call Green Spring Gardens at 703-642-5173.

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.

SSA Annual Gala. 6-10 p.m. At Westin Alexandria, 400 Courthouse Square, Alexandria. Dinner, dancing, a silent auction and more. This year's gala will pay tribute to individuals who have helped make Alexandria a caring and compassionate community for everyone, and will continue its history of honoring a family who has passed down a tradition of community service. This year's honorees are: U.S. Rep. Don Beyer and his daughter Stephanie Beyer Kirby; Lynnwood Campbell and Jen Walker. McEneaney Associates, Inc. Realtors is the presenting sponsor. The evening will feature live music by Bruthers Plus One and wine Bingo presented by UnWined. A silent auction will feature travel getaways, sporting tickets, and restaurant packages. For tickets, go to www.seniorservicesalex.org or call Cassie Chesson, SSA's development director, at 703-836-4414, ext. 114.

Best Bib and Tucker Zelda Ball. 7-11 p.m. At Gadsby's Tavern Museum, 134 N. Royal St., Alexandria. Honoring the Year of the Women's Right to Vote. The Gadsby's Tavern Museum Society's annual fundraising ball will feature live music and entertainment by Doc Scantin's Palmettos. Chou Chou will be the DJ for late night disco. Tickets: all evening \$150 per person; disco tickets \$75 per person. Visit www.gadsbystavernmuseum.us or call 703-615-1659.

Cedar Knoll Party. 7-11 p.m. At 9030 Lucia Lane, Alexandria. Wear green to Cedar Knoll when it's time to party with your friends from The Old Town Boutique District and The Scout Guide Alexandria. Set to a backdrop of entertaining tunes from Justin Trawick and the Common Good, the Guinness and Irish Whiskey will flow and the Irish-inspired food will delight. Admission includes heavy hors d'oeuvres served throughout the night and two drink tickets worth a cocktail or wine apiece. Tickets are \$44 each and includes all taxes, fees and service charges. Reservations@cedarknollva.com

The Valleys Wild. 7:30 p.m. at George Washington Masonic Memorial, 101 Callahan Drive, Alexandria. Alexandria Choral Society presents The Valleys Wild, a nature-centric concert. Following the reception, ACS will hold its annual gala reception and silent auction fundraiser. \$20/adults, \$15/senior/student/military, 13 and under free. Visit www.alexandriachoralsociety.org.

TUESDAY-SUNDAY/MARCH 19-24

Spring Book Sale. At Charles E. Beatley Central Library, 5005 Duke St., Alexandria. The Friends of the Beatley Central Library will hold their spring book sale. Members' Preview on Tuesday, March 19, 4-8:30 p.m. (\$15 memberships available at the door); Wednesday, March 20, 10 a.m.-8:30 p.m.; Thursday, March 21, 10 a.m.-8:30 p.m.; Friday, March 22, 10 a.m.-5:30 p.m.; Saturday, March 23, 10 a.m.-4:30 p.m.; Sunday, March 24, 1-4:30 p.m. Cost is \$3 or less, unless specifically marked: hardbacks, paperbacks, children's books and media items. All genres. Discount Day on Sunday, March 24. Call 703-746-1702; www.beatleyfriends.org.

TUESDAY/MARCH 19

Writing Family History. 1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. "Tell Your Ancestor's Story by Writing, Documenting, and Sharing." Genealogist Angela Packer McGhie will speak about writing biographical sketches of your ancestors. Free, open to public. Presented by the Mount Vernon Genealogical Society. Visit www.mvgenalogy.org.

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Fiscal Slam Dunk?

FROM PAGE 1

feet of mixed-use space in Alexandria's Oakville Triangle area — adjacent to Route 1 and Potomac Yard.

While opposition groups raise myriad concerns — traffic, housing affordability, increasing tax assessments — proponents say the Innovation Campus would spur needed economic growth.

“Universities play a really important part of innovation ecosystems,” said Brandy Salmon, the Innovation Campus’ chief administrator. In “places like Silicon Valley or Boston with a really high concentration of universities, that’s a big part of the recipe that they have for such vibrant economies.”

About a third of the Innovation campus would go to academics, according to Virginia Tech’s published project vision. Roughly a third would go to corporate and startup tenants, and another third to housing and retail. Virginia Tech, tax-exempt by law, would own the academic space, costing the city about \$1 million in foregone taxes. But “the rest of the Innovation Campus will be developed in partnership with a private developer and will all remain taxable,” said Landrum.

Tenants could include corporations partnered directly in research or that want “just to be part of that ‘halo effect,’” said Landrum.

She reiterated that Alexandria gave “no incentives” in direct cash to Virginia Tech or Amazon. Though not-now doesn’t necessarily mean not-ever. According to November’s memorandum of understanding between the city and Virginia Tech: “City financial support/incentives ... may come in the form of, including but not limited to, foregoing real estate taxes for parcels/buildings owned by Virginia Tech, facilitating tax-exempt bond financing, one time grant payments and forgiveness of required developer contributions associated with site(s).”

The city may “consider direct financial contributions after a final site in Alexandria is secured and planned, and after the fiscal and financial details of the project are analyzed,” according to Northern Virginia’s HQ2 proposal web site.

The Innovation Campus comprises “the catalyst and the anchor that is encouraging development to happen at quicker pace, frankly, than the market would have encouraged,” said Landrum. “Sixty percent of the city’s budget is paid for by real estate taxes, and real estate taxes are generated through new development and the in-

creased assessment of existing development. ... The impact of all of the development that will follow [the Innovation Campus] ... creates enough positive real estate tax revenue alone to make this a slam dunk deal. You pile on top of that business taxes, personal property taxes, for other businesses that will be moving in, meals tax, hotel tax, people living in houses, etc. ... Fiscally this was a slam dunk for the city.”

The Amazon/Virginia Tech deal would also bring in big state money for transit, housing and education.

Asked for ballpark estimates of the city’s future potential financial support and net new city revenues, Landrum and Salmon didn’t respond by the press deadline. They also didn’t respond when asked what effect, if any, Amazon’s pulling out of New York might have on Amazon’s plans in Crystal City — specifically, whether Amazon might double down in Virginia and whether local governments here might feel added impetus to negotiate concessions with citizen groups who aren’t happy with the proposal.

“We very much are still figuring out the logistics of how and where the campus will build out, the timeline, etc.,” Landrum said. The same goes for a much-publicized partnership with Alexandria’s public schools to enhance the region’s so-called tech-talent pipeline: “We don’t have a plan that we can deliver to the community yet.”

The city government plans to hold its initial community engagement meeting development on April 1, tentatively. That’ll kick off an “intensive community outreach,” providing “plenty of opportunities for dialogue,” said Karl Moritz, the city’s planning and zoning director.

Salmon anticipates about a year of planning, building construction over roughly five years, and full program implementation over roughly 10 years. For more, visit www.alexandriava.gov/NationalLanding, www.hqnova.com, www.alexandriava.gov/PotomacYard.

BULLETIN BOARD

SOBER-RIDE FOR ST. PATRICK’S DAY

Free Sober Rides. Sunday, March 17, 4 p.m. through Monday, March 18, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app’s “Promo” section to receive a no cost (up to \$15) safe ride home. WRAP’s St. Patrick’s Day SoberRide promo code will be posted at 3 p.m. on March 17 on www.SoberRide.com.

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LIVING LEGENDS OF ALEXANDRIA —2019—



Loren & Jason Yates

Photo credit: Tisara Photography

PEOPLE

Joining National English Honor Society

FROM PAGE 7

focuses on analysis of self that will bring some resolution, change, or arrival at an "emotional truth" in one's life. She additionally recommended an exercise titled "Then and Now" which has the writer focus on an event in the past. With distance achieved through time, she said one is to ask themselves how they felt about the event then and how they feel about it now to glean a further understanding of themselves.

Her final recommendation was encouragement to apply skills used in analyzing others' writing to one's own life. Her final message was for students to be the author and hero of their own story.

The ceremony was led by the officers of the NEHS and the group's advisor,

Kirsten von Topel. The officers for 2018-2019 are: President Elspeth Collard, Vice-President Zariyah Cope, Attendance Secretary Aiman Hamid, and Recording Secretary Leah Nicklesburg.

The following are the T. C. Williams NEHS inductees: Bridgette Adu-Wadier, Mackenzie Allen, Maryama Arale, Alison Bingham, Riley Casagrande, Emmett Cocke, Towson Cocke, Camila Cohen Suárez, Emile Cohen Suárez, Reese du Pont, Reagan Feld, Sadie Finn, Alexandria Gibbs, Zoe Glasser, Susan Gonzalez Guevera, Matthew Kiernan, Michaela McCormack, Sophia Parker, Lillian Sacher, Ashley Sanchez, Paul Schiefelbein, Meriam Zegeye, Peng Zhang, International Academy 8 Principal Maria Faz, International Academy 7 Principal Kristen McInerney, and keynote speaker Solveig Eggerz.

BULLETIN BOARD

FROM PAGE 8
volunteer at the event.

MONDAY/MARCH 11

Budget Public Hearing Meeting. 4 p.m. in the Council Chambers at City Hall, 301 King St. The Alexandria City Council will hold a Budget Public Hearing Meeting. Sign up to speak at the hearing with the link on the docket or by contacting the City Clerk's Office at 703-746-4550. The docket for the meeting may be reviewed at legistar.granicus.com/alexandria/meetings/2019/3/2011_A_City_Council_Special_Meeting_19-03-11_Docket.pdf.

TUESDAY/MARCH 12

City Council Legislative Meeting. 6 p.m. at City Hall, Council Chamber, 301 King St. Contact City Clerk's Office, gloria.sitton@alexandriava.gov, 703-746-4550.

WEDNESDAY/MARCH 13

Budget Work Session #4. 7 p.m. at City Hall, Sister Cities Room 1101, 301 King St.

ARHA Board of Commissioners Meeting. 7 p.m. at Alexandria Redevelopment & Housing Authority. Contact Cynthia Dickerson, 703-549-7115.

Spring and Summer Recreation Programs.

Registration for spring and summer classes and activities offered by the City of Alexandria's Department of Recreation, Parks and Cultural Activities will begin at 9 a.m. on Wednesday, March 13, for City residents and Friday, March 15, for nonresidents. Spring and summer registration applies to classes, leagues, and activities occurring April through August 2019. Visit alexandriava.gov/Recreation.

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Obituary

Obituary

Alice McCarter Leonard



Alice Leonard, age 101, died at Goodwin House Alexandria on February 24, 2019.

Alice Leonard was raised in Potsdam, New York. She received her degree in education from the State University of New York at Potsdam. She taught in the Alexandria Public Schools for many years. She was active in Democratic politics and in many civic organizations in Alexandria and in the state of Virginia. She was long involved in Common Cause, working to assure honest and accountable government.

Her seven decades of civic service were recognized on her 100th birthday by a formal Proclamation from the Mayor and City Council of Alexandria.

She will be remembered for her inquisitiveness, formidable energy, her deep commitment to a fair society, and her special ability to form deep and lasting friendships with people of all ages, races, and creeds.

Beloved wife of the late Herbert Leonard, she is survived by her two daughters, Alice Leonard (Colin Lawson) of Bath, England, and Anne Jamieson of San Francisco, CA, and one granddaughter, Christine Jamieson. She adored Christine, who brought her great love and joy.

The family are deeply grateful for the kind and loyal care given to Mrs. Leonard for many years by her devoted caregiver and dear friend Mariam Achidago, and by her physician, Dr. Stephen Minton; to family members and friends who have shown her great support and love; and to the staff at Goodwin House Alexandria.

The family will hold a private memorial service.

Obituary

Obituary

Mr. James N. "Jim" Wilhoit, III of Winston-Salem, NC and formerly of Charlottesville, VA passed away Monday, February 25, 2019 at his home. He was born in Charlottesville, VA, the son of the late James N. Wilhoit, Jr. and Norma Wheeling Wilhoit. Jim was a graduate of the University of Virginia where he received his Law Degree. He received a Virginia Law Degree from the University of Richmond and his JD from Georgetown University and George Washington University. He worked as Council for National Right to Work and other corporations and associations. He made winning arguments before the Supreme Court four times. After twenty-five years he retired from Law and became an American Furniture Antique Dealer in Old Town, Alexandria. Eight years ago, Jim moved to Winston-Salem and joined Mitchell Prime Properties. Survivors include his sister, Elizabeth Wilhoit Benoit of Winston-Salem; his niece, Elizabeth "Libbie" Lanier and husband, William L. Lanier, III of Winston-Salem; his nephew, George Coltrane Benoit and wife, Julie of Columbia, SC; two great nieces and two great nephews. A Celebration of Jim's life was held Sunday, March 3, 2019 from 4:00 until 6:00 PM at the home of his sister in Winston-Salem. Memorials may be made to Saint Timothy's Episcopal Church, 2575 Parkway Drive, Winston-Salem, NC 27103. The arrangements are by Hayworth-Miller Silas Creek. Online condolences may be made at www.hayworth-miller.com.

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Legals

Sealed proposals for the City of Alexandria per specifications will be received in the office of the Purchasing Division until the date and time designated as follows:

Title: Request for Proposals No. 791, Parking Technologies.
There will be a non-mandatory pre-Proposal conference for this solicitation on March 12, 2019 at 1:00 p.m. in the Purchasing Conference Room located at 100 N. Pitt St., Suite 301, Alexandria, VA 22314.
Closing Date and Time: April 2, 2019, 4:00 p.m., prevailing local time.

For general inquiries contact Peter Tomaselli at peter.tomaselli@alexandriava.gov.

The City of Alexandria reserves the right to reject any and all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. **THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS.**

Announcements

Open House

March 12 9:30-11:30

~ Parents Only ~

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THE CONNECTION
NEWSPAPERS

No Spring in My Future Step



By KENNETH B. LOURIE

I wouldn't say I'm feeling any significant side effects yet from my immunotherapy treatment but, if I'm handwriting these columns to begin with – which I am, I have to do so while holding a pen with a rubber grip (just above the ballpoint). No longer am I able to manipulate without this extra assistance. My fingers simply can't sustain the grip otherwise.

Nor would I say my reaction to my wife, Dina's suggestion, as we walked to the car this morning – and looked around "Belly Acres" (our two acres of mostly trees) post wind storm, concerning what homeowner/landowner thing we should do in the spring: pick up sticks and miscellaneous other debris off the ground, was at all enthusiastic. It was quite the contrary. In fact, I can't think of anything I'm less physically able to do given the side effects I'm semi experiencing:

❖ Due to the chemotherapy I've infused – and pilled, for 10 years, the neuropathy in my feet makes walking an enduring challenge and running – even in place, totally out of the question. Related to this difficulty walking is difficulty maintaining my balance, especially when walking on non-level ground like "Belly Acres." I'm not exactly a danger to myself – or others, but if those yellow caution signs were placed strategically around our property, there would be yellow every which way you looked.

❖ Because I'm semi overweight (a partial side effect) and definitely out of shape (sort of a side effect), bending over exacerbates the shortness-of-breath side effect I am most assuredly experiencing. Therefore, picking up sticks and stones off the ground may not exactly break any bones, but the names I may be called for being unable to perform this mundane task will not hurt me at all. It might amuse me actually.

❖ The preceding task runs directly into yet another side effect: musculoskeletal pain and weakness. My bones ache a little and my muscles quiver a lot.

Add up the deficits and you get the following: I can't walk. My balance is impaired. Bending over is exhausting and shortens my breath which all together limits my stick picking.

Moreover, carrying the weight I've gained is made more difficult by the weakness and pain I feel in my bones and muscles. This is the trifecta plus one.

I can do many things (activities of daily living, etc.), but the trifecta plus one, I can't. Other than adding a chainsaw ("the most trusted tool in the homeowner's arsenal") and being forced to wear those extremely heavy, metal-toe work boots to the equation, I can't imagine a less enticing spring activity as I gait around attempting to clean up and carry around a season's worth of ground clutter.

Having said all that, I think I deserve a certain amount of credit for knowing my limitations. Granted, such an admission is unlikely to garner any awards or "attaboys," however; when one's life hangs in the balance (or lack thereof) knowing what not to do may be as important as knowing what to do.

And I know what to do indoors; it's more outdoors that presents the problem.

It seems that the side effects I'm beginning to feel, though not quite life changing, are nevertheless life-affecting.

But I'm one of the lucky ones: still alive and reasonably well. I can live, still work (sort of) and play (occasionally) and even walk upright (though my posture could use some straightening).

So I have a few side effects which prevent me from doing two acres worth of stick work. I couldn't have planned it any better.

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

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LETTERS

FROM PAGE 13

There is only one advantage that the custodians may gain should they be outsourced; that is, the ability to form a union that can legally strike. Though I commend the efforts of the Education Association of Alexandria, as public employees in Virginia the custodians currently are not legally allowed to strike. Does this single advantage outweigh the lost pensions, job stability, and benefits? In any case, as a seasoned union-side labor lawyer, I have seen a lot of labor unrest and most were easily preventable — not by throwing money at the workers, but by showing workers that they are appreciated and respected, regardless of the prestige or power of their positions.

Please let your elected School Board members know that our custodians are valuable members of our community and deserve to be treated with the same level of respect as any other class of employees in our school system.

Matt Harris, Esq.
Alexandria

Parking Fiasco

To the Editor:

On Feb. 19, Philadelphia Phillies general manager Matt Klentak told reporters that "sometimes you have to walk away" from a bad deal, in this instance the deal one of baseball's all-around-best-players, Manny Machado, was seeking. And on Feb. 27-28, President Trump said something similar, "Sometimes you have to walk [away from a bad deal], and this was one ..." regarding North Korea's demand for sanctions relief without a commitment to fully denuclearize. By contrast, Alexandria's past city councils never met a deal from which they were willing to walk away, which is why today Old Town has a parking problem. Every time a business came in for a parking reduction, past city councils rubber stamped it. Staff would devise some sort of study showing there was enough parking because parking garages many Old Town visitors will reflexively avoid weren't full. City Council consequently approved a new formula for reducing the parking requirement over one of former mayor Allison Silberberg's legendary lonely dissents. Somehow, her MFA in playwriting prepared her better for counting cars than the graduate courses in urban planning city hall planning and zoning staffers are expected to have taken. Today's university urban planning departments have devolved into degree mills for rubber stamping whatever developers want.

Because past city councils couldn't muster the will to ever say "no" to a parking reduction, proverbially packing 10 pounds of stuff into a five-pound sack Alexandria-style, today's largely new City Council confronts the consequences of past city councils' incontinence and finds it must extend to however many adjacent blocks poco-a-poco petition for pay-to-park.

We can hope that this parking fiasco is an object lesson to the new City Council that it has to learn that sometimes it has to walk away from a bad deal, lest the cumulative consequences of many bad deals overwhelm it.

Dino Drudi/Alexandria

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