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Storck's Town Meeting Awards Past Efforts

Annual open house includes "State of Mount Vernon."

Residents and area officials gathered Saturday morning, Feb. 2, for the Mount Vernon District "Town Meeting," hosted by Mount Vernon District Supervisor Dan Storck at Mount Vernon High School.

As in previous years, the event started early in the cafeteria with area businesses and county agencies passing out information, before everyone went to the auditorium for Storck's "State of Mount Vernon," speech. This year they were treated to the music of the Harmony Heritage Singers,

SEE STATE, PAGE 17



Mount Vernon District Supervisor Storck addresses the audience during the "State of Mount Vernon" on Saturday, Feb. 2.

PHOTO CONTRIBUTED

Sheltering Homeless Neighbors Extreme cold sees increased need.

BY ANDREA WORKER
THE GAZETTE

The polar vortex swept down upon the region all last week, with near-record cold temperatures and accumulations of snow and ice to make life less-than-pleasant.

For most, the effects of that artic blast were at worst uncomfortable and annoying, causing chaotic schedule changes with school clo-

sures and hazardous road conditions, but at least most were able to turn up the thermostats in their homes, huddle around fireplaces, or turn on the electric blankets and space heaters to keep themselves cozy despite the elements at play outside.

For some of area neighbors, however — like the homeless and the more vulnerable — the effects of winter weather are more dire, even life-threatening.

Even before the worst of the weather hit the region, Fairfax County Police were investigating three apparent weather-related deaths. An 86-year-old resident of a Reston senior living facility was found outside the housing center by local police officers, called in to assist in a search when the elderly woman was determined to be missing.

A 47-year-old man, with no fixed address, was found asleep in

the laundry room of an apartment complex. He was pronounced dead by Fairfax County Fire and Rescue when they arrived on the scene.

On Jan. 14, officers arrived at the assisted living center in Great Falls, responding to a CPR call for an 88-year-old resident who was found outside the facility and succumbed to the effects of the cold.

"It doesn't take long for a person to become endangered by exposure to cold weather," said Brenda Dushko.

Dushko is the director of development for FACETS, a nonprofit that has been serving our neighbors in need since 2003 and a founding and active partner in the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness.

FACETS works year-round to help break the cycle of poverty and homelessness, but a major portion of their mission is dedicated to running the Hypothermia Prevention and Response Program for the county's Human Services Region 4 - Western County/Fairfax and Centreville areas.

HYPOTHERMIA is a life-threatening condition, brought on when the body temperature drops below 95 degrees — not far below the average normal temperature. With a warm coat, gloves and a hat, a warm car to travel in and a warm home to avoid prolonged exposure to the cold, hypothermia doesn't present a problem for most.

"But if you spend much of your

SEE SHELTERING, PAGE 16

Some of the St. Christopher's Episcopal Church hypothermia shelter volunteers (from left): Rev. Peter Ackerman, Zach Manning, Christina Manning, Kathy Barnard, Sarah Wilsey, David Wilsey, Debbie Brant, and Pam Branstetter.



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'A Decade of Transformation – a Future of Opportunity'

NoVa Chamber hosts 27th Annual Economic Conference.

BY ANDREA WORKER
THE GAZETTE

PHOTO BY ANDREA WORKER/THE CONNECTION

Amazon. The government shutdown. Workforce recruitment, education and retention. All hot topics of the day and all included in the 27th Annual Regional Economic Conference.

The Northern Virginia Chamber of Commerce, with long-time partners United Bank, George Mason University and the Washington Business Journal and Bronze Sponsor Basis Independent School McLean, filled the ballroom of the Hilton McLean Tysons Corner on Jan. 31 with a crowd ready to hear a who's who of local business leaders, influencers and students of the region's growth and economy reflect on a "Decade of Transformation" and offer their thoughts on a "Future of Opportunity."

Gov. Ralph Northam was also on hand to add his comments on where we have been and where we are heading in the region.

WELCOMING REMARKS were offered by the Chamber's president and CEO, Julie Coons, event mc Kevin Reynolds, regional president with United Bank, and George Mason University President Dr. Angel Cabrera.

Cabrera informed the attendees that in



A panel representing different segments of business in the region answered questions about the arrival of Amazon, the impact of the government shutdown, and how they viewed the economy going into 2019.

From left, moderator Peter Abrahams, the Washington Business Journal; Jordan Goldstein, regional managing principal, Gensler; Marc Wilson, SVP global partnerships & industries and co-founder, Appian; Kim Horn, president, Kaiser Permanente Health Plan of the Mid-Atlantic States; and Catherine Meloy, president and CEO, Goodwill of Greater Washington.

December GMU had not only just graduated the largest class ever, but that the university, ranked as one of the 300 best in the world, had just completed a record-setting fundraising campaign.

"We were told that our \$500 million goal might be a bit ambitious," said Cabrera, "but we surprised us all by hitting \$690 million."

Some of those monies will aid in the expansion of GMU's campus in Arlington, and

fund other programs in the school's extensive academic catalog that have helped GMU achieve Research 1 status – a category that the Carnegie Classification of Institutions of Higher Education uses to describe universities engaged in comprehensive research activities. "And we are the youngest school to have ever done so," Cabrera said.

Keynote speaker Tamika Tremaglio, Greater Washington managing principal at Deloitte, praised the Chamber, its partners and its members for "harnessing the power of Northern Virginia."

Tremaglio says Northern Virginia is already doing a lot right, as witnessed by the region's selection as a second headquarters for Amazon.

"We checked a lot of the boxes," she added, with a stable and welcoming atmosphere, an urban or suburban location with access and activities, a highly-educated workforce, strong partnerships with top-tier educational institutions and with local government, and a diverse population.

Tremaglio focused much of her remarks on what companies should be doing, and how to meet the challenges of the "Fourth Industrial Revolution" – the term coined by Klaus Schwab, executive chairman of the World Economic Forum, and highlighted at the 2016 World Economic Forum Meeting. This "new age" is less about the actual advances in technology and more about com-

SEE REGIONAL ECONOMY, PAGE 16

As Redistricting Plans Advance, Advocates Slam House Bill

BY DANIEL BERTI
CAPITAL NEWS SERVICE

As the General Assembly's session enters its second half, both the House and Senate have passed competing plans on how to redraw legislative districts. But groups that have been fighting gerrymandering prefer the Senate's proposal, saying it would do more to take politics out of the process.

Lawmakers on both sides of the aisle are concerned that without the proper provisions, the General Assembly may be doomed to repeat mistakes made in 2011 when legislators gerrymandered several Virginia districts for their own benefit by diluting the voting power of African-Americans. Those districts were later struck down by the U.S. Supreme Court and had to be redrawn.

Some legislators say there's an easy fix to make sure it doesn't happen again: Create an independent commission to redraw the lines, and take the process out of the hands of politicians.

At the start of the legislative session, lawmakers offered nine different proposals to establish independent redistricting commissions. They have now been narrowed down to two.

Senate Joint Resolution 306, sponsored by Democratic Sen. George Barker of Alexandria, sailed through the Senate last week



Sen. George Barker



Former Virginia Gov. George Allen

with unanimous support. House Joint Resolution 615, sponsored by Republican Del. Mark Cole of Spotsylvania County, was narrowly approved by the House on Monday, Feb. 4, on a party-line vote, 51-48.

Both resolutions would amend the Virginia Constitution to create bipartisan commissions tasked with redrawing district lines in 2021, but the plans have some key differences:

SJ 306 would create a 16-member commission made up of eight General Assembly members and eight citizen members. Of the eight legislative members, four would come from the Senate, and four would come from the House, with equal representation given to each political party. Any plan drawn up by the commission would have to be agreed upon by at least six of the eight legislators and six of the

eight citizen members. The plan would then be sent to the General Assembly for an up-or-down vote. The General Assembly would not be able to make any amendments to the plan.

HJ 615 would create a 12-member commission consisting of six Democrats and six Republicans, none of whom could be members of the General Assembly or U.S. Congress. The members would be selected by the speaker of the House, the Senate Rules Committee and the governor, and any plan drawn up by the commission would have to be agreed upon by at least eight of the 12 members. The plan would then be introduced in the General Assembly as a bill, and legislators would vote on the plan. The governor would be removed from the process and would not have the power to approve or veto the bill.

Barker's amendment has garnered support from fair redistricting advocates, but they have concerns about Cole's commission.

Princeton Gerrymandering Project, a non-partisan redistricting group based in New Jersey, issued a statement Sunday, Feb. 3, saying that Cole's constitutional amendment could "backfire" and increase the possibility of partisan gerrymandering in the commonwealth — the opposite of its intended effect.

"It's sold as nonpartisan reform. But we

find that it's more likely to entrench whatever party is already in control," director Sam Wang wrote.

Voting rights advocacy groups Progress Virginia and New Virginia Majority issued a joint statement slamming Cole's amendment after it was sent to the House floor last week: "The GOP's proposal simply replaces one bad system with another," said Progress Virginia executive director Anna Scholl.

Advocacy group One Virginia 2021, which has pushed for a nonpartisan approach to redistricting in Virginia, has also expressed support for SJ 306, as has former Virginia Gov. George Allen, a Republican. Allen and One Virginia 2021 have teamed up for a five-city town hall tour to highlight the need for bipartisan redistricting reform.

Advocates are watching anxiously as the two amendments head off to the House and Senate. If either is approved by the General Assembly, it will face a long road to be added to the Virginia Constitution. Constitutional amendments must pass in two legislative sessions and then be approved by voters in a statewide election.

Lawmakers will have to act quickly to ensure that an independent commission is in place by 2021 when the U.S. Census Bureau releases new population and demographic data. If not, the same process used in 2011 will be used again in 2021.



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

WINTER SHELTERS

Find homeless and cold weather drop-in centers and shelters that serve Northern Virginia at www.novaregion.org/174/Homeless-Shelter-Lists.

DONATIONS NEEDED

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

INPUT SOUGHT

Shaping the Future Together. Fairfax County Government is beginning a strategic planning process with the community to shape the future together. The goal is to hear all voices and reach all segments of the community. This effort will span most of 2019, but in this first phase, the community is being asked to visit fairfaxcounty.gov/strategicplan and:
❖ Take a short five-question online survey
❖ Join a community conversation in
SEE BULLETIN, PAGE 18



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CRIME

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

ROBBERY: 6727 South Kings Highway (7-Eleven), Feb. 4, 2:05 a.m. A man entered the store wearing a mask and displayed a handgun. clerk gave him cash and the man ran away. There were no injuries to the victim.

ROBBERY AND STOLEN AUTO RECOVERY: 2405 Fairhaven Avenue, Jan. 31, 03:52 a.m. Three suspects drove a stolen car through the front of the 7-11 attempting to steal the ATM. They were unsuccessful and left the store. Officers located the stolen car a short distance away. This incident is still under investigation.

UNLAWFUL ENTRY: 2900 block of Dunbar Street, Jan. 29, 12:51 p.m. The victim contacted police after finding a broken window on a vacant rental property. Officers arrived and several juveniles ran from the home. They were taken into custody. Nothing was reported taken.

BURGLARY: 5946 Richmond

Highway (Best Smokes Tobacco Outlet), Jan. 28, 4 a.m. The store manager discovered front glass broken and several cigarette cartons on the floor. Merchandise was taken from the business.

FEB. 4 LARCENIES
7900 block of Audubon Avenue, cell phone from residence
7900 block of Audubon Avenue, credit card from residence
2400 block of Fairhaven Avenue, merchandise from business
3100 block of Lockheed Boulevard, merchandise from business
4500 block of Mount Vernon Memorial Highway, candle from residence
3300 block of Pelican Place, cash from residence
6300 block of Richmond Highway, merchandise from business
8600 block of Richmond Highway, merchandise from business
8800 block of Richmond Highway, merchandise from business
8500 block of Towne Manor Court, shovel from residence

FEB. 1 LARCENIES
8600 block of Richmond Highway, merchandise from business

7900 block of Fort Hunt Road, merchandise from business

2400 block of Windbreak Drive, package from residence

5900 block of Richmond Highway, phone, wallet and keys from locker room

3600 block of Robert E. Lee Place, license plate from car

STOLEN VEHICLES
6700 block of Richmond Highway, 2000 Toyota Camry

JAN. 31 LARCENIES
5900 block of Richmond Highway, license plate from vehicle
8600 block of Richmond Highway, merchandise from business

JAN. 30 LARCENIES
5900 block of Grand Pavilion Way, bike from location

JAN. 29 LARCENIES
2400 block of Windbreak Drive, wallet from vehicle
8200 block of Richmond Highway, merchandise from business
6600 block of Richmond Highway, wallet from purse
1600 block of Belle View Boulevard, license plates off vehicle.



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Alex/Riverside Estates \$519,900
8323 Blowing Rock
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Alex/Riverside Estates \$589,900
8312 Cherry Valley Lane
Beautifully, renovated 4BR, 2.5BA home w/1 car garage-New Kitchen w/SS, and quartz counters, New baths, Interior freshly painted, Refinished hwd floors, new carpeting in LL and New windows throughout. Large deck w/no-maintenance composite decking can be accessed from Master Bedroom, Kitchen & Dining Rm. Family Rm w/FPL- Crown molding, 6 panel int. doors, recessed lighting. Great Location Minutes to Ft. Belvoir & GW Pkwy.



Stafford/Harris \$259,900
11 Shady Lane
Beautiful 3BR, 3BA Cape Cod, bursting with charm. This property contains two lots (for total .67 acres), with winter views of Aquia Creek. 2nd Lot may potentially be buildable (grandfathered). Expansive and open floor plan. Enjoy nature's beauty from the back screened porch or multiple decks. Large shed/hobby room w/electricity (conveys as is). Quiet and serene location. Close to Quantico!



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



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



Alex/Engleide \$1,300,000
8734 Lukens Lane
4.128 acres zones R-2 for sale. There are 2 lots: 4/0 acres w/house (Tax Map 1101 01 0043) and .128 acre vacant land (1101 01 0043A). House on Property sold "AS IS" and NO ACCESS given or allowed. Land Value only. Water, sewer, gas, electricity available. This land is adjacent to the houses on Halley Farm Ct. which were built in the 2010-2011 time frame.



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OPINION

Crossroads at Crossover

BY ADAM P. EBBIN
STATE SENATOR (D-30)



This week marked “crossover,” the midpoint of the legislative session, when the Senate and the House of Delegates must complete work on legislation introduced by their respective members before sending it to the other chamber for consideration. Twelve of my bills are heading to the House this year. The days approaching crossover reached a frenetic pace as we voted on hundreds of bills and dozens of amendments. These final, all-engrossing days were accompanied by unexpected tension as our state government was suddenly embroiled in controversy and entered into the national spotlight.

The controversy began when an excerpt of a House Courts of Justice hearing regarding a bill to relax restrictions on abortion, introduced by Del. Kathy Tran (D-Fairfax), went viral on conservative websites. A short clip of a lengthier exchange between the sponsor and Del. Todd Gilbert (R-Shenandoah) regarding third trimester abortions was disseminated first in fundraising emails by the Republican Party of Virginia, and later drew national media attention. The next day, on the “Ask the Governor” program on WTOP radio, Governor Ralph Northam answered a question about the exchange. A misunderstanding about his clinical explanation of the delivery of a non-viable fetus led to some, including President Trump, to claim that the Governor, a pediatric neurologist, was advocating for “infanticide.” He was not.

The situation was one in which strongly held beliefs combined with the frantic speed of the news cycle spiraled out of control, creating confusion about the actual text of the bill. The bill would have made adjustments to current law to allow physicians to provide abortion services during the second trimester in an outpatient facility, ended the mandate of an ul-

trasound 24 hours before an abortion, and required that one licensed physician must certify that a third trimester abortion is necessary for the health or welfare of the mother — as opposed to the current procedures which require three physicians to sign off on such procedures. Third trimester abortions are currently legal in Virginia and are exceedingly rare. According to the Virginia Department of Health data, only two have been performed on record in Virginia since 2000.

This bill would have permitted a woman and her doctor to make clinically-informed, often time-sensitive, choices regarding her own health. No woman makes such a decision lightly, and I don’t consider it my place to add non-medically necessary burdens to this process.

As an already contentious and busy week drew to a close, I was preparing for debate on the Senate Floor regarding the final pieces of my legislative agenda when I was alerted of a shocking photograph on Governor Northam’s 1984 medical school yearbook page.

I was appalled and disgusted when I saw the racist photograph of two individuals, one in blackface, the second in a Ku Klux Klan uniform, next to photos of the Governor. Later that evening, the Governor admitted publicly that he was in the photograph, and apologized. The Governor met with the Legislative Black Caucus (VLBC) that evening and again confirmed he was in the photograph. I joined the VLBC in calling for his resignation. The Senate and House Democratic Caucuses concurred with this decision.

The history of blackface, a tool employed by racists to deride and mock African Americans, coupled with the terror of lynchings, assaults, and harassment led by the KKK, are too inherent to the lived experience of Black Virginians to excuse this action. The Governor’s press

conference on Saturday, in which he claimed he was not in the photograph, but had before dressed in blackface in a dance contest, reinforced my belief that he must resign. The normalizing of racist iconography cannot be dismissed as a youthful mistake.

I spent the weekend speaking to a number of community leaders, including members of the NAACP and clergy, and discussed the pain and sense of betrayal that this image brought so many. While I have known and served with the Governor for years, as a senator, lieutenant governor, and governor, and appreciate his career in public service, it is clear that his actions, both in the past and in dealing with the recent fall out of this revelation, have deeply shaken Virginians’ trust in him. Because of this, he cannot continue to lead our Commonwealth.

This week has been a painful reminder of the racist past, and the too-often racist and discriminatory present of Virginia that continues to define the experience of many in minority communities today.

In order to fully condemn hate and violence, Virginia needs a Governor with the moral authority lead us forward. So long as Governor Northam remains in office, Virginia will lack this.

We have to end the systemic racism which has for too long persecuted minority communities. We need criminal justice reform. We need to end discriminatory practices in voting and housing, and to end the scourge of gun violence. We need a living wage and affordable housing to provide a hand up from poverty for those suffering the consequences of institutionalized racism and Jim Crow laws. To solve these problems, we must have a unified Virginia with leadership that fully understands what it means to experience discrimination.

It is time to begin the healing process. We must take action and move forward together. It is my continued honor to serve the 30th District.

Eight Bills Move Forward

BY PAUL KRIZEK
STATE DELEGATE (D-44)



Now we are at the halfway mark in the 2019 legislative session known as crossover. Crossover is the period in which the House bills pass over to the Senate and Senate bills pass over to the House for consideration. To make sure every house bill will be crossed over, yesterday, we were on the House floor for almost 10 hours and considered over 350 bills. I presented three of my bills all of which were advanced to their third and final house reading. This session I am proud to report

that I will have eight bills crossing over to the Senate for deliberation. My bills cover topics ranging from voting rights to education to combating sex trafficking. I am confident that my Senate colleagues will recognize my legislation as common sense solutions that will help

create a more equitable and profitable Commonwealth. Prior to crossover, it is important to review the work that has happened in the General Assembly to date. Women have experienced discrimination since the founding of our country including not receiving the right to vote until 1920 and to this day facing sexism that results in an unacceptable wage gap. The ERA is a critical amendment because it will enshrine women as equals within our Constitution and begin to remedy centuries of sexism. It has been a long battle in the Commonwealth for the passage of this amendment and the momentum gained around the ERA this session made passage seem possible but yet again we were defeated. As many of you know, the amendment was tabled in the Privileges and Elections committee on a party line vote. We

will continue to fight for women’s rights and I remain hopeful that Virginia will become the 38th state to ratify the Equal Rights Amendment next year after the elections this November. Another important step in this legislative session is the passage of a budget bill. As a member of the Appropriations Committee, I am proud to be a part of this collaborative process. I want to thank my fellow committee members for all the hard work this session to finalize a financially sound budget that will help all citizens of the Commonwealth. I am proud to say that \$240,000 is included for the Grow Your Own Teacher pilot program, which my bill, HB 1724, introduced. This money will allow low-income students, who want to teach at Title I schools, the opportunity to receive scholarships in order to attend four-year colleges and earn their teaching degree. The funding of this program will have a direct impact on Title I schools by expanding and diversify-

SEE EIGHT BILLS, PAGE 8

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A Connection Newspaper



LETTERS

Defend That Bill

To the Editor:

Del. Paul Krizek's legislative report in your Feb. 6 edition fails to mention his co-sponsorship of a now infamous bill that would have removed almost all restrictions on late term abortions in Virginia.

By the admission of its chief sponsor, Del. Kathy Tran, House Bill No. 2491 would have allowed abortions up to the moment of a child's birth if a single doctor determines that the birth would impair in some way the "mental or physical health" of the mother.

We wish Del. Krizek or any of the supporters of this bill would have the courage to explain why they think it is OK for the law to allow a doctor to kill a child during his/her birth. We suspect the reason no one is offering a defense of the bill is that there is no civilized defense for it. In our opinion, the killing of children by doctors in the birth canal is not OK in any society or universe. We believe the vast majority of Del. Krizek's constituents agree with us.

Hopefully, the common sense and common decency of the people of Virginia will cool the

ardor of politicians like Del. Krizek for currying favor with the abortion industry and radical elements of the progressive movement.

Speaking of "cool," in our view it is decidedly "uncool" for a politician to mislead his constituents and the local paper by omitting a key piece of information from a legislative report. Unfortunately, it is all too common in today's political environment. Del. Krizek, you can do better than this or someone else will.

Chris and Angela Bouquet
Alexandria

Re-think Spraying

Dear Editor,

On Jan. 24, Fairfax and Prince William County spokesmen urged a Virginia House of Delegates subcommittee to allow localities to continue to kill caterpillars with broadcast spraying. At issue is *Alsophila pometaria*, the inchworm or fall cankerworm, a native insect that in its larval stage is a caterpillar, a major food source for spring breeding and migrating birds. Some view this caterpillar as a "nuisance" when it spins down

from trees on a silken thread.

A coalition is trying to stop this spraying, which kills not just the target species but all butterfly and moth caterpillars exposed to the spray, *Bacillus thuringiensis* var. *kurstaki* (Btk). "This collateral damage is much too high a price to pay, when the focal animal is a natural element of Virginia's forest ecology," wrote the University of Connecticut's Dr. David Wagner, a world caterpillar expert.

Some spraying advocates contend that inchworms defoliate and kill trees. Opponents argue that it takes several years of severe defoliation to kill a tree, which is rare; that most trees releaf in one season; and that tree mortality has many, often undetermined causes.

Del. Kathy Tran (D-Fairfax) offered a compromise to her original bill to require residents to opt into the spray program, a reversal of these counties' current opt-out programs. The subcommittee rejected the bill on a party-line five to four vote.

The inchworm is a native insect, part of the natural ecosystem, not a destructive invasive like the gypsy moth. Government officials at all levels should understand the value of native insects and their role, critters that noted biologist

E.O. Wilson said are "the little things that run the world." Killing caterpillars without documentation of real harm or without understanding their importance is inexcusable.

Ashley C. Kennedy, MS
PhD Candidate, Tallamy Lab
Dept. of Entomology and
Wildlife Ecology
University of Delaware

Common-sense Measures

To the Editor:

Each of the past four years, the Virginia Senate has passed adjustments to the commonwealth's nondiscrimination laws to be inclusive of Lesbian, Gay, Bisexual and Transgender Virginians; but this year, as in the past, the bills are stuck in the House of Delegates. LGBT people are very aware that, in this state, we can be fired or denied housing simply because of our sexual orientation or gender identity.

As president of "FCPS Pride" (an organization for LGBT people connected with Fairfax County Public Schools, and their family mem-

SEE LETTERS, PAGE 8

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A Week of Highs and Lows in the State Legislature

By SCOTT SUROVELL
STATE SENATOR (D-36)



The fourth week of this session of the General Assembly brought some of greatest highs and greatest lows I have ever experienced in my 10 years serving in the General Assembly.

In a Monday, Jan. 29 press conference with Governor Northam, we announced a new agreement with Transurban to start the immediate construction of a new lane

COMMENTARY

southbound on I-95 between VA-123 and the Prince William County Parkway. Transurban agreed to waive any compensation event or penalty payment on their existing contract. With this agreement, we are much closer to removing the worst bottleneck in all of Northern Virginia, the most frequent transportation complaint I receive — a traffic nightmare that costs millions of Virginians millions of hours of lost productivity.

For the last three years, Sen. Jeremy

McPike and I have been pressing the McAuliffe and Northam administrations for solutions. Local officials had proposed similar solutions that were either impossible to build due to existing Transurban contract language or even if funded, would not open for another 7-10 years. Our agreement uses no taxpayer dollars, will allow construction to begin in 18-months and be completed within three years.

My legislation to facilitate underground utilities on U.S. 1 in Fairfax County passed both the full Commerce and Labor and Finance Committees and will be before the full Senate this week. If enacted, it will create a mechanism under which Fairfax County can pass the cost of the undergrounded lines on to all county electricity ratepayers through their electric bill.

This week, the Senate will vote on my bill to require sound coal ash storage, thanks to a bipartisan agreement and help from Governor Northam, Secretary of Natural Resources Matt Strickler, House Speaker Kirk Cox and Senate Commerce & Labor Committee Chairman Frank Wagner. The agreement prohibits using existing leaky ash ponds for future storage and for existing coal ash, requires Dominion to either recycle it or put it in a landfill with a secure

liner. The cleanup will cost \$3 billion and be funded by ratepayers at no more than \$5 per month on electricity bills.

This might be the first time Virginia has done something that is more protective of the environment than required by federal law.

On Jan. 31, the Senate Local Government Committee approved my bill to authorize Fairfax County to clean up “rogue” shopping carts after giving stores 10 days’ notice. Loose shopping carts, still a problem on U.S. 1, do not belong in our streams. My creek cleanups conducted with the Friends of Little Hunting Creek have collected over 230 shopping carts and counting out of Little Hunting Creek.

Friday was a very difficult day for all of us. I had planned a town hall meeting with Sen. George Barker and Del. Kathy Tran at South County High School. Delegate Tran received numerous threats and we learned about online conversations discussing which sniper rifles to bring to a planned, pre-meeting, anti-abortion rally. Also, law enforcement officials expressed concerns about safety and logistics, especially because four student and youth sports events were scheduled to occur simultaneously. Given these reports, we cancelled the meet-

ing.

While discussing the meeting, we received word of Governor Northam’s yearbook pictures showing two people in blackface and a Ku Klux Klan (KKK) robe. By the time I was home, Governor Northam had admitted that he was in the pictures and apologized. That evening, the Virginia Legislative Black Caucus and both the Senate and House Democratic Caucuses determined that featuring such things on a personal yearbook page, even 30 years ago, severely undermined faith in the Governor’s ability to lead the Commonwealth. All called for his resignation. While I am aware that he revised his position the next day, massive damage has been done to the Governor’s ability to lead.

I am extremely saddened by the situation. I have never seen the slightest hint that Ralph Northam could support such intolerance and abhorrent behavior. While Governor Northam now says that how the photograph got there is under investigation, featuring blackface and KKK on a personal yearbook page is truly horrific and should be condemned.

Please email me at scott@scottsuorvell.org if you have any feedback.

Eight Bills

FROM PAGE 6

ing the teacher workforce. I am eager to see these schools and students get the support they deserve.

Additionally, \$145,000 is included for the funding of a Sex Trafficking Response Coordinator in coordination with legislation I have introduced. Establishing this position will be imperative in combating the sex trafficking epidemic within the Commonwealth. A centralized point-of-contact will allow for a more organized response to such a multifaceted problem.

Within the finalized House budget, we have allocated \$36 million for 750 new school counselors for elementary, middle, and high schools. As a member of the House Select Committee on School Safety, I witnessed firsthand the need for additional counselors at schools. While this increase does not meet the recommended 1:250 ratio, it is still a critical step forward. Furthermore, the budget allotted \$45.7 million to state colleges which will freeze tuition at its current cost. Holding down costs for families and increasing access to higher education for students is crucial to ensure students and families are not saddled with crippling debt.

However, I am disheartened that \$19 million for the Virginia Housing Trust Fund was not included within the budget. Affordable

housing is a big challenge facing our community and affects everyone from young adults and families to senior citizens. This challenge will only become more pronounced with the arrival of Amazon. The Virginia Housing Trust Fund uses its funds to reduce costs of rental housing and home ownership. Compared to other states’ contributions, Virginia is already 70 percent below average.

In closing, I want to address the racist images displayed in Governor Northam’s yearbook. Last Friday, I was shocked to hear the news about Governor Northam. I find it very difficult to reconcile that image with the man I worked closely with over the past few years. Governor Northam has given years of service to his community, the Commonwealth and his country.

Yet, the images and the ideas they espouse are horrifying, racist and unacceptable. I believe Governor Northam regrets these pictures and has grown since that time. However, our public officials should be held to a higher standard, especially the Governor. In a Commonwealth ingrained with a history of slavery, Jim Crow laws and continued racism it is impossible for Governor Northam to lead all Virginians. It is time for Governor Northam to resign and allow Virginia to heal and move forward.

FROM PAGE 7

bers), I am pleased that Fairfax schools (along with Alexandria, Arlington, Prince William and Manassas City) have declared that they will not discriminate on this basis.

But LGBT students and their family members can still be denied housing and employment outside of the school system. It makes Virginia a less inviting place for businesses, and adds uncertainty to the lives of students whose experience is already difficult enough. It is time for the Virginia General Assembly to bring our commonwealth into the 21st century, and pass these common-sense measures.

Robert Rigby, Jr.
President, FCPS Pride
Alexandria

Need To Study Helicopter Noise

To the Editor

The following is an open letter to Gene L. Dodaro, Comptroller General of the United States, U.S. Government Accountability Office.

Dear Comptroller General Dodaro:

We write to request that the Government Accountability Office (GAO) conduct a study of helicopter noise within the Washington metropolitan area. Many of our constituents live with the impacts

of regular helicopter noise that interrupts sleep patterns, causes their homes to shake and negatively impacts their quality of life. While disturbances from helicopter noise have been a longstanding problem for some, others have noted recent increases in the frequency and severity of helicopter noise in their neighborhoods. We understand that helicopter activity is an essential part of law enforcement, military and medical operations and appreciate the critical efforts of employees serving in those sectors. However, we also believe that, through information collection, analysis and coordination, we can identify strategies to minimize the negative impacts of helicopter activity without impeding the work of the agencies operating helicopters within the region.

We have engaged with constituents, federal agencies and local governments on the problem of helicopter noise in our region. A number of questions have emerged that can only be addressed through a formal study. Among other issues your study may find relevant, we ask that your study include an analysis of the following issues:

- ❖ The types of helicopters that generate the most noise and the make of the helicopters flying over the Washington metropolitan area;
- ❖ Current helicopter flight paths within the Washington metropolitan area, including an analysis of

which neighborhoods are most impacted by helicopter noise;

- ❖ The frequency of flights over neighborhoods, including information on each agency operating helicopters, the times of flight and flight altitude;

- ❖ The number of flights that occur during the day and at night;

- ❖ The altitude at which helicopters currently fly within the Washington metropolitan area today compared to the altitude at which helicopters operated within the Washington metropolitan area in the past;

- ❖ Potential causes of the increase in the severity and frequency of helicopter noise in the Washington metropolitan area;

- ❖ The degree of coordination that currently exists among the various government and non-governmental entities operating helicopters in the Washington metropolitan area regarding flight paths, altitudes and other pertinent considerations; and

- ❖ Viable options for noise mitigation, potentially including modifications to current training practices that would reduce the number of training hours that must be completed in the Washington metropolitan area and modifications to night training times so that pilots do not fly when most residents are sleeping.

We appreciate your attention to
SEE LETTERS, PAGE 18



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WELLBEING

American Heart Month

Making healthy diet and exercise choices are two keys to preventing heart disease.

BY MARILYN CAMPBELL

Each time the door bell rang, a guest arrived, wearing red and bringing with her a new flavorful dish with an aroma that filled the already pungent air in Cassandra Pope's Arlington home. One by one friends strolled through the living room and into the kitchen bearing dishes like balsamic-grilled chicken breast, curried cauliflower steak and freshly made hummus. They had arrived for a potluck dinner and the theme that evening was heart health.

"My father died of a heart attack when he was 62, and when he was 57 he had a stroke," said Pope. "All nine of his siblings had massive heart attacks and all of them died of a heart-related illness. So I know that I need to focus eating better and exercising and losing weight. My friends always get together for dinner about once or twice a month and usually we have a theme. For February, we decided to combine Valentine's Day and heart health. We exchanged recipes so that we all have a stash of new recipes to try."

Cardiovascular disease remains one of the leading cause of death in the United States, and after decades of a steady decline in this country, it is once again on the rise, according to a study by the American Heart Association. The research also shows that approximately 80 percent of all cardiovascular disease can be prevented by adopting a healthy lifestyle and controlling high blood pressure, diabetes and high cholesterol. During February, American Heart Month, health care professionals are working to raise awareness of the importance of making healthy lifestyle choices and managing their health conditions.

"February is also Black History Month and these two recognitions go hand-in-hand," said Nikkia Wilkens, Fairfax County Health Department community outreach professional. "African Americans have some of the highest rates of hypertension and heart disease, [but] with the right steps, we can improve our heart health."

Some of the heart-smart lifestyle adjustments that Wilkens and other health care professionals advise include staying active and exercising regularly and monitoring one's salt intake. "Incorporate movement into your everyday activities, such as taking the stairs instead of an elevator," said Wilkens. "Maintain a healthy diet and skip the fried foods, and eat lots of

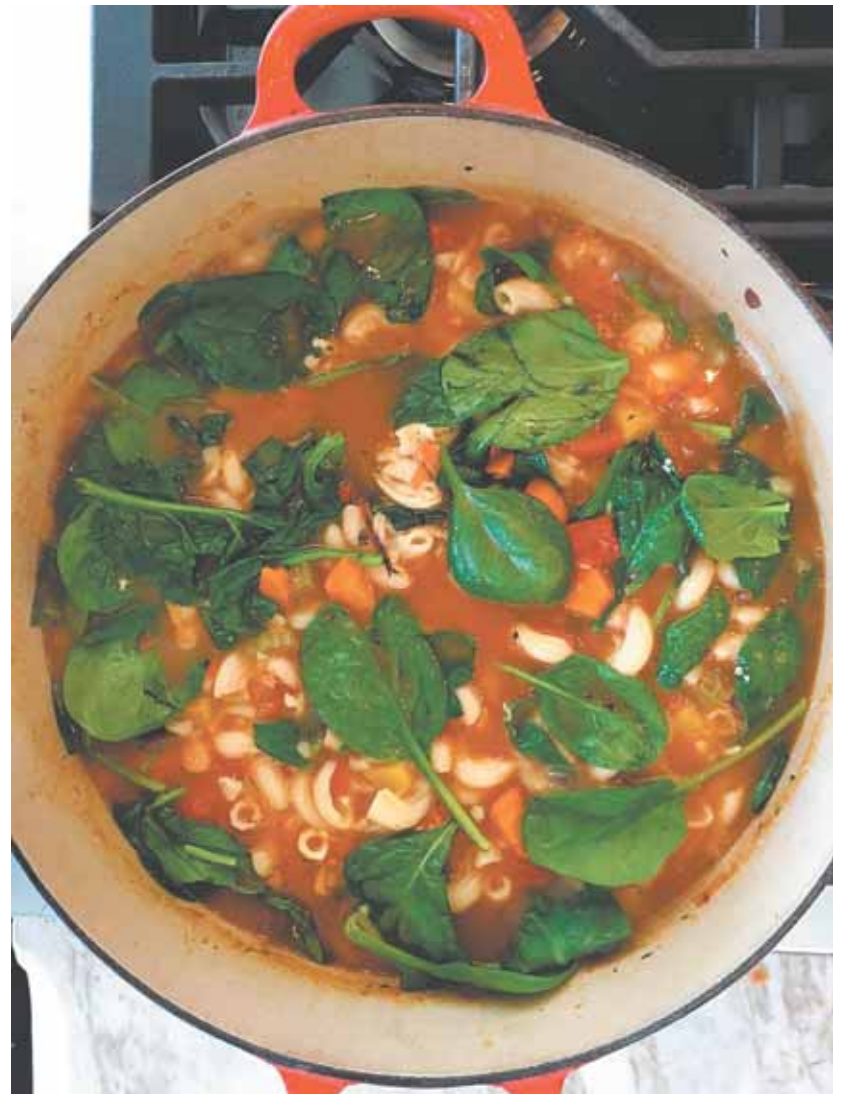


PHOTO CONTRIBUTED

Finding creative but tasteful ways to add vibrantly colored fruit and vegetables to one's diet can help prevent heart disease.

fruits and vegetables. Commit to eight hours [of sleep] a night and drink eight glasses of water each day."

While African-American have one of the highest rates of heart disease, the American Heart Association reports that anyone at any age can be affected by cardiovascular diseases and 80 percent of cardiac events can be prevented.

"Even making small changes like getting 30 minutes of exercise a day can improve not just your heart health, but your overall health as well," said fitness trainer Brendan Moore. "Find a type of exercise that you enjoy enough to do for 30 minutes that also gets you to break a sweat and do it everyday. The important thing is that you get your heart rate up. If you start to break a sweat, you know that you're exerting enough energy to have an impact."

Small dietary changes can be made gradually. "Watching your salt intake is really important," said dietician Caroline Knowles. "There are so many ways to prepare meals by using spices instead of salt so that you don't compromise the taste. With slow cookers and instant cookers there are so many options that you no longer have to fry food to enjoy that satisfying taste."

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As her "Realtor Family" we miss her presence, her laugh and generous nature. Above all, Rita was kind and we will carry on that legacy. Our most sincere condolences to her family.

We were honored to know and work with her.

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ENTERTAINMENT



Cubes of pork shoulder as base for tasso maque choux.



Add colorful chopped peppers and onions.



Smear second hot skillet with Boilermaker house-made barbecue sauce.



Chef Teresa Keefer flips over her tasso.

PHOTOS BY SHIRLEY RUHE

Meet Chef Keefer at Southside 815

BY SHIRLEY RUHE

Teresa Keefer, executive chef at Southside 815 on S. Washington Street, says for her it's the sounds of the kitchen — from the early morning quiet giving way to the gradual clang of pots and pans, morphing into the rowdy conversation of the servers followed by the yelling frenetic activity at rush hour.

Keefer heats two medium side-by-side skillets for the Mustard BBQ Salmon. “We did it as a special for years but it was in high demand so we put it on the menu.”

Keefer squirts Arrezzio (vegetable and olive oil) in a skillet and turns the burner on high. She adds about four ounces of cubed pork, not from the leg but from the hog shoulder in traditional Southern Louisiana fashion, along with Cajun spices. “We use a lot of Cajun spices.” In about a minute she adds about 4 ounces of corn. “I am making a tasso maque choux as the bed for the salmon. Everything is about 4 ounces.”

She jiggles the pan off the burner to mix the pork and corn and then dumps in a mixture of chopped red and green peppers and purple onion which she cooks for a couple of minutes.

Keefer turns the second burner to high

and spreads the bottom of the skillet with a generous portion of Boilermaker, the house-made barbecue sauce. The sauce is a little sweet, brown sugar based mixed with a little bourbon and Creole mustard. “Now I'll show you how we do the salmon.”

Keefer places the seven-ounce filet of salmon on the barbecue sauce. She turns back to the tasso in the first skillet and flips the mixture into the air to combine the pork and vegetables. In goes 6 ounces of heavy cream to thicken the mixture. No stirring. Finally she throws in some grated Parmesan.

“And then this is how we fix it up. We put the tasso on a round white plate as the base.” She arranges the barbecued salmon filet on the top. Onion strings have just been flash fried in one of the six deep fryers. “We use half corn flour and half regular flour and some Cajun seasoning. This is our little trick to make them golden.”

“We add the onion strings to this dish to give it some texture.” She tops off the salmon with a handful of crisp watercress. “See the pretty colors.” She explains the great thing about this dish is that while it's not vegetarian because of the tasso ham, it can be individualized to leave out the meat.”

Keefer says she always wanted to own a restaurant. “I was attracted to the hustle bustle. We work very hard.” But she decided it would be beneficial to attend culinary

school because it would teach her more about the business end. So she went to culinary school in Charleston, S.C. where she picked up her flair for Southern dishes.

“When I came here, there were a lot of Cajun dishes but now probably the most popular customer favorites are the Southern dishes — meatloaf with gravy, chicken fried steak, panko crusted flounder plated over shrimp pirlloo” and, “We sell a ton of mac and cheese. I use five different cheeses; smoked Gouda is the secret.” She says it's so hard but her own personal favorite is probably the blackened fish salad minus the cheese due to dietary issues.

Keefer has been at Southside 815 since 2002 when she started as a server. “I knew the front end of the house very well. Then John found out I could cook.” Keefer says she likes to push the customers and to look at things evolving. I push duck or lamb and I'm always so nervous but they love it.” She says she tried fried buffalo cauliflower recently. “I was worried about how our loyal customers who come in 5-6 times a week would like it.” But they enjoyed that they were eating something different that wasn't meat, and it was healthy.

Rush hour is winding down and the noises continue. Keefer says that she doesn't yell at people, “but I'm loud. We have guests who tell me they can tell when I'm in the building.”



Plate tasso maque choux.



Place sautéed filet of salmon on bed of tasso.



Mustard BBQ Salmon

CALENDAR

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

THURSDAY/FEB. 7

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

Evening of French Love Songs. 7 p.m. at The Lyceum, 201 S. Washington St., Alexandria. The Alexandria-Caen Sister Cities Committee invites you to Chansons d'Amour: An evening of French love songs. In anticipation of Valentine's Day, spend an evening learning

about French Love Songs and listening to curated selections of “Chansons d'Amour” with event MC, Joseph Gueron. Gueron is the Producer and Host of GloBeat, the world music radio show on WERA 96.7 FM. The event includes music, dancing, and a wine and dessert reception. Cost is \$10. Tickets available onsite or online at shop.alexandriava.gov. Email AlexandriaCaenSisterCities@gmail.com with questions.

FRIDAY/FEB. 8

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

The Alligator Pears. 6-8 p.m. At The Lyceum, 201 South Washington St.,

Alexandria. The Alligator Pears features Piedmont Blues music. Beer and wine for sale; light refreshments available as well. Visit www.alexandriava.gov.

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

Gunston Hall Game Night. 6-9 p.m. at Gunston Hall, 10709 Gunston Road, Mason Neck. Gunston Hall is opening its doors after-hours to welcome game enthusiasts to immerse themselves in a variety of 18th-century card, board, and dice games. \$35 registration includes

beverages and heavy hors d'oeuvres, including some items made from 18th-century recipes. Visit www.gunstonhall.org.

History by the Glass. 7-9 p.m. at Gadsby's Tavern Museum, 134 North Royal St., Alexandria. Enjoy a night out that brings the history of ice and the tavern together through cocktails. Sip inspired drinks created by a local mixologist, examine ice-related artifacts rarely on display, and find out first-hand how the historic tavern preserved ice for months without electricity. \$50 per person. Price includes two drink tickets and light hors d'oeuvres. Tickets can be purchased at alexandriava.gov/shop or 703-746-4242.

Reception and Gallery Talk: Ritualisms. 7-10 p.m. at Target Gallery, 105 N. Union St., Alexandria. New Target Gallery Exhibition contemplates the universality of rituals. The exhibition

juxtaposes different artists' interpretations of rituals through their work, daily routines, habits, or personal quirks. It also brings in broader cultural formalities and religious ceremonies. Visit www.torpedofactory.org.

SATURDAY/FEB. 9

Alexandria's Freedmen's Cemetery: A Legacy of Freedom. At Alexandria Black History Museum, 902 Wythe St., Alexandria. Join in a lecture and book signing with professional genealogist Char McCargo Bah as she examines the 19th century legacy of Alexandria's Contrabands (escaped slaves) Community. Bah documents the lives of the descendants who are buried in Alexandria's Contrabands and Freedmen Cemetery Memorial. Free. Visit www.alexandriava.gov/BlackHistory or call 703-746-4356.

ENTERTAINMENT

Dates to Circle in February

BY HOPE NELSON

A fete of a French chef, a showcase of Virginia's spirits, stinky cheese and Valentine's Day — there's a lot going on around the city throughout February. Here are some events to make special note of.

Stinky Cheese Class at Cheesetique, Feb. 10

What makes some cheese so ... aromatic? How can you choose which cheese for which party? And what on Earth is a "washed-rind" cheese? These age-old questions and more will be addressed at Cheesetique's Stinky Cheese Class. Guests will taste — and smell — eight cheeses and learn what makes them tick. Cheesetique Del Ray General Manager Scott Freestone will lead the class on a tour of odoriferous cheeses — and two wine pairings, too. 2411 Mount Vernon Ave. 6-7:30 p.m. \$55.

"A Tribute to Chef Paul Bocuse" at Brabo, Feb. 11

On the heels of "Merci, Chef: A Tribute to Chef Paul Bocuse" in New York City on Jan. 22, the five French chefs (including Brabo's Sebastien Rondier) who celebrated Bocuse last month have brought the festivities to Old Town's Brabo to honor the chef's birthday with another rendition. From cocktail re-

ception to six-course dinner, the evening is poised to be a revelry-filled event that's a replica of the dinner menu from the January event at the James Beard House. 1600 King St. 6:30-9:30 p.m. \$150.

Valentine's Day dinner, Feb. 14

As per tradition, restaurants the city over are offering Valentine's Day specials for Alexandria's romantics. From Café 44 to Vola's Dockside Grill, from Lena's to Brabo, there are plenty of special menus for you and your sweetheart on the big day. Scope out the options — it's a pretty sure bet your favorite "special place" will have something going on — and make a reservation lest you're left out in the cold.

Virginia Craft Spirits Roadshow at Building Momentum Co-Op Space, Feb. 23

Get ready to toast to Virginia's best spirits at an event celebrating the diversity of distilleries within the Commonwealth. From just down the road at Mount Vernon's distillery to as far afield as Chesapeake Bay Distillery in Virginia Beach, nearly a dozen purveyors will be present for the afternoon. Guests can taste the various spirits neat or can give them a try within craft cocktails created for the event. 5380 Eisenhower Ave. Suite C. Noon-5 p.m. \$50 for two tickets; \$30 for one.

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

CALENDAR

Specialty Tour: A Complicated Hospitality. 10-11 a.m. at Gadsby's Tavern Museum, 134 N. Royal St. Through the stories, experiences, and archival traces of those enslaved by John Gadsby, consider how the nuances of urban slavery expand the understanding of slavery and Alexandria. Advance purchase of tickets recommended; limited space available. \$15 per person, \$12 for Gadsby Tavern Museum members. Visit www.alexandriava.gov.

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

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

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

Workshop on Valentine's Topiary. 2-3:30 p.m. at Green Springs Gardens, 4603 Green Spring Road, Alexandria. Branch out and give the gift of topiary this Valentine's Day. Floral Design Workshop: Valentine's Topiary" with floral designer Chuck Mason who will lead you through this fun, floral project that you can keep for

yourself or give away. \$39 for the program, plus \$30 for supplies. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-spring.

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

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

Read Write Now: A Craft Talk. 5:30 p.m. at The Athenaeum, 201 Prince St. "Read Write Now" is an event series focused on the craft of writing. Join Old Town Books and National Book Award-nominated writer Carmen Maria Machado in conversation with bestselling writer and editor Nicole Chung. (The talk will be followed by a book signing of Carmen Machado's short story collection Her Body and Other Parties (Graywolf, 2017) and Nicole Chung's All You Can Ever Know (Catapult, 2018). \$26. Ticket price includes one pre-order for a signed copy of Machado's "In the Dream House," which will be published and available for pick up at Old Town Books in fall 2019. Visit www.nvfaa.org or call 703-548-0035.

Chili Cook Off and Bingo Night. 6-9 p.m. at Historic Pohick Episcopal Church, 9301 Richmond Highway, Lorton. The Ann Mason Guild of

Pohick Church will hold their annual Chili Cook Off and Bingo event. Tickets are \$10 per person (without a chili entry) and \$5 per person (with chili entry). Children 10 and under are free. Hot dogs will also be available. Contact: Wendy Remaly at wendy.remaly@gmail.com or Angela Edgemon at Aedge619@aol.com, or call 703-339-6572 or visit www.pohick.org.

SUNDAY/FEB. 10

Scientist Joseph Priestley. 1-4 p.m. At Gadsby's Tavern Museum, 134 N. Royal St., Alexandria. International scientist and scholar Joseph Priestley will be at Gadsby's Tavern Museum as he presents his research. This event is sponsored by Gadsby's Tavern Museum Society and is included in the regular museum admission of \$5 per adult, \$3 per child under 12. Facetime with History is an ongoing series that allows guests to spend time with people from the past in an informal setting, much like meeting at the tavern to catch up with friends. Call 703-746-4242 or visit www.gadsbystavern.org.

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

Walking With Washington Tour. 2-4 p.m. at Ramsay House, Alexandria Visitor's Center, 221 King St., Alexandria. Explore important sites associated with George Washington in his hometown of Alexandria. This guided walking tour of historic Old Towne covers significant people and events in Washington's life and in



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ENTERTAINMENT

ASO Crosses Musical Eras

BY MELINDA KERNC

ALEXANDRIA SYMPHONY ORCHESTRA

The Alexandria Symphony Orchestra continues its 75th anniversary season on Saturday, Feb. 9, 8 p.m. at the Rachel M. Schlesinger Concert Hall and Arts Center and on Sunday, Feb. 10, 3 p.m. at the George Washington Masonic Memorial. The ASO is celebrating its milestone birthday throughout the year along with the introduction of Music Director James Ross to the community and other special events.

As a continuation of the recent Bach, Brandenburgs & Brews concert presented on Jan. 11 at St. Paul's Episcopal Church, February's program opens with J.S. Bach's Brandenburg Concerto No. 1, the grandest of the concertos. Bach dedicated the six Brandenburg Concertos in 1721 to Christian Ludwig-Margrave of Brandenburg, and they have since been regarded as some of the finest orchestral compositions of the Baroque era. "These performances start a cross-era conversation — a clash between the old and new," says Maestro Ross. "Bach's 300-year-old concerto is paired with Stravinsky's Dumbarton Oaks Concerto. Bach's concerto references the worlds of hunting and court dancing; Stravinsky's concerto, while inspired by Bach, is filtered through (an occasionally jarring) 20th-century prism."

The second portion of the program explores the relationship between Prokofiev's Symphony No. 1 (nicknamed "Classical") and Mozart's Prague Symphony. "Prokofiev makes fun of the classical form, and Mozart blurs the boundaries between symphony and opera," relates Ross. "The middle movement of the Prague Symphony is Mozart's greatest orchestral andante, just crying out for operatic text setting."

Prior to each performance there will be a pre-concert chat, offering insights into the music. On Saturday the talk will be held at 7 p.m. with Dr. Jonathan Kolm, associate professor of Music at Northern Virginia Community College. On Sunday Maestro Ross will present "As the Baton Swings" at 2:15 p.m., which is geared toward younger attendees and novice symphony-goers. Both talks are open to all concert attendees.

The Alexandria Symphony is a fully-professional orchestra drawing from the Washington, D.C. metropolitan region's wealth of musical talent. Many musicians perform with other orchestras and top military bands. The ASO performs Saturday evenings at the Rachel M. Schlesinger Concert Hall and Arts Center and Sunday matinees at the George Washington Masonic Memorial. Single tickets are \$20-\$80 for adults, \$5 for youth (18 and under), and \$10 for students (with ID). The ASO also offers senior, military, and group discounts. For tickets and information, visit www.alexsym.org or call 703-548-0885.

CALENDAR

American history, with stops at Ramsay House, Market Square, Carlyle House, Wise's Tavern, Duvall Tavern/Charles Lee House, Gadsby's Tavern, Washington's townhouse, The Lord Fairfax House, the "Light-Horse" Harry Lee house and Christ Church. Sponsored by the City of Alexandria's George Washington Birthday Celebration Committee. Free. Visit washingtonbirthday.com.
Tell Me Your Name. 3:30 p.m. at Carlyle House Historic Park, 121 N. Fairfax St., Alexandria. A conversation about identifying enslaved individuals and their communities and putting that into a historical and genealogical context. In 2017 Carlyle House Historic Park undertook a new research project to improve its knowledge and interpretation of the site's enslaved population. Join Maddy McCoy, founder of Slavery Inventory Database, LLC, for an illuminating tour on the new research of the enslaved community at Carlyle House. \$10. Tickets available at apm.activecommunities.com/novaparks/Activity_Search/2517.

TUESDAY/FEB. 12

"World Turned Upside Down – Uniforms of Yorktown." 7 p.m. At The Lyceum, 201 South Washington St., Alexandria. In honor of George Washington's birthday, join in an evening exploring – and trying on – the military uniforms from the different nationalities that converged at the Siege of Yorktown in 1781. Chris Daley, historical clothing manager for the Jamestown-Yorktown Foundation will share the opportunity to try on and compare uniform coats of the French, German and American armies, and coats worn by African Americans serving with the British army. Bring a camera and take photos of yourself and family members in the uniforms of the Revolutionary War. This event includes a reception with beer, wine, and light refreshments. Tickets are

\$20 and may be purchased at alexandriava.gov/shop or by calling 703-746-4994.

WEDNESDAY/FEB. 13

Snacks and Poetry. 3:30-5 p.m. at Burke Branch Library, 4701 Seminary Road. Participants explore their poetic side using famous poet Maya Angelou's poetry as inspiration. Teens ages 12-18. Visit www.alexandria.lib.va.us or call 703-746-1704.

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

Alexandria Oddball Cinema: Pootie Tang. 7-8:30 p.m. at Duncan Library Meeting Room, 2501 Commonwealth Ave. Join Alexandria Oddball Cinema for a showing of Pootie Tang for Black History Month. Visit www.alexandria.lib.va.us or call 703-746-1705.

They Marched with the Yankees. 7-8 p.m. in the Large Meeting Room at Beatley Library, 5005 Duke St. Char McCargo-Bah will discuss her new book. Adults. Call 703-746-1702 or visit alexandria.lib.va.us.

Spike Lee's "School Daze." At Alexandria Black History Museum, 902 Wythe St., Alexandria. Enjoy a free screening of the Spike Lee movie "School Daze." This event is co-sponsored by the Alexandria Black History Museum and the City of Alexandria Office on the Arts. Free popcorn will be provided by Popped Republic. Reservations strongly suggested at shop.alexandriava.gov. Visit www.alexandriava.gov/BlackHistory or call 703-746-4356.

THURSDAY/FEB. 14

Happy Valentine's Day, Frederick Douglass! 3:30-4:30 p.m. at Duncan Library, 2501

Commonwealth Ave. A history lesson you'll never forget. For school aged kids. Visit www.alexandria.lib.va.us or call 703-746-1705.

Pre-K Fun. 4-5 p.m. at Burke Branch Library - Meeting Room, 4701 Seminary Road. Sing and dance to the songs of Stevie Wonder and Louis Armstrong. Includes a craft. Ages 3-5. Visit www.alexandria.lib.va.us or call 703-746-1704.

Butterflies and Blossoms. 7:30-9 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. A talk by Margaret Chatham on larval host plants and the lepidoptera that eat them. Beautiful butterflies and lovely blossoms are all the result of trying to make a living. The plants need someone to pollinate them, but at the same time need to limit the number of caterpillars and other insects that can eat them. The butterflies and caterpillars need to avoid being eaten long enough to lay eggs for the next generation. We'll learn what natives to plant to nurture more than just monarchs. Visit www.fairfaxcounty.gov/parks/green-spring or call 703-642-5173.

FRIDAY/FEB. 15

Celebrating Building Bridges and Creating Community Through Poetry. 6:30-8:30 p.m. at the Durant Arts Center, 1605 Cameron St. Wendi Kaplan, Poet Laureate, invites everyone to a special reception "Celebrating Building Bridges and Creating Community through Poetry." Formal program beginning at 7 p.m. The reception will highlight Ms. Kaplan's tenure as the City's Poet Laureate through poetry, programs and activities. The reception is free, RSVP's requested at poet@alexandriava.gov.

Second Glance. 7:30-8:30 p.m. at The Athenaeum, 201 Prince St., Alexandria. An everyday object can be irresistible. Beyond the intended purpose to get the job done, objects can represent a memory or merge in unlikely, whimsical combinations.

"Second Glance" features excerpts from Jane Franklin's "EyeSoar" and new work in cooperation with Fine Art Photographer Fax Ayres. Cost is \$15. Visit www.nvfaa.org.

SATURDAY/FEB. 16

African American Children's Book Fair. At Alexandria Black History Museum, 902 Wythe St., Alexandria. Interested in finding culturally appropriate books for children? Visit the Museum for a book fair featuring authors who specialize in books for African American children and families. Organized by author J.D. Wright and the Alexandria Black History Museum. Free. Visit www.alexandriava.gov/BlackHistory or call 703-746-4356.

Front Parlor Reopens. 9 a.m.-5 p.m. At George Washington's Mount Vernon, 3200 Mount Vernon Highway, Mt. Vernon. Mount Vernon's front parlor reopens after an extensive restoration. Visitors during Washington's birthday celebrations (Feb. 18 & 22) can tour the Mansion for free and view reproductions of the original furniture with vibrant Saxon blue upholstery. Visit mountvernon.org/frontparlor.

Specialty Tour: A Complicated Hospitality. 10-11 a.m. at Gadsby's Tavern Museum, 134 N. Royal St. Through the stories, experiences, and archival traces of those enslaved by John Gadsby, consider how the nuances of urban slavery expand the understanding of slavery and Alexandria. Advance purchase of tickets recommended; limited space available. \$15 per person, \$12 for Gadsby Tavern Museum members. Visit www.alexandriava.gov.

Monthly Puppet Shows. 10 a.m. and 11:15 a.m. at the Durant Arts Center, 1605 Cameron St. With a performance by Bob Brown Puppets' Second Hand Stars. Monthly Puppet Shows are designed for the youngest of audiences, so toddlers are welcome. \$6, for all ages. Children must be accompanied by at least one adult. Make your reservations at www.alexandriava.gov/Arts and select Durant Arts Center. Tickets are available at the door.

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: Popped Republic flavored popcorn tasting. Call 703-684-4682 or visit www.TheOldTownShop.com.

Calligraphy Class. 1-3 p.m. At Historic Huntley, 6918 Harrison Lane, Alexandria. In honor of Huntley residents who loved both books and art, Historic Huntley is offering a set of classes that introduce different aspects of the art of bookmaking. Explore the art of beautiful writing with a variety of pens and brushes in a program. \$15 per person. Call 703-768-2525 or

'Cherry Challenge' Returns

More than 40 Alexandria restaurants compete with cherry menu items.

Alexandria's annual "Cherry Challenge" culinary contest has kicked-off with more than 40 restaurants across the city competing to win by crafting a cherry-oriented appetizer, entrée, beverage or dessert. The "Cherry Challenge" is the first event of Alexandria's annual George Washington Birthday celebration that culminates with the nation's original and largest Washington birthday parade on Monday, Feb. 18.

Blüprint Chocolatiers at 1001 King St. is new among this year's entrants with a dessert featuring George Washington's signature on top of a chocolate truffle. "We're quite excited to be in the Cherry Challenge," said owner and chef Kim Gustafson. "We've made a 'Cherry Bounce' which was one of George Washington's favorite drinks and we turned it into a chocolate."

The dessert category is especially competitive this year. At 3141 Duke St., Glory Days manager José Bamon said, "This is our first year doing the Cherry Challenge and we're going to do a cherry cobbler made fresh, in house, with vanilla ice cream, whipped cream and fresh cherries."

Last year's winners included Taqueria el Poblano at 2400 Mt. Vernon Ave. for its cherry taco appetizer, Jackson 20 at 480 King St. for its cherry pork entrée, Dishes of India at 1510A Belle View Boulevard for dessert and Café 44 at 44 Canal Center Plaza for best cherry beverage.

The Cherry Challenge began on Sunday, Jan. 27 and ends on Feb. 10. Diners are given a ballot at each restaurant to rate the cherry dish or beverage they tasted. Completed ballots are deposited into a ballot box at each restaurant. Winning restaurants are invited to participate in the George Washington Birthday Parade.

"Judging is based on three criteria: taste, presentation, and creativity. Diners rate each item from one to three cherries for a maximum score of 9 on each

visit www.fairfaxcounty.gov/parks/historic-huntley.

Movie Matinee: Loving. 2:30-4:45 p.m. at Barrett Branch Library - Second Floor, 717 Queen St. A dramatization of the Loving family's relationship and the 1967 Supreme Court case, which overturned the Jim Crow law banning interracial marriage. PG-13. Visit alexandria.lib.va.us or call 703-746-

1703.

First Friday: "Chinese New Year Celebration." 6-10 p.m. at the Durant Arts Center, 1605 Cameron St. The evening will include the Fairfax Chinese Dance Troupe dancing several traditional Chinese Folk Dances accompanied by Alice Guzheng Ensemble, Mr. Zhang on a traditional instrument called hulusi, and a vocalist Mr. Lin. \$9 per person.



Blüprint Chocolatier's "Cherry Bounce" truffle featuring George Washington's signature on its top.

ballot," said Cherry Challenge sponsor and Co-Chair Danny Smith, who is a Realtor with TTR Sotheby's. "We divide the total points for each dish by the number of ballots for that dish to get the average score. The highest average in each category wins."

Patrons are encouraged to Tweet photos and descriptions of the cherry items they tasted by using the hashtag "#GWCherryChallenge" or by posting them to the George Washington Birthday Celebration's Facebook page: www.facebook.com/GeorgeWashingtonsBirthdayCelebration/?fref=ts

This year's participating restaurants include: Alexandria Pastry, Blüprint Chocolatier, BRUT Wine Bar, Cafe 44, Catch on the Ave, Chadwick's, Cheesetique, Columbia Firehouse, Del Ray Café, Del Ray Pizzeria, Dishes of India, Evening Star Cafe, Foster's Grill, Glory Days Grill, Hard Times Café, Haute Dogs and Fries, Jackson 20, Junction Bakery, Kilwins, La Tasca, Landini Brothers, Lori's Table, Lost Dog Café Alexandria, Mason Social, Meggrolls, MoHo Kitchen & Cocktails, Murphy's Grand Irish Pub, Myron Mixon's Pitmaster BBQ, Namaste King Street, Pines of Florence Alexandria, Pizzeria Paradiso, RedRocks Neapolitan Bistro, River Bend Bistro, Shooter McGee's, Sonoma Cellar, Sunday in Saigon, Taqueria Poblano, Tempo Restaurant, Tequila & Taco, The Italian Place, The People's Drug, T.J. Stones, Union Street Public House, Vaso's Kitchen, and The Warehouse.

Children under 5 years old are free. Children must be accompanied by one adult. Reserve today at www.alexandriava.gov/Arts and select Durant Arts Center. Tickets are available at the door.

An Evening of Love Songs. 8 p.m. at The Carlyle Club, 2050 Ballenger Ave. Join in for an unforgettable evening of love songs with music legends Leonard, Coleman and Blunt

(LCB), three former lead vocalists from the Temptations, Platters, and Drifters as they perform the most popular songs of the past decades. Hear some of the greatest hits, such as "Under The Boardwalk," "My Girl," "Smoke Gets In Your Eyes," "Get Ready," "On Broadway," "Only You" and some new romantic melodies written and produced by Joe Coleman. Reserve seats today at leonardcolemanandblunt.com/calendar/.

SUNDAY/FEB. 17

2019 Alexandria Wedding Showcase. 11 a.m.-3 p.m. at the Hilton Alexandria Mark Center, 5000 Seminary Road. Visit www.visitalexandriava.com/event/2019-alexandria-wedding-showcase/10189/ or www.bridesacrossamerica.com.

Harry Allen Winter Lecture Series. 1:30-2:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. National Arboretum Head of Horticulture Scott Aker will offer tips on plant selection and proper planting and demonstrate a quick way and easy way to determine a tree's health. Adults. \$10 in advance; \$12 at the door. Visit www.fairfaxcounty.gov/parks/green-spring or call 703-642-5173.

Walking With Washington Tour. 2-4 p.m. at Ramsay House, Alexandria Visitor's Center, 221 King St., Alexandria. Explore important sites associated with George Washington in his hometown of Alexandria. Free. Visit washingtonbirthday.com.

Eclipse Chamber Orchestra. 3 p.m. At Alexandria Lyceum, 201 S. Washington St., Alexandria. Eclipse Chamber Orchestra Recital Series In Honor of Valentine's Day. Featuring the Columbia String Quartet; Susan Midkiff and Jane Bowyer Stewart, violins; Denise Wilkinson, viola; and Kerry Van Laanen, cello. Cost is \$25 suggested donation. Visit www.eclipseco.org.

Dominion Brass Concert. 3-4:30 p.m. at Aldersgate United Methodist Church, 1301 Collingwood Road, Alexandria. Dominion Brass, a large brass and percussion ensemble of professional musicians, presents benefit concert for Rising Hope Mission Church. Free. Donations to support Rising Hope will be collected. Call 703-300-0985.

Philharmonic Orchestra Concert. 3-5 p.m. At George Washington Masonic Memorial, 101 Callahan St., Alexandria. The Washington Metropolitan Philharmonic continues its Spotlight on Women Composers season. Concert explores outstanding works by women composers Fanny Mendelssohn, Louise Farrenc, and Clara Schumann and features acclaimed virtuoso pianist Thomas Pandolfi. Cost is \$25. Visit www.wmpamusic.org.

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Sheltering Homeless Neighbors

FROM PAGE 1

time outdoors, looking for a warm place to stay, that’s another story,” said Dushko. “Now imagine being outside for hours overnight and you can quickly see why our homeless are in extreme danger, even more than usual, during these winter months.”

Dushko spoke on Friday, Feb. 1, during a tour of the temporary hypothermia shelter at St. Christopher’s Episcopal Church on Hanover Lane in Springfield.

“The good people of St. Christopher’s have been running their week-long shelter as part of the program for 15 years, right from the very beginning,” she said.

From November through March each year, between 30-45 faith communities gather a small army of volunteer congregants and open their doors for a seven-day stretch to offer hot meals, a warm place to sleep, other items of need, and companionship.

Christina Manning is one of the St. Christopher volunteers and she has been giving her time to this cause for all 15 years that the church has been involved.

“It’s really just helping out a friend,” she said in between stirring a steaming pot on the church’s kitchen stove, unwrapping other food items, and mixing up some macaroni and cheese. “So many of us are just one step away from being in the same situation. I talk with a lot of our visitors who have full-time jobs, but circumstances and the lack of affordable housing in our area have brought them to this place.”

Volunteering runs in the family, as Man-

ning was joined in her kitchen duties by her 15-year-old son, Zach. “He’s been coming here since before he was actually born,” laughed Manning, “then he came in his stroller, and eventually he became a full-blown helper.”

On this night at St. Christopher’s, Zach wasn’t the only young person doing their part to help others: 16-year-old Sarah Wilsey was also doing food preparation at the steel kitchen work table, while her father, David Wilsey, worked the roux on the stove.

“The people who come here, they are just like us, just in a bad situation,” said Sarah. Dad David has been volunteering at the St. Christopher’s shelter event for the last 10 years. “This is something I can do to give back, to help others – and I can cook.”

Katy Dunlap, who organizes St. Christopher’s turn as a shelter, says it takes about 15 people per day to keep things running. In addition to those who cook, serve and clean, there are people who help with intake, the overnight volunteers who stay with the guests, and those “who just come for a while to talk to our visitors.

NOT EVERYONE wants to talk, but some do and seem to just be happy to have a conversation, to be seen and listened to.”

“J” – a young woman who is hampered by a brain injury that affects her memory and other cognitive abilities – was shyly willing to talk a bit about herself. “J” who was once employed as

a teacher and also worked in retail, has been moving from shelter to shelter since the cold weather descended.

“I am really trying to make it, to find a stable living situation and get back to work,” she said. She is being aided in her endeavours by a FACETS caseworker, but the fact that she was turned down initially for any disability assistance is making her transition to “normal life” (as she puts it) difficult to say the least. “But I won’t give up. And I really appreciate all these people who care and help.”

“A” was also employed before, working for a grocery store. “It was pretty good. I liked it.” He even had housing accommodation, but was suddenly left homeless again when a change at the place where he lived left no room for him. Now on dialysis, “A” is back on the streets, but working with a case manager and hopeful that his situation will improve. He, too, says he is grateful for the people who open their doors to help.

“It gets lonely sometimes, people don’t want to see you. Some are afraid of you, so it’s nice to be here, have a good meal and people to talk with.”

The lay volunteers at the participating churches are supported by trained FACETS staff and volunteers, also on sight overnight and offering guidance and resources to the clients. During the season, Dushko noted that some 3,800 volunteers donate more than 33,000 hours to running the shelters, providing transportation and other services to their neighbors in need.

The extreme cold has seen the numbers

Where To Find Help

Several other partners join FACETS in the mission to prevent and end homeless and to keep the homeless from being another Fairfax County Police Department statistic during the cold.

Human Services Region 1 – the South County – **New Hope Housing** operates the Eleanor U. Kennedy Shelter in Ft. Belvoir as well as managing the temporary shelters in the area. Call 703-799-0200 or visit the website www.newhopehousing.org/programs/shelter for more information on Region 1 assistance.

Human Services Region 2 – Eastern County/Falls Church/Annandale – is also served by **New Hope Housing** with a year-round shelter at Bailey’s Crossroads Community Shelter and the rotating faith community facilities. Call 703-820-7621 or the New Hope Housing website.

Human Services Region 3 – North County/Reston and Herndon is served by **Cornerstones** operating the Hypothermia Program and the year-round Embry Rucker Community Shelter. See the website at www.cornerstonesva.org or call 703-437-1975.

The City of Falls Church is also under the assistance umbrella of **New Hope Housing** with contact available through the website or by calling 703-799-0200.

Visiting the Fairfax County website for the Office to Prevent and End Homelessness will also also yield related information and resources.

Citizens are urged to check on vulnerable relatives and neighbors. When seeing someone who is unsheltered and may be in distress, call the non-emergency police phone number at 703-691-2131 (TTY 711) and a police officer will respond and so a wellness check on the individual in question, transporting them for medical assistance or to shelter as required.

of clients at all of the county’s shelters, both the permanent and the temporary, rise sharply, Dushko reported. Last year, the county assisted almost 1,100 people in need of shelter during the winter months.

“We had about 40 people here last night,” said St. Christopher’s pastor, Peter Ackerman, and a line had already formed outside the doors by 4:30, although the official opening hours don’t begin until 5 p.m.

Regional Economy: ‘Excitement for the Future’

FROM PAGE 3

munication, connectivity, and the embedding of technology in human life, and even in the human body.

To even stay afloat in the coming years, Tremaglio says business needs to address the skills gap, to “step up and invest” by deeper engagement with “new breeds of schools.” That requires monetary investment, assisting in the design of curriculums that will educate for the jobs of the immediate and further-distant future, and a personal investment, via mentoring, internships and sponsorships.

“And we need to start making that connection at a younger age,” she added. Deloitte now has a middle school STEM outreach program to do just that.

Kindness and inclusion should also be top priorities for today’s companies, though that “may sound simple,” and that means more than training and traditional company team-building programs.

“Prosperity with purpose, not merely profits” is the key to success in Tremaglio’s experience. She urges business leaders to really “think about the people in your company or office.” To achieve true inclusion, narrow the success gap and retain great employees, leaders need to consider assisting their workers with “the right exposure

and their image,” as well as their performance.

According to Tremaglio, society – and today’s workforce – also expect more from businesses on a social scale.

“They are demanding that we give back ... that we lean in and help solve the community’s problems.” Companies like that attract and retain the best, “so it’s good for all.”

The task of explaining the “Decade of Transformation” fell chiefly to Dr. Stephen Fuller, director of the Stephen S. Fuller Institute for Research on the Washington Region’s Economic Future.

“Transformation takes a really long time,” Fuller said he learned. Referring to numerous statistical graphs in his presentation, Fuller showed that in this decade “we only found our footing again in 2017.”

From 2010 until 2017, the Washington region lagged behind the nation in growth and recovery from the recession.

“We ranked dead last among the top 15 economic centers in the country ... even behind Detroit.”

Sequestration, says Fuller, was a key contributor to that economic malaise. “It basically cut us off at the knees in 2013 and we are only just coming back.” Being a “company town” has its good and bad aspects,

he continued, with the region being less negatively impacted by the initial recession, but then more affected than the rest of the country when sequestration hit.

2018 was the “best year in a decade,” he stated, adding that 2019 looks to be “good, but not as good.”

Fuller presented numerous statistical graphs that outlined the region’s growth in wages and effect on GDP and highlighted in what categories jobs have increased or decreased. Professional

and Business Services, Education and Health Services and Leisure and Hospitality are the sectors where the region has seen the most growth, and Fuller predicts that trend to continue between 2018 and 2030.

In the previous 10 years, the fact that the region replaced lost government jobs with lower paying positions contributed heavily to the decrease in GRP Value of private sector jobs since the recession, despite a change from -180.5k jobs during the recession to an addition of 344.8k jobs from 2010 – 2018. Fuller sees rising wages in the growing sectors as possibly offsetting that trend in the future.

Fuller’s advice on “how to stay ahead of the curve” going forward echoed Tamika Tremaglio’s recommendations – “Develop talent. That requires continuing education.”

After the speakers’ presentations, the Washington Business Journal’s Peter Abrahams moderated a discussion with panelists Jordan Goldstein, regional managing principal, Gensler; Kim Horn, president, Kaiser Permanente of the Mid-Atlantic States; Catherine Meloy, president and CEO, Goodwill of Greater Washington; and Marc Wilson, co-founder of Appian, the cloud computing software developers who are in the process of a \$28.4M expansion to new headquarters in Valo Park in McLean.

ALL FOUR PANELISTS expressed “excitement for the future” of the region, and reiterated the need for people development and community engagement that had been cited by previous speakers. All four also look forward to the arrival of Amazon to the region, even Appian. Although Amazon could be viewed as competition for Appian, Wilson thinks having Amazon as a neighbor will actually help recruit people to the area. Meloy says she, too, welcomes Amazon, as it will increase opportunities for their job-seeking clients in the business that will support Amazon. The panelists also agreed that the region – the entire DMV — was stronger when it spoke with one voice and came together to accomplish an objective or to solve problems.



PHOTOS CONTRIBUTED

A presentation was made to former Mount Vernon District Supervisor Gerry Hyland by Supervisor Dan Storck, with U.S. Rep. Gerry Connolly (D-11), Board of Supervisors Chairman Sharon Bulova, Lee District Supervisor Jeff McKay, and Springfield District Pat Herrity.

‘State of Mount Vernon’

FROM PAGE 1

special presentations to former Mount Vernon District Supervisor Gerry Hyland and outgoing Board of Supervisors Chairman Sharon Bulova, and a flag-waving tribute to Federal employees and contractors.

The morning was rounded out with remarks from local leaders on the State of Mount Vernon, economic development and revitalization of the Richmond Highway Corridor and updates on District schools and Fort Belvoir.

Storck spoke about his vision for improving the quality of life for Mount Vernon residents, while outlining 2018 District accomplishments and highlighting the importance of the \$1 billion-plus investment coming to the Richmond Highway Corridor and the economic and community revitalization it would bring.

Bulova encouraged residents to get involved in community engagement opportunities that will shape the future of the district and the county.

Other speakers included County Executive Bryan Hill, Mount Vernon District School Board Member and Board Chair Karen Corbett Sanders, and Fort Belvoir Garrison Commander Colonel Michael

Greenberg.

U.S. Rep. Gerry Connolly (D-10) and U.S. Rep. Don Beyer (D-8) addressed the audience regarding Federal Government issues.

For the finale, Storck guided the audience on a virtual tour of the District, highlighting changes ranging from the fully functioning Huntington Levee and transportation improvements to the Original Mount Vernon High School master planning process and the transformation of the former Lorton prison.

“As we continue our journey 2019, I am inspired and energized by the enthusiasm, engagement and commitment of our community members which is the strength of the Mount Vernon District,” said Storck as the event concluded. “Together, we have accomplished a lot and will accomplish more as we grow the Mount Vernon spirit and our connectivity.”

Replays of the meeting are scheduled for the following dates:

- ❖ Sunday, Feb. 10 at 8 p.m.
- ❖ Saturday, Feb. 16 at 8 p.m.
- ❖ Monday, Feb. 25 at 8 p.m.

on the Channel 16 at www.fairfaxcounty.gov/cableconsumer/channel-16/mount-vernons-32nd-annual-town-meeting.



A flag-waving tribute to federal workers was part of the open house.

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My Own Sort of Groundhog Day



By KENNETH B. LOURIE

As it happens every year around this time, the monthly calendar turns to February, and I am reminded of the goings on in my life Jan. 1 through Feb. 27, 2009.

I was not, as yet, in the throws of having been diagnosed with non-small cell lung cancer, stage IV, but I was in pursuit of finding the cause of the shortness of breath and stinging pain in my side that first manifested on Jan. 1, 2009.

Cancer was the last word I expected to hear in late February after a biopsy confirmed the finding. Until I received that call from my primary care physician on Thursday, Feb. 20, advising me that the tissue biopsy was indeed malignant, I had been, since that New Year's Day visit to the Emergency Room, in a diagnostic dalliance to determine what had caused an otherwise, healthy 54-and-half-year-old man, to present with such symptoms.

The Emergency Room doctor was perplexed as the chest X-Ray I had taken that day was inconclusive. In addition, I offered no pertinent medical history to account for the symptoms I was experiencing.

Eventually I was released and it was suggested that I return in a week, have another chest X-Ray then and see a pulmonary doctor. And so I did. After reviewing both X-Rays, and examining me, the pulmonologist was equally perplexed. I was healthy by all appearances and I had no family history of anything.

Out of curiosity – or bewilderment – the doctor told me to get a CT scan, which I did, approximately two weeks later, at the earliest available time. Within a day of having been CT-scanned, I was called by the pulmonologist and advised to schedule an appointment with a thoracic surgeon, a specialty with which I was totally unfamiliar.

Two weeks or so later, at the first available time, I saw the surgeon. Equally befuddled, by his own admission, after reviewing my two X-Rays and recent CT scan, he equivocated on the next step: ordering a P.E.T. scan, which he did not – until a few days later when he changed his mind and told me to make the arrangements; which of course I did, and again, it was approximately two weeks later that an appointment was available.

After receiving the results, the thoracic surgeon called me. He said, among other things: "Your scan lit up like a Christmas tree."

Not good as I later learned.

And so, a surgical biopsy was scheduled, upon availability, about two weeks later, which presumably would determine the cause of my original discomfort and confirm what all this diagnostic back and forth had been about.

Within a few days of my procedure, I received a phone call at work from my internal medicine doctor. He asked if I wanted to come to his office to discuss the results. I said "No, just tell me," figuring that a request to see him in his office meant bad news.

Sure enough, it was.

He told me that the sample was malignant. Stunned by the news, I remember asking: "What does that mean?" He might have mentioned cancer, I can't recall. He instead deferred and referred me to an oncologist, actually making the appointment for me for the following Thursday, only a week later.

Nearly two months had passed since the original Jan. 1 visit to the E.R.

Finally on Feb. 27, I was going to find out what's been going on – from an oncologist. And sure enough, on that following Thursday, my new-best-friend-to-be, lowered the boom: "Lung cancer."

My prognosis he said: "13 months to two years." Moreover, he advised: He "could treat me," but he "couldn't cure me." In simple terms, he told me I was "terminal."

Not that I don't already think about having cancer every minute of every day but especially so at this time of the year. This is when my world, as I knew it, came crashing down. Over and over, I review the days and weeks leading up to that first appointment with my oncologist and the impact the diagnosis has had on my life.

Granted, it's nothing to laugh about, but given that I've survived so long, it's certainly something to be grateful about.

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

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LETTERS

FROM PAGE 8

this matter and ask that you respond to our request for a study within 30 days of the date of this letter.

Eleanor Holmes Norton, Don Beyer, Jamie Raskin, Anthony Brown, David Trone
 Members of Congress

BULLETIN BOARD

FROM PAGE 4

person: Feb. 13 – Reston; Feb. 25 – Alexandria; Feb. 26 – Fairfax; March 6 – Falls Church.

❖ Share the survey and conversation invitation with neighbors, co-workers and county family and friends.

TUESDAYS THROUGH FEB. 19

Workshop Series: Mind in the Making. 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen Galinsky, encompasses an evidence-based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

❖ Tuesday, Feb. 12 – Taking on Challenges (part 6)
 ❖ Tuesday, Feb. 19 – Self-Directed, Engaged Learning (part 7)

THURSDAY/FEB. 7

Public Hearing on E-Bikes on Park Trails. 7 p.m. at The Jean R. Packard Center at Occoquan Regional Park, 9751 Ox Road, Lorton. A public hearing will be held on proposed changes to regulations on the use of Electrically Assisted Bicycles, or e-bikes, in Fairfax County and NOVA Parks. Under the proposal, the regulation would define an e-bike and clarify distinctions between e-bikes and mopeds. Draft guidelines for the use of e-bikes within Fairfax and NOVA Parks' will be presented. Visit www.fairfaxcounty.gov/parks/e-bikes for more.

FRIDAY/FEB. 8

"Why Won't My Child Go to School?" 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Dr. Lisa Batemen, of Neuroscience, Inc., presents this workshop sharing information on school refusal. Highlights include symptoms of school refusal, including behavioral symptoms, and patterns of behavior. Batemen will also share information on the differences between school refusal and truancy, causes of school refusal, strategies for parents and resources to help support students. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

SATURDAY/FEB. 9

Recycling Forum. 10-11 a.m. at Mt. Vernon Rec Center, 2701 Mt. Vernon Ave. Sponsored by 1 Planet: learn about recycling – what the city accepts or doesn't accept, and other ways to reduce or recycle. Free. Call 703-618-6173 or visit www.1planetwomen.org for more.

SATURDAY/FEB. 9

Fairfax County NAACP Meeting. 10 a.m.-noon at West Springfield Government Center, 6140 Rolling Road, West Springfield. Join Fairfax County NAACP for their monthly meeting to review and discuss their 2019 Advocacy Agenda. The Youth Council will also host a food drive for the Capital Area Food Bank. Light refreshments will be served. RSVP at www.eventbrite.com/e/2019-agenda-presentation-and-meeting-tickets-55144018243. Visit www.fairfaxnaacp.org/ for more.

SUNDAY/FEB. 10

Fort Hunt Little League Registration Deadline. Registration is now open for the spring Little League season. T-Ball, \$125; ages 7-8, \$175; ages 9-12, \$195; ages 13-16, \$195; and Challenger, no fees. \$50 late fee after Feb. 3. \$100 per player for the 3rd and all additional players. FHLL spiritwear is available on the

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CONTRACT!



9416 Old Mt Vernon Rd. \$789,000

Incredible opportunity to own a brand new 5 Bed/5.5 Bath home on 4 finished levels! Economical Gas appliances include: fireplace, cook top, heat and hot water. Hardwoods on main level, open kitchen to family room w/ large island & breakfast area, 4 BR's on upper level w/ 3 baths including luxurious master suite, finished basement w/ rec room, bedroom, & full bath. 10 year builder warranty

SOLD!



1400 Oakbrooke Ave \$637,500

Lovely spacious home in sought after Fort Hunt area. Special features include: 4 Bedrooms, 3 Full Baths, Gourmet Kitchen, FR with Fire Place, massive screen porch off FR, and garage parking!

SOLD!



8902 Beauchamp Dr. \$550,000

Expanded and updated contemporary on gorgeous half acre lot near Mt. Vernon Estate. Fabulous features include: bright open floor plan, glass window wall, gorgeous hardwood floors on two levels, and oversize two car garage. Large deck overlooks private grounds. Freshly painted interior makes this one move in ready!

SOLD!



8314 Wagon Wheel Dr \$665,000

3 level Colonial situated on serene elevated lot overlooking natural wonderland. Private dock for your canoe, kayak, or small motor boat! Home has huge potential & features: 4/5 Bedrooms, large room sizes, hardwood floors, fully finished lower level w/ outside entrance, sunroom overlooking creek. Won't find another one like it!

SOLD!



3708 Carriage House Ct \$810,000

Truly special property in prime location on gorgeous lot bordering Mt. Vernon Estate grounds. Fabulous home in pristine condition. Features include bright open floor plan, stunning glass walled addition, updated expanded kitchen, gorgeous hardwood floors, 4 bedrooms including master suite with recently remodeled bath, & 2 car garage. Custom deck & brick patio overlook backyard & MV Estate

SOLD!

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