



This map shows where the traffic hot spots are.

## Parkway Meeting Further Scrubs the Wish List

Problems and solutions presented to a Mount Vernon audience.

By MIKE SALMON  
THE CONNECTION

Speeding was mentioned more than once at the National Park Service's second public information meeting that focused on the George Washington Parkway. Cars going 70 or 80 miles per hour were part of the discussion, followed by hazards at the Belle View Boulevard and Belle Haven Road intersections, where they're even considering a roundabout.

"These are our main intersections where a lot of crashes occur," said Lt. Allan Stone of the Park Police.

A simple answer to dispatch more speed enforcement morphed into suggestions of more crosswalks, signs or traffic signals dangling over the roadway. The overhead signals are not part of the parkway aesthetics and as far as enforcement: "We have been, there's been a concentrated effort," Stone said.

The meeting was to discuss recommendations to improve safety at key intersections on the George Washington Memorial Parkway between the City of Alexandria and Mount Vernon. This is the next step in the National Park Service (NPS) and Federal Highway Administration's ongoing work to improve safety on this section of the parkway. It also is the first time the NPS will be sharing previously developed study recommendations with the public.

Since the first meeting in July, the park service has been trying to gauge what the situation is on the parkway and the accompanying bike trail that has

made this park feature a valuable asset for the surrounding communities. At Belle Haven Road, the first intersection south of Old Town, Alexandria, there is a lot of traffic, plus pedestrians and bicyclists, but not much of an island for those making the dash from Belle View to the river and the bike trail. This was on the top of the list of 11 intersections that need attention.

A roundabout intersection is one of the possibilities for this area, but there wasn't a lot of enthusiasm amongst the nearby residents. "I can't get across," said Patty Wanzer who lives in the Shadowbrook community. "I have to stop on the grass, it's pretty scary," she said.

One suggestion is to have left turns eliminated, and possibly implement J-Turns for those heading south. Tammy Fox didn't think the "no left turns," is a good idea. "No left turn out of my street, that's a problem," she said.

Park Superintendent Charles Cuvelier noted that after the first meeting, there were 90 suggestions, and they honed that number down to 47 they are looking at. One suggestion was to turn the whole road over to the Virginia Department of Transportation, and another suggestion was to put up overhead traffic signals. "The traffic light doesn't make the cut," Cuvelier said. Another item that wasn't meshing with the suggestions was the budget. They get \$13.4 million a year, and \$13 million goes to manpower, Cuvelier said. "This is the nature of infrastructure in America," he said. There was a comment about the shooting of Bijan Ghaisar in 2017 and a Park Police officer addressed that, saying "we are limited on what we can share."

There was a moment of silence for Ghaisar.

The process of narrowing it down will resume and another meeting will be held in March 2020, Cuvelier said.



Del. Paul Krizek (D-44) listens to the residents at the meeting.



A moment of silence for Bijan Ghaisar.



Park Superintendent Charles Cuvelier.



Post-its were used to indicate what some thought the problems were at particular cross streets.

12/6/19  
REQUESTED IN HOME  
MATERIAL  
TIME-SENSITIVE  
POSTMASTER:  
ATTENTION  
PERMIT #482  
ALEXANDRIA, VA  
PAID  
U.S. POSTAGE  
PRST STD

COUNCIL  
VERIFICATION

PHOTOS BY MIKE SALMON/THE CONNECTION



McEneaney Associates has always had one motto in mind... not to be the biggest, but the best. This year marks our 40th year in Alexandria, and we are celebrating our investment in helping to build our town into the thriving community it is today. To learn more about our Associates and our firm, visit [www.WeAreAlexandria.com](http://www.WeAreAlexandria.com)



## #WeAreAlexandria



### Belle Haven | \$2,495,000

With pronounced beauty and modern refinement this stunning custom home was newly completed in Fall 2019. Perfectly situated on a large flat lot, this residence boasts approximately 7,200 square feet of finished space including 6 large bedrooms, 5 full and 1 half baths. With supremely designed living spaces, gleaming wide plank oak floors, elegant millwork, top of the line windows, cabinetry and appliances, the unparalleled attention to detail found throughout will leave you in awe. Minutes to Old Town, the new Amazon HQ2, & DC. 2211 Windsor Road

**Melissa Shelby 703.627.0074**  
[www.melissasellsvirginia.com](http://www.melissasellsvirginia.com)



OPEN SUN 12/8, 2-4

### Alexandria City | \$1,395,000

Large, expanded and updated, vintage home in a convenient and lovely location. 4 bedrooms, 4 baths, 2-car garage, 3 fireplaces on a fully fenced lot with Mt Vernon swag picket fencing and Walpole gates, porch rails, and arbor. Owner is licensed agent. 500 High St.

**Julie Lineberry 703.489.2823**  
[www.McEneaney.com](http://www.McEneaney.com)



OPEN SUN 12/8, 2-4

### Old Town | \$1,019,500

Pride of ownership is reflected throughout this 3-bedroom, 2.5-bath home with gas fireplace and fenced patio. This one SPARKLES like the season. Move right in. 801 Wolfe Street

**Pat Smith 703.728.4728**  
[www.pat4pat.com](http://www.pat4pat.com)



### Old Town | \$2,290,000

Overlooking Windmill Hill Park, this 5-bedroom stunner offers panoramic views of the Potomac. Built in 1820, this historic home was meticulously renovated with improvements that incorporate modern amenities while preserving its charm.

**Lauren Bishop 202.361.5079**  
[www.LaurenBishopHomes.com](http://www.LaurenBishopHomes.com)



### Vauxcluse | \$1,500,000

Amazing transformation of this stately, 6-bedroom, brick colonial sitting on the end of a cul-de-sac just a short distance from shopping, dining, Alexandria Hospital & major arteries. Completely rebuilt including new drywall, windows, flooring, and chef's kitchen.

**Chris Hayes 703.944.737**  
**Gordon Wood 703.447.6138**



### Old Town

**\$699,500**

Exceptional investment opportunity to acquire a beautifully updated property for Airbnb rental. Includes all furnishings, 5-star ratings, Airbnb "Superhost" status, & existing bookings (about 90% occupancy in 2019). Owner/agent. Check out: [airbnb.com/h/princessstreetinn](http://airbnb.com/h/princessstreetinn) 903 Princess Street

**Susan Hume 202.280.5735**  
[www.shumehomes.com](http://www.shumehomes.com)



OPEN SUN 12/8, 2-4

### Alexandria

**\$405,000**

Rare 3-bedroom 3-level townhome in quiet and convenient Woodstone & freshly painted, this house is move in ready! The main floor is open boasting white cabinets and beautiful granite countertops. The living room opens to the large deck which walks down to a private patio with firepit. 7230 Parson Ct.

**Erika Olsen 202.262.1293**  
[www.ErikaOlsenHomes.com](http://www.ErikaOlsenHomes.com)



Serving the Washington, DC Metro Area since 1980.  
703.549.9292 | 109 S. Pitt Street | Alexandria, VA 22314 | [McEneaney.com](http://McEneaney.com)





## Small Business Saturday Helps Make Community

**S**mall businesses make a big impact in the community and Small Business Saturday on Nov. 30 was a way to recognize these important businesses.

“In Stitches is my favorite small shop,” said Jan Brutcher as she took advantage of special sales on needlework products Nov. 30. In Stitches, located in Pear Tree Village, is a locally owned and operated shop that attracts needlework fans from across the region.

Nancy Richards was shopping in Holly, Woods and Vines for holiday decorations. “I like all the selections at this store,” said Richards.

“The services we offer at Holly, Woods and Vines are more personal and people trust us,” said Jacob Hildabrand a store employee.

“The owners are regularly on site and it’s more of a family environment.”

Studies estimate that \$.67 of every dollar spent at a local small business stays in the community and supports schools, public safety, and community improvements.

Mount Vernon Lee Chamber of Commerce hosts an online business directory with information about local stores. Visit [www.MtVernon-LeeChamber.org](http://www.MtVernon-LeeChamber.org) and support local businesses during the holidays and throughout the year.



Nancy Richards was shopping in Holly, Woods and Vines on Small Business Saturday for holiday decorations.



“In Stitches is my favorite small shop.”

PHOTOS CONTRIBUTED  
BY MOUNT VERNON-LEE CHAMBER

More personal  
at Holly, Woods  
and Vines



Virginia State Senator Scott Surovell (36th district) spent the evening on December 2nd discussing Virginia politics with members of Scout Troop 888 of Heritage Presbyterian Church, as well as answering questions relating to voting rights, criminal justice, environmental issues, the Route 1 corridor, school funding, alternative power sources, and transportation issues, among others.



# 'The Greatest Humanitarian Crisis in the World'

## Kicking off Blanket & Coat Drive for Syrian Refugees 2019.

BY MERCIA HOBSON  
THE CONNECTION

"I am pleased that Fairfax County has once again hosted this important humanitarian effort by partnering with local organizations and jurisdictions to help provide winter coats and warm blankets to Syrian refugees abroad...The Syrian Blanket Drive is special to me," said Sharon Bulova, Chairman of the Fairfax County Board of Supervisors, Nov. 21, at the Fairfax County Government Center, to announce the start of the Blanket & Coat Drive for Syrian Refugees 2019.

According to Mark Gibb, President and Executive Director of NOVA Relief Center, the drive originated seven years ago when he and a small delegation of local leaders from Northern Virginia, among them Chairman Bulova, traveled to Turkey in part to encourage friendship and understanding with local governments. The American Turkish Friendship Association headquartered in Fairfax, formed to address the social and cultural needs of Turkish and American people living in the Washington, D.C. Metropolitan Area arranged the trip. "(It) forever altered the lives of all those who went there that day," said Gibb. NOVA Relief Center is coordinating the Blanket & Coat Drive. This year's donations will be distributed to three camps in Jordan: Mafraq, Jerash and Irbid. According to the organization's website, since 2011, Syrians have been trying to escape the civil war at home, with a reported 6 million people displaced

within Syria and another 5 million seeking haven as refugees, especially in the neighboring countries of Turkey, Iraq, Lebanon and Jordan.

"I am always impressed with how generous, caring and compassionate our community is. Since we began this drive, Northern Virginia has sent more than 300,000 blankets and coats to Syrian refugees overseas. It is a great example of what happens when people of all faiths and backgrounds come together," said Bulova.

The Northern Virginia delegation went to a city in the southern part of Turkey called Adana, Gibb said. As part of the tour, the mayor and governor of the region asked if they would like to visit a Syrian refugee camp. "I'm not sure if any of us knew exactly what we were being invited to see," said Gibb. "The war in Syria was not a large news item here in the United States, and Syrian refugees were barely a blip on our radar screen. ... We discovered a fenced, tent city of more than 50,000 people, the majority of which, 60 percent, were children under the age of 12. To say they had nothing would be an understatement. We discovered that these were normal, average, every day, people- policemen, firemen, teachers (who) through no fault of their own, had become refugees of this tragic war — no place to call home, no country to pay allegiance. They were all in need of the basic necessities - food, water, clothing. We were invited to go to one man's tent who had a family of four children. There was nothing in the tent

SEE BLANKET & COAT DRIVE, PAGE 5



PHOTO BY MERCIA HOBSON/THE CONNECTION

**Announcing the kick-off of the Blanket & Coat Drive for Syrian Refugees 2019, Lee District Supervisor and Chairman-elect Jeff McKay talks with Brody Buhler, Oakton Stake President, Church of Jesus Christ of Latter-day Saints and Sharon Bulova, Chairman of the Fairfax County Board of Supervisors.**

*Baby it's cold outside!*

Come in from the cold and let Harmony take care of your needs ... from chef inspired dining to assistance with daily activities ... living in Harmony allows you to kick up your feet and enjoy the season.

  
**Harmony**  
at Spring Hill

**SAVE \$500** *Plus* **1/2 OFF**  
**Community Fee**  
Every Month for 12 Months

ASSISTED LIVING | MEMORY CARE

8350 Mountain Larkspur Dr | Lorton, VA 22079 | Nestled in the Gated Community of Spring Hill | 571.348.4970 | [HarmonyAtSpringHill.com](http://HarmonyAtSpringHill.com)



# Blanket & Coat Drive for Syrian Refugees 2019

FROM PAGE 4

except for some old ground covering rugs...As we talked to this man through a translator, we asked (him)... how we could help... He told us it was getting cold. Could we send him some blankets?" "That broke our hearts," said Bulova.

According to Gibb, given the gentleman's request, when the delegation returned home to the United States, they launched the first Northern Virginia Blanket Drive in coordination with other Northern Virginia jurisdictions, faith-based organizations and businesses. That first year they filled an entire 55-foot Paxton Companies moving van with blankets which they shipped overseas at Paxton's expense to the same refugee camp. "A few of us were fortunate enough to return to that camp and met the same man again who had requested the blankets. We told him we didn't bring just a few blankets we brought 50,000. This man wept, said we were from God as we delivered this precious cargo," said Gibb.

"So here we are today to continue our efforts to assist these somewhat forgotten people. It has been described as the greatest humanitarian crisis in the world. A few years ago, we added coats as well as blankets, and over the six-year period, we have collected enough blankets and coats to fill over 12 full moving vans. ... We partner with a worldwide non-profit group by the name of the 'Helping Hand for Relief and Development.' Without their assistance, we could not accomplish this task."

"In this country, the holiday season is a time for giving. And there is nothing more meaningful than

helping our brothers and sisters around the world find warmth and comfort during difficult times," said Bulova.

**LEE DISTRICT SUPERVISOR** and Chairman-elect Jeff McKay said he was happy to support and participate in the effort. "I've always held the belief that we, as a community, must help those most vulnerable whenever we have an opportunity. We must not forget all of those who face hardship, especially those who flee from persecution in other countries. In this time of divisiveness, it's important that we remember our humanity and come together to help our fellow man."

Bulova's office and other sites such as those of elected officials, including several members of the Fairfax County Board of Supervisors, serve as drop-off locations for gently used coats and blankets. Participants can stop by her office, Suite 530 of the Fairfax Government Center (5th floor), any time between 9 a.m. and 5 p.m., Monday through Friday with donations. "There is nothing more meaningful than helping our brothers and sisters around the world find warmth and comfort during difficult times," said Bulova.

The Blanket & Coat Drive for Syrian Refugees 2019 is currently underway and extended to Dec. 15, according to Mark Gibb. Visit, [www.NOVAReliefCenter.org](http://www.NOVAReliefCenter.org), for a complete list of drop-off locations and to donate to the education fund.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

## Adopt Donate Volunteer

Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.



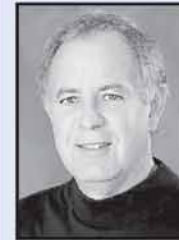
[lostdogandcatrescue.org](http://lostdogandcatrescue.org)

**MVHS PTSA  
ANNUAL  
HOLIDAY  
MARKET**

**SATURDAY  
DECEMBER 7, 2019  
10:00AM - 3:00PM**

**8515 Old Mount Vernon Rd  
Alexandria, VA 22309**

**RAIN DATE: 12/14/19**



**Rex Reiley**  
**RE/MAX Allegiance**  
**703-768-7730**  
[rex.reiley@rmxtalk.com](mailto:rex.reiley@rmxtalk.com)



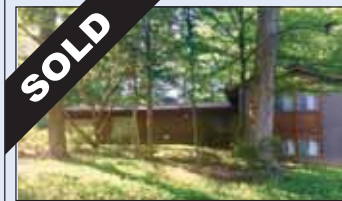
**Alex/Oxford \$1,149,900**  
**4201 Kimbreelee Court**  
Spectacular all-brick colonial home w/2 car garage on a cul-de-sac in exclusive Mt. Vernon waterfront community of Oxford. Partial water views and a beautiful multi-tiered deck. Five bedrooms & 4.5 baths. Grand 2 story foyer entryway. Large eat-in kitchen w/numerous upgrades & double butler pantry. Formal living & dining rooms. Family room off kitchen w/brick fireplace. Library on main level w/built-in bookcases. 4 bedrooms & 3 baths on upper level, huge master suite w/large luxurious bath. Fully finished lower level w/5th bedroom & full bath, exercise, tv, & game rooms. Newly refinished hardwood floors. Recent updates include new roof (2019), new windows (2019), new deck (2018) High-end kitchen appliances (Wolf double oven; Subzero refrigerator). Main & lower level HVAC replace 2016. Backyard fence ('16). It's a wonderful home!



**Alex/Mt. Zephyr \$476,000**  
**8541 Mt. Zephyr Dr.**  
Great price for this lovely two level solid all-brick home with garage on 1/3 acre in Mt. Vernon community. 3 Bedrooms, 2 Baths. Renovated eat-in kitchen, spacious and open, with sliding glass doors to private backyard. Charming front living room with ample windows, and wood burning fireplace with white, colonial style mantel. Spacious lower level has finished family room w/ 2nd fireplace and a bonus workroom. Conveniently located near Ft. Belvoir (10 mins), GW Parkway and Potomac River, Old Town Alexandria, Pentagon, and D.C.



**Alex/Riverside Estates \$580,000**  
**8508 Cherry Valley Lane**  
Prestigious Riverside Estate's Large & Popular Concord Model - 5BRs, 3BAs - 2 Car Garage w/ many upgrades: Brand new double pane windows in 2019, New HVAC & HWH in 2018, beautiful upgraded kitchen in 2007. Refinished hdwd floors, bright sky lights in both the kitchen & hall bath. 20 year old roof w/30 year shingles. A beautiful & sturdy deck looks over a lovely landscaped & fenced-in backyard. This is a gem, priced well & will sell fast.



**Alex/Wessynton \$527,500**  
**3102 Cunningham Drive**  
Investors or Homeowners who want to build sweat equity: here it is! Solid bones but needs a total make over. Popular model (The Meadow) in sought after water oriented Wessynton community of contemporary homes. 4 bedrooms, 3 Baths, large kitchen, separate dining room, living room with fireplace. Master suite. Family Room w/fireplace. Lots of storage and workspace in basement. Amenities include tennis courts, community swimming pool, walking paths, and boat ramp on Little Hunting Creek which flows to the Potomac River. A half mile to Mount Vernon Estate and the George Washington Parkway.



**Alex/Engleside \$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.



**Alex/Pembroke Village \$220,000**  
**4395 Pembroke Village Drive**  
Feast your eyes on this beautifully remodeled 3BR, 2BA Condo-Kitchen has granite counters, ceramic tile floors, SS appliances, all open to a large living rm, w/wood burning FPL, & a balcony overlooking the community. HDWD floors on main & upper level-Updated BAs w/ ceramic tile & granite counters-1 bath on each level-cozy sitting/TV room between MBR & 2nd BR-3rd BR & 2nd BA conveniently on the main level-Reserved parking-5 minutes to Ft. Belvoir & 15 mins to Old Town-25 minutes to Ntl Airport - Great Location & Value.



For more information: [www.RexReiley.com](http://www.RexReiley.com)

Each Office Independently Owned and Operated





# OPINION

## Getting Bills Ready for the 2020 State Legislature

BY SEN. SCOTT SUROVELL  
(D-36)



The 2020 Virginia General Assembly will convene in about a month and legislators are now preparing bills to propose. Many constituents and advocacy groups are proposing legislation.

Two weeks ago, I reported on some of the bigger issues we are likely to tackle. In this column, I am covering a few of the bills that I will introduce. I will discuss more in future columns.

In the 2018 and 2019 sessions, we came very close to passing legislation prohibiting drivers from having a phone in their hand in a moving vehicle. In the last session, we approved legislation to prohibit this in construction zones, but the Speaker killed it by ruling Governor Ralph Northam's attempt to widen it to all highways not germane. It will pass this session. I will propose several predatory lending reforms. Using Native American tribes as fronts, online lenders continue to make loans over the internet in Virginia at over 400 percent interest rates and requiring far off tribal arbitration for disputes. Other states have enacted consumer protections, including steps to rein in interest rates, fees, collection practices and repeat loans.

I will introduce bills to curb firearm violence. The Unite the Right March in Charlottesville coupled with the four armed men who ap-

peared at the Alexandria Farmer's Market in September underscore the need for local governments to have the ability to prohibit firearms at permitted public events. Second, suicide is the leading cause of firearm death in Virginia. One of my bills will allow people to place themselves on a "do-not-sell" list for firearms so they

cannot be sold a gun if they have a moment of weakness. Third, Virginia's Department of Game and Inland Fisheries is still allowing permittees to license duck blinds in counties and areas where duck hunting is illegal under local ordinances. I will introduce legislation to fix this along with Del. Paul Krizek (D-44).

I will introduce a bill to create a new Public Defender's Office for Prince William County and the cities of Manassas and Manassas Park. Virginia currently has 25 public defender offices, but Virginia's second-largest jurisdiction does not. A public defender's office will professionalize defense representation, improve justice outcomes and cost taxpayers little more than funding private court-appointed counsel.

In the late 1990s, Virginia required the use of alternative sentencing analyses to inform judges when convicted defendants should be considered for non-prison sentences. Over time, judges have ignored these recommendations more than followed them. I will carry legislation requiring the state to assemble data on judicial use of this data and require probation officers to provide findings about the costs of various sentencing alternatives to the courts

before a judge renders a final sentence in a case. This would hopefully encourage more informed decision-making and better outcomes. Virginia's civil justice system should also be modernized. Virginia and Mississippi are the only states in America that do not allow class action lawsuits. Virginia also still adheres to ancient doctrines that punish largely innocent collision victims, and we have not adjusted Virginia's auto insurance minimum policy limits since the 1970s when medical care cost a fraction of today's cost and the average car cost 25 percent of today's vehicles. This allows wrongdoers to escape responsibility and leaves innocent collision victims holding the bag for their own injuries.

Virginia's three boards governing mental health professionals issued regulations prohibiting therapies that attempt to change one's sexual orientation, known as "conversion therapy." We need to put that prohibition into law to ensure that it will not be reversed. I will introduce that bill.

For the last four sessions, I have introduced legislation to address the lack of available driving permits for many of my immigrant constituents. Since 2014, Maryland and the District of Columbia have allowed driving permits to anyone who can show that they pay taxes, pass a driving test and pay fees. My bill has died in committee by one vote each year. I am hopeful the new majority will mean a better outcome.

It is an honor to serve as your state senator. Please email me at [scott@scottsuovell.org](mailto:scott@scottsuovell.org) if you have any questions or feedback

## Legislative Drafting Update

BY DEL. PAUL KRIZEK



The 2020 General Assembly session is fast approaching, and my team and I are busy preparing. The 2020 session will be a "long session." running 60 days, from Jan. 8 to March 7, where Gov. Northam's budget will be considered

in addition to the thousands of bills that Virginia legislators will introduce. This Thursday, Dec. 5th, marks the deadline to submit legislation to be drafted in time for session.

My 2020 legislative agenda aims to make voting easier, our roads safer, our Commonwealth's environment cleaner and healthier, and ensure that our government works better for all of us. I will continue to push for better worker protections and benefits, pay increases for teachers, and to adequately fund education (early childhood through higher education). Here are just a few highlights:

My first two bills that I have introduced for this session are HB 15 and HB 16, which would require seat belts on school buses and require all passengers to use a seat belt in motor vehicles, respectively. I have endeavored to pass these two pieces of legislation every year I have been elected, and I believe that we can finally get them passed into law in 2020. HB 15 requires new buses purchased by school systems to include seat belts when they replace their current fleet, and for seat belts to be included

in all school buses in the Commonwealth by July 1, 2038. According to the National Highway Traffic Administration, there were 54 fatalities of school-age children between 2006-2015. Having seat belts or restraints in these buses statistically could have saved the lives of 27 young children. The number of children injured is

even higher. While buses do a good job of protecting against front and rear impacts, their safety designs do not protect against side impacts or rollovers. Protecting our children on their way to and from school is a priority of mine.

There are still too many people who don't wear their seat belts. Seat belts are the single most cost-effective traffic safety device in the event of an accident. Seat belts hold drivers and passengers in place, keeping them from being thrown forward into the steering wheel, windshield or being ejected from the vehicle. HB 16, courtesy of constituent Jonathan Tucker, a former West Potomac High School student, finally closes the backseat exemption and would require all passengers, regardless of age, in a motor vehicle to wear their seat belts. Under current Virginia law, there is no requirement to use a seat belt in the backseat of a vehicle if you are over 18. This makes Virginia one of only ten states with backseat exemptions for anyone over 18. According to the DMV, more than half of the people who died in Virginia crashes were not using their seat

belts. In 2016, 304 unrestrained drivers or passengers were killed. The year before that it was 310, and in 2014, there were 256. This problem is acute here in Virginia where nearly 16% of drivers do not use their seatbelts.

You may have heard about the legislation passed during the last session (finally passed by Delegate Price, I first introduced this bill in 2018) to remove the Jim Crow-era minimum wage exemptions for newsboys, shoe-shine boys, ushers, doormen, and others. However, wage inequality in the Code of Virginia does not stop along racial lines, as workers with disabilities are also subject to these discriminatory subminimum wage standards. I am introducing a bill this year to eliminate the minimum wage exemption for disabled workers. This will include a 4-year phase-in period that will allow employers to adjust accordingly, which is similar to the timeframe other states have used when passing similar legislation.

It is my hope this year that we will eliminate many of the barriers to voting in Virginia in this next General Assembly session, including instituting automatic voter registration, same-day voter registration, and no-excuse in-person absentee voting. I strongly believe that voting should be made easier across the board, and that includes ensuring that it is free of charge to cast your ballot, however you decide to vote. Obtaining postage to return a mail-in ballot can be a barrier to voting for the homebound, elderly, those with limited access

SEE LEGISLATIVE, PAGE 14

### Mount Vernon Gazette

[www.MountVernonGazette.com](http://www.MountVernonGazette.com)

@MtVernonGazette

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

NEWS DEPARTMENT:  
[gazette@connectionnewspapers.com](mailto:gazette@connectionnewspapers.com)

Jean Card  
Production Editor  
[jcard@connectionnewspapers.com](mailto:jcard@connectionnewspapers.com)

Andrea Worker  
Contributing Writer  
[aworker@connectionnewspapers.com](mailto:aworker@connectionnewspapers.com)

Jeanne Theismann  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
@TheismannMedia

ADVERTISING:  
For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

Debbie Funk  
Display Advertising/National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

Julie Ferrill  
Real Estate, 703-927-1364  
[jferrill@connectionnewspapers.com](mailto:jferrill@connectionnewspapers.com)

Helen Walutes  
Display Advertising, 703-778-9410  
[hwalutes@connectionnewspapers.com](mailto:hwalutes@connectionnewspapers.com)

David Griffin  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

Classified & Employment  
Advertising  
703-778-9431

Publisher  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

Editor & Publisher  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

Art/Design:  
Laurence Poong, John Heinly,  
Ali Khaligh  
Production Manager:  
Geovani Flores

CIRCULATION  
Circulation Manager:  
Ann Oliver  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)

A Connection Newspaper





# Improving Safety on GW Parkway

Dear Editor:  
The National Park Service is conducting a study of the George Washington Memorial Parkway to determine how to improve safety between Old Town Alexandria and the Mount Vernon Estate. Tuesday evening, they hosted a meeting at Walt Whitman Middle School to update residents and address questions and concerns. The meet-

LETTER

ing started with an open house in the cafeteria where various maps and charts were displayed, followed by a meeting in the auditorium that was conducted by Parkway Superintendent Charles Cuvelier. The meeting was quite informative and gave the community an opportunity to provide input and receive important information.

Proposals to enhance safety on

the Parkway have included installation of speed cameras, use of roundabouts, otherwise known as traffic circles, enhanced enforcement of traffic laws, pavement markings, traffic signals, and other possible features. The Superintendent made it clear that traffic signals are not and will not be considered because they take away from the scenic character of the Parkway which is an absolute re-

quirement. It also appears speed cameras would be difficult to implement, given the expense and lengthy regulatory process as well as the question of how tickets would be adjudicated. The Superintendent explained that revenues generated from tickets would not go to the National Park Service. Rather, they would go into the general treasury under control of Congress. I also note that traffic

tickets on the Parkway are adjudicated at the Federal Court in Alexandria and prosecuted by the U.S. Attorney for the Eastern District of Virginia. They are unlikely to cede their authority to a third party vendor and may not have the resources to prosecute hundreds of speed camera tickets.

During the program, some comments were given by Gregory T. SEE SPIEGEL. PAGE 14



**Upgrade your gift giving this year!**

Visit Torpedo Factory Art Center and shop with nearly 200 artists directly from their studios. Find unique jewelry, ceramics, paintings, and more.

Daily 10 am – 6 pm • Thursdays until 9 pm  
Dec. 7 until 8 pm • Dec 13 until 10 pm

105 N. Union St. • Old Town Alexandria  
torpedofactory.org • 703.746.4570

Special thanks to:  
**Mount Vernon Gazette**

Torpedo Factory Art Center is managed by the City of Alexandria's Office of the Arts, a division of the Department of Recreation, Parks & Cultural Activities.

It's the most wonderful time of the year.

**SCOTTISH WALK WEEKEND IS ALMOST HERE!**

Friday, December 6<sup>th</sup> & Saturday, December 7<sup>th</sup>, 2019

Thank you to our generous sponsors.  
For a full list of sponsorships visit:  
<https://www.campaigncenter.org/scottishwalkweekend>

The Campaign Center  
Presenting sponsor and 2019 business partner of the year  
**PASSPORT AUTO**  
Media Partner  
Alexandria Gazette Packet  
Mount Vernon Gazette

**SHOP LOCAL FIRST**

**MOUNT VERNON ★ LEE Chamber OF COMMERCE**

Connecting Business and Community

Find local businesses at [www.MtVernon-LeeChamber.org](http://www.MtVernon-LeeChamber.org)  
703-360-6925

Monthly Networking  
2nd Thursday Business Breakfast  
2nd Thursday of each month  
8:00 am to 9:30 am  
Belle Haven Country Club

MOUNT VERNON-LEE CHAMBER OF COMMERCE  
6821 Richmond Highway / Alexandria, VA 22306

Play Indoors!

**7 DAYS FREE**

**Introduce YOUR Friends & Family TO Tennis**

**MtVAC ATHLETIC CLUB**

(703) 382-1011  
[www.mtvac.net](http://www.mtvac.net)  
Tennis@mtvac.net

BLUE CHIP TENNIS ACADEMY



# HOLIDAY ENTERTAINMENT

## 6 Dates to Circle for December

BY HOPE NELSON

**L**ike families' social calendars everywhere, December is a hectic month in Alexandria's food and drink scene. From ugly sweaters to bar crawls to numerous events in between – and, of course, New Year's Eve – there won't be any empty space on your schedule for long.

### Celebrate Repeal Day at Trademark, Dec. 5

In honor of the 86<sup>th</sup> anniversary of the repeal of Prohibition, Trademark in Carlyle is hosting a special happy-hour soiree. The evening will feature Prohibition-inspired cocktails and food, taking on a decidedly Roaring '20s vibe. Each special is \$9; order up and toast to the end of a bygone era (and whatever comes next). 2080 Jamieson Ave. 4-8 p.m.

### "Classic Restaurants of Alexandria" Book Launch at Union Street Public House, Dec. 11

Think back to some restaurants of a bygone era in Alexandria: The Seaport Inn, Generous George's, even Burger Chef. And consider some longstanding culinary traditions, ranging from RT's to Dishes of India. Join author Hope Nelson (your humble "Appetite" columnist) to celebrate the launch of her new book, "Classic Restaurants of Alexandria," with an evening at

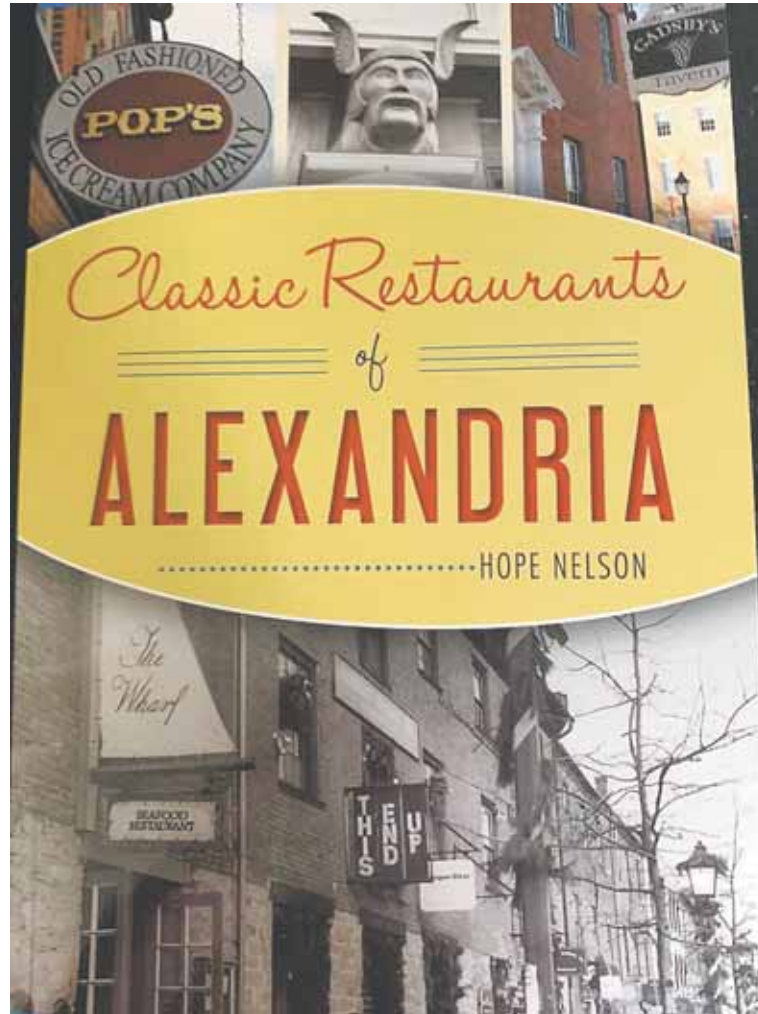


**Join author Hope Nelson to celebrate the launch of her new book, "Classic Restaurants of Alexandria," with an evening at Union Street Public House. 121 S. Union St. Dec. 11, 6:30-8:30 p.m.**

Union Street Public House. 121 S. Union St. 6:30-8:30 p.m.

### Candy Cane Bar Crawl, Dec. 14

Lift a glass at more than a dozen of Del Ray's favorite restaurants to toast the holiday and raise funds for Community Lodgings – all in



one afternoon. It's time to pull that ugly holiday sweater out from storage, brush off the mothballs, grab a pint glass and get to work; holiday cocktails and beers will be plentiful at stops ranging from Hops n Shine to St. Elmo's Coffee Pub to Northside 10 and more. Check in at Lena's Wood-Fired

Pizza and Tap (401 E. Braddock Road) or RT's Restaurant (3804 Mount Vernon Ave.) 1-6 p.m. \$15 in advance; \$20 at the door.

### Four-Course Beer Dinner at Live Oak, Dec. 18

Chantilly's Ono Brewing Company comes to town with plenty

of brews in tow to co-host a beer dinner at Live Oak Restaurant. In the dead of winter, enjoy the tropical tastes of Hawaii with Ono's craft beverages; paired with a four-course meal from Chef Justus Frank, it will be a much-needed island respite from the cold climes. 1603 Commonwealth Ave. 7 p.m. \$60.

### Ugly Sweater Party at Hi-Tide Lounge, Dec. 20

Dec. 20 is Ugly Sweater Day, so break out your most festive jumper for this festival of plaid and garish colors. The Hi-Tide Lounge will offer up special happy hour deals while guests revel in the spirit of the (sweater) season. But bring your A-game: The judges will be eyeing the competition, and winning the "Best Ugly Holiday Sweater" prize nets you a gift card. 101 N. Union St. 7-9 p.m.

### New Year's Eve celebrations, Dec. 31

Any Alexandrian who has lived in the city for at least one revolution around the sun will know that the port city does New Year's Eve right. From First Night festivities to midnight fireworks, Alexandria does enjoy a good festivity. Many of the city's restaurants are getting into the act, too: Vermilion, .... All have special deals going. (Keep an eye out for a New Year's Eve-specific calendar in these pages later in the month.)

Hope Nelson owns and operates the Kitchen Recessionista blog, located at [www.kitchenrecessionista.com](http://www.kitchenrecessionista.com). Email her any time at [hope@kitchenrecessionista.com](mailto:hope@kitchenrecessionista.com).

## CALENDAR

Submit announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/) Photos/artwork encouraged.

### ONGOING

#### Mount Vernon Farmers Market.

Wednesdays (through Dec. 18), 8 a.m.-noon at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane. Visit [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets).

#### Band Members Needed.

Join the Mount Vernon Community Band, a group of players who enjoy playing many styles of band music in a relaxed atmosphere. Rehearsals are Tuesdays 7:30-9:30 p.m. in the Mount Vernon High School Band Room, 8515 Old Mount Vernon Road. No auditions. All instruments needed. Contact Eric Leighty directly 703-768-4172 or visit [www.mvbands.com/join-us/](http://www.mvbands.com/join-us/).

#### Creature Comforts Art Exhibit.

Now thru Jan. 26, 2020. At VCA Alexandria, 2660 Duke Street, Alexandria. The "Creature Comforts" art exhibit at VCA Alexandria through the Gallery Without Walls program features artwork of the animals in our lives by Del Ray Artisans members. Showcasing animals that lift and fill our hearts is a popular theme at VCA Alexandria

and coincides with the winter holiday season in which creature comforts of all types are appreciated. Visit [DelRayArtisans.org/exhibits/gww](http://DelRayArtisans.org/exhibits/gww)

## Holidays and Christmas

### THURSDAY-SATURDAY/DEC. 5-7

**"The Nutcracker."** At West Potomac High School, 6500 Quander Road, Alexandria. Now in its 11th year, the West Potomac Academy Dance Program and Alexandria Community Nutcracker will present four performances of "The Nutcracker." Performances are scheduled for 5:30 p.m. on Thursday, December 5; 6:30 p.m.; on Friday, December 6; and 2:30 and 6:30 p.m. on Saturday, December 7. Led by a team of directors, including Gennifer Difilippo (Alexandria Community Dance), Courtney Betzel (West Potomac Academy), and Adrienne Taylor (Above the Barre), this adaptation includes music that incorporates traditional ballet dances, as well as jazz, contemporary, Hip Hop, Irish dancing, tap and gymnastics. The

cast ranges from three-year olds to adult dancers performing ballet, pointe, lyrical, tap, jazz, modern, and gymnastics. Visit <https://www.alexandrianutcracker.com/>

### FRIDAY-SATURDAY/DEC. 6-7

**The Scottish Christmas Walk Weekend.** At various Old Town Alexandria locations. The Campagna Center presents the 49th Annual Scottish Christmas Walk Weekend and Parade. The parade is Dec. 7 at 11 a.m. and begins at St. Asaph and Wolfe Streets and concludes at Market Square with a massed band concert. Admission: Free for parade and Heather and Greens Sales; \$180-\$290 for Taste of Scotland; \$40 for Holiday Home Tours. In 1749, the City of Alexandria was officially established by three Scottish merchants and named after its original founder, John Alexander, also of Scottish descent. Events of The Scottish Christmas Walk Weekend, provide vital support to Campagna Center programs that serve more than 2,000 children, teens, and adults throughout the year. Visit the website: <https://www.campagnacenter.org/scottishwalkweekend>

SEE CALENDAR, PAGE 9



**The Holiday Open House will take place Saturday, Dec. 14 at River Farm in Alexandria.**

## Holiday Open House

Saturday/Dec. 14. 9 a.m.-2 p.m. At River Farm, 7931 East Boulevard Dr., Alexandria. Enjoy the American Horticultural Society's free holiday event featuring seasonal decor, food and drinks, music by the Southside Singers, and crafts from local vendors. The Garden Shop will be open. Free. Email Nora McDonald at [nmacdonald@ahsgardening.org](mailto:nmacdonald@ahsgardening.org).



# HOLIDAY ENTERTAINMENT

FROM PAGE 8

## DEC. 6-22

**DRA Holiday Market.** The Market is Dec. 6-8; Dec. 13-15; and Dec. 20-22. Hours are Fridays 6-9 p.m. and Saturdays and Sundays 11 a.m.-6 p.m. At Del Ray Artisans Gallery, Nicholas A. Colasanto Center, 2704 Mount Vernon Ave., Alexandria. Handmade fine arts and crafts from local artists. The artists are presenting a variety of media, including botanical drawings, fiber/textiles, glass, jewelry, mixed media, mosaics, painting, paper crafting, photography, pottery/ceramics, sculpture, watercolor, wood turning, and more. Different artists each weekend. Free admission. Visit the website: [DelRayArtisans.org/event/holiday-market-2019](http://DelRayArtisans.org/event/holiday-market-2019)

## SATURDAY/DEC. 7

**Cookie Walk.** Noon to 3 p.m. At the Old Presbyterian Meeting House, 323 S. Fairfax Street, Alexandria. Walk around tables brimming with homemade cookies and fill a box (or 2) with goodies. Great for holiday parties. Cost is \$10/pound of cookies. Visit the website: <http://www.opmh.org/events/6th-annual-cookie-walk/>

## Torpedo Factory Art Center

**Holiday Festival.** 2-8 p.m. At Torpedo Factory Art Center, 105 N. Union Street, Alexandria. The Art Center joins in the fun on Alexandria's most festive holiday weekend of the year. Santa and Mrs. Claus arrive at 3:30 p.m. Music and singing fill the halls all evening. After sundown, the Holiday Boat Parade of Lights passes by The Art Center's doors. Visit artists on all three floors to find the perfect gift of art. Visit [www.torpedofactory.org](http://www.torpedofactory.org)

## Boat Parade of Lights.

Parade begins at 5:30 p.m.; Dockside festivities 2 to 8 p.m. At Waterfront Park, 1 King Street, Alexandria. Parade viewing areas: Founders Park (351 N. Union St.), Alexandria City Marina (0 Cameron St.), Waterfront Park (1 King St. and 1A Prince St.), Point Lumley Park (1 Duke St.), Shipyard/Harborside Park (1 Wilkes St.), Windmill Hill Park (501 S. Union St.) and Ford's Landing Park (99 Franklin St.). Admission: Free; \$ for food/drink and some activities. Visit [AlexandriaVA.com/boatparade](http://AlexandriaVA.com/boatparade)

- ❖ Schedule in Old Town (2 to 8 p.m.)
- ❖ Holiday music and giveaways from 97.1 WASH-FM
- ❖ Letters to Santa postcard station from Penny Post
- ❖ Holiday ornament activity from AR Workshop Alexandria (2 to 4 p.m.)
- ❖ Bookmark making station from Old Town Books (4:30 to 8 p.m.)
- ❖ Torpedo Factory Art Center Holiday Festival
- ❖ Santa arrives by fireboat at the Alexandria City Marina (3:30 p.m.)
- ❖ Alexandria Holiday Boat Parade of Lights begins (5:30 p.m.)

## SUNDAY/DEC. 8

**Holidays on the Avenue in Del Ray.** 6 p.m. At Pat Miller Neighborhood Square at Mount Vernon Avenue and E. Oxford Avenue, Alexandria. Kick off the holidays with a visit to Del Ray for the annual holiday tree and menorah lighting, featuring a special appearance by Santa Claus, who will lead carols and sit for photos with children. Continue the celebration and start your holiday shopping with a stroll down Mount Vernon Avenue, which will be illuminated by thousands of luminarias and feature storefront windows hand-painted for the holidays. Pick your favorite in the neighborhood business association's annual Christmas tree decorating contest. Visit the website: [visitdelray.com](http://visitdelray.com)



**2019 Mary Graham Lasley Scholarship Competition Winner, harpist Morgan Short, will present Rodrigo's Concierto de Aranjuez.**

## ASO Presents Nutcracker & Ellington

Sunday/Dec., 2-3 p.m. At George Washington Masonic Memorial, 101 Callahan Drive, Alexandria. Audiences will enjoy the Nutcracker presented in two ways — favorite excerpts from Tchaikovsky's ballet and Duke

Ellington's version that swings. Stay after for a family-friendly reception. Cost: \$20-\$65 adult, \$5 youth, \$10 student. Visit the website: [www.alexsym.org](http://www.alexsym.org)

## FRIDAY/DEC. 13

**Holiday Sing-Along.** 7:30 p.m. At Del Ray United Methodist Church, 100 E. Windsor Ave., Alexandria.

Experience a jolly good time at the always popular — and free — Alexandria Holiday Sing-Along. You'll join in song with your neighbors as Conductor Mike Evans and the hometown Alexandria Citizens Band play your holiday favorites. Elisa Ravas will lead the singing. And to make it easy for everyone, we'll have the lyrics in brand new song books. Free tickets are available on eventbrite at: <https://www.eventbrite.com/e/alexandrias-annual-holiday-sing-along-free-tickets-79959949361>

## SUNDAY/DEC. 15

**ASO Presents: Nutcracker & Ellington.** 2-3 p.m. At George Washington Masonic Memorial, 101 Callahan Drive, Alexandria. Audiences will enjoy the Nutcracker presented in two ways — favorite excerpts from Tchaikovsky's ballet and Duke

Ellington's version that swings. Stay after for a family-friendly reception. Cost: \$20-\$65 adult, \$5 youth, \$10 student. Visit the website: [www.alexsym.org](http://www.alexsym.org)

**Handel's "Messiah."** 4 p.m. At Rachel M. Schlesinger Concert Hall, NVCC Campus, 4915 East Campus Drive, Alexandria. Presented by New Dominion Chorale and Orchestra. The performance, conducted by Artistic Director Thomas Beveridge, will feature four vocal soloists who are known to Washington audiences:

Soprano Natalie Conte, Mezzo-Soprano Melissa Kornacki, Tenor Patrick Kilbride and Bass Jeffrey Tarr. Ticket prices are \$35 for adults, \$30 for seniors 62 and older, and \$15 for students ages 5 to 22. Group tickets are available for groups of 10 or more at \$25 per ticket. Visit [www.newdominion.org](http://www.newdominion.org).

## Local Calendar

### THURSDAY/DEC. 5

#### Gadsby's Tavern Fundraiser.

6 p.m. At The Little Theatre of Alexandria, 600 Wolfe Street, Alexandria. Gadsby's Tavern Museum Society is hosting a special performance of "A Christmas Carol." Enjoy a lovely family evening including a silent auction, appetizers and sweets, beverages including a champagne punch. Tickets are \$25. Reception at 6 p.m. with a Silent Auction and "A Christmas Carol" from 8-9:15 p.m. Free photo opportunities with Father Christmas. [www.gadsbystavernmuseum.us/](http://www.gadsbystavernmuseum.us/) or at 703-549-6242.

#### Kissing Ball Workshop.

6:30-8 p.m. At Lee-Fendall House Museum, 614 Oronoco St., Alexandria. Learn how to create your own traditional holiday kissing ball using fresh boxwood from the Lee-Fendall's own garden. The cost is \$20 per person. All materials are provided. Cost is \$20. A second Holiday Kissing Ball Workshop will take place on Sunday, Dec. 8 from 2 to 3:30 p.m. [www.leefendallhouse.org](http://www.leefendallhouse.org)



1510-A Belle View Blvd.  
**703-660-6085**  
[www.dishesofindia.com](http://www.dishesofindia.com)  
Belle View Shopping Center

**Innovative Indian Cuisine**

WE ARE OPEN!

New Year's Eve Chef's Special Menu & A La Carte

New Year's Day Dinner - Open 4:30-9:30

Closed Christmas for the Holiday and New Year's Day for Lunch

Party Trays & Gift Certificates for the Holidays

Luncheon Buffet Every Day  
A La Carte Dinner Every Night



Ring in the holiday season with a return of the classic by Charles Dickens. A must for the entire family!

SHOW DATES:  
December 6 - 22, 2019



Little Theatre of Alexandria  
600 Wolfe Street • 703-683-0496  
[www.thelittletheatre.com](http://www.thelittletheatre.com)

Make Reservations Early for  
**Christmas Eve & New Year's Eve**  
Call for more information

# Le Refuge

## Restaurant

### Winter Specials

- Split Pea Soup with Smoked Sausage
- Asparagus with Fresh Smoked Trout
- Beef Wellington
- Rack of Lamb
- Bouillabaisse
- Dover Sole
- Cassoulet
- Frog Legs



Find us on Facebook

127 N. Washington St., Alexandria • 703-548-4661

Smoke-Free Restaurant

[www.lerefugealexandria.com](http://www.lerefugealexandria.com)



## HOLIDAY ENTERTAINMENT

# LTA Presents “A Christmas Carol”

Follows Charles Dickens’ classic transformation of Scrooge during the holidays.

BY STEVE HIBBARD  
THE GAZETTE

Continuing with its wonderful holiday tradition, the Little Theatre of Alexandria is again presenting Charles Dickens’ “A Christmas Carol” from Dec. 6-22, 2019. As everyone knows, the story follows Ebenezer Scrooge, a miserly Victorian humbug, as he travels with ghostly guides through Christmas past, present, and future to find the true meaning of the season.

According to Director Kelsey Yudice: “The story of ‘A Christmas Carol’ is such a special one, because it is a holiday tradition for many people around the world. Since this is such a well-known story, there is a little pressure as to how you will create it differently or similarly to others in the past. I am hoping to keep the heart and soul of the play, all while adding my own magical spin to it with the help of some Christmas ghosts.”

She added: “A Christmas Carol is enjoyable for all ages; great for those seeing it for the first time, or those who have seen the play a hundred times.” Co-producers Jim Howard and Carol Strachan added: “We love this time of year and ‘A Christmas Carol’ at LTA has become an Alexandria tradition. It is a lot of coordination of set build, painting, lights, sound, costumes, scheduling, playbill and staffing this production of over 50 backstage volunteers.”

Bob Chaves, who plays the lead role of Scrooge, said: “I have attempted not to mimic any of the dozens of portrayals of him that have been presented in film or on stage and instead have tried to make him a bit more sarcastic and not angry or mean-spirited. I hope the audience sees that. As Dickens said to his readers: ‘May it haunt their houses pleasantly.’”

He added that Director Yudice has spent a lot of time working with the entire cast discussing how all the characters interact, and why Scrooge is the way he is; and what might be behind his bitterness, “because ultimately, by the



“A Christmas Carol” rehearsals of the Cratchit family toasting Mr. Scrooge begrudgingly.



“A Christmas Carol” rehearsals of Belle (Emily Hemmingson) breaking off the engagement with Young Scrooge (Devin Walsh).

“A Christmas Carol” rehearsals of Scrooge (Bob Chaves) and the Ghost of Christmas Present (Tom Bethards).

end of the play we see him transform into a decent, caring human being. He just needed a big push in that direction,” he said.

James Senavitis plays the role of Bob Cratchit, who he compares to your neighbor who’s putting up Christmas decorations the day after Halloween. “He is the child in all of us that still races downstairs on Christmas day to see what is under the tree. He is a family man in the oldest fashion of the word ‘family.’”

He added: “What I hope the audience will take away from our ‘Christmas Carol’ is that, Christmas is about family. Family is why I wanted to do the show. I wanted to share a stage with my real-life wife (Aimee Meher-Homji) and

daughter (Arielle Senavitis).”

Erika Olander plays the role of Mrs. Cratchit, the wife of Bob Cratchit and mother of Tiny Tim. “I see her as a very strong and smart woman who could stretch her husband’s meager earnings to feed a family of eight. I’d also like to think she ‘wears the pants’ the family, even though it would be decades before women would wear actual pants!” she said.

She added: “My greatest challenge has been time management, by far. I am a full-time physician and had not done theater for many years due the demands of my work. After taking a new position with a clinic in Alexandria two days per week, I thought I’d take a look at the auditions for LTA. I

am so glad I did! I have been very busy, but performing is pure joy and a great stress relief.”

Kevin Broderick, who plays the roles of Jacob Marley, pawnbroker Joe and Poulterer, added: “I am very happy to be a part of this wonderful cast as we prepare 2019’s presentation of ‘A Christmas Carol.’ Our cast and crew is really drawing together as a team, and we’ve been working hard in our rehearsals to make this show everything it can be.”

Florence Ferraro added: “Like most of the people in this wonderful ensemble, I have multiple roles: a town beggar woman, a guest at Fezziwig’s Christmas party and the Ghost of Christmas Future. When I accepted the role of the

mysterious and typically completely shrouded Ghost of Christmas Future, I made sure that I would get to do a little dancing and cavorting with my castmates onstage; however, I was delighted to find that the Ghost of Christmas Future in this production will be played a bit differently. No spoiler-alert here. You will have to come to the show to see the changes!” The Little Theatre of Alexandria is presenting “A Christmas Carol” from Dec. 6-22, 2019. Show times are Wednesdays to Fridays at 8 p.m.; and Saturdays and Sundays at 3 and 6 p.m. Tickets are \$20. The venue is located at 600 Wolfe Street, Alexandria.

www.thelittletheatre.com.

## CALENDAR

FROM PAGE 9

### DEC 5-21

“Squeakers & Mr. Gumdrop.” At the Lab Theatre at Convergence, 1819 N. Quaker Lane, Alexandria. One snowy morning, Mr. Gumdrop prepares for his annual holiday party. When an unexpected and curious mouse

appears, Mr. Gumdrop’s routine is thrown for a loop. Can these two wildly different characters work together to get the holiday preparations done in time? This nonverbal production captures the magic of making new friends and sharing ideas to accomplish big goals. The show was written and directed by Arts on the Horizon members

Natalie Cutcher and Amanda Forstrom, was created for an audience of children ages 2-5. Show times are Dec. 5, 6, 10, 11, 12, 13, 17, 18, 19, and 20 at 10:30 a.m.; Dec. 7, 14 and 21 at 10 a.m. and 11:30 a.m. Tickets are \$10 for and can be purchased online at <http://www.artsonthehorizon.org> or at the door on the day of the performance.

### DEC. 6-7

**Holiday Pops Concert.** Dec. 6-7 at 7:30 p.m.; and 2 p.m. Saturday. At Convergence, 1801 N. Quaker Lane, Alexandria. Alexandria Singers ‘Celebrate!’ Holiday Pops Concert. Join the Alexandria Singers for their annual holiday pops concert weekend as they weave pop and jazz arrangements of traditional holiday

classics with new tunes that will instantly become your holiday favorites. Admission: \$25 premium reserved seating; \$20 general admission; \$15 for groups of 10+, seniors, military and students; free for children 5 and under. alexandriasingers.com

SEE CALENDAR, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM



# HOLIDAY ENTERTAINMENT

FROM PAGE 10

## DEC. 6-8

**Holiday Ceramics Sale.** Pop-up Shop Hours: Friday, noon – 8 p.m.; Saturday, 11 a.m. – 8 p.m.; Sunday, noon – 5 p.m. At 722 King Street (formerly Geranio's), Old Town Alexandria. This highly anticipated pop-up shop features hundreds of original works for every taste and budget, handmade by new and experienced artists in the ceramics program. Their one-of-a-kind vessels and sculptures make wonderful gifts that are sure to be appreciated and treasured for years to come. Some stained glass and jewelry items will also be on offer. Visit [www.theartleague.org](http://www.theartleague.org) or call 703-683-1780.

## SATURDAY/DEC. 7

**Used Book Sale.** 10 a.m.-4 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Selection of over 20,000 gently used books, including children's books, fiction, history, biography, home and garden, cooking, crafts, sports, religion, travel, CDs, DVDs, and more. Unless specially priced, \$1 for hard backs, 50 cents for large paperbacks, and 25 cents for mass market paperbacks. Visit [www.fairfaxcounty.gov/library/branches/friends-of-sherwood-regional](http://www.fairfaxcounty.gov/library/branches/friends-of-sherwood-regional).

**Soldier's Christmas Open House.** 12-4 p.m. At Carlyle House Historic Park, 121 N. Fairfax Street, Alexandria. After the Scottish Walk Parade, enter the museum gates and step back in time for a free open house in the spirit of the holiday

**Winter Wreath Workshop.** 1:30-3 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (15-Adult). Create a winter wreath to take home for your front door after Green Spring staff members demonstrate the dazzling possibilities. Greens, forms, ribbon and cones included in the supply fee. /Register online at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) (code 4D0.44B2) or call Green Spring Gardens at 703-642-5173. \$39 program fee plus \$25 supply fee.

**Scottish Country Dancing.** 2:30-4



**The Boat Parade of Lights will be held Saturday, Dec. 7 in Old Town Alexandria.**

## Boat Parade of Lights

Saturday/Dec. 7, Parade begins at 5:30 p.m.; Dockside festivities 2 to 8 p.m. At Waterfront Park, 1 King Street, Alexandria. Parade viewing areas: Founders Park (351 N. Union St.), Alexandria City Marina (0 Cameron St.), Waterfront Park (1 King St. and 1A Prince St.), Point Lumley Park (1 Duke St.), Shipyard/Harborside Park (1 Wilkes St.), Windmill Hill Park (501 S. Union St.) and Ford's Landing Park (99 Franklin St.). Admission: Free; \$ for food/drink and some activities. Visit [AlexandriaVA.com/boatparade](http://AlexandriaVA.com/boatparade)

Schedule in Old Town (2 to 8 p.m.)

- ❖ Holiday music and giveaways from 97.1 WASH-FM
- ❖ Letters to Santa postcard station from Penny Post
- ❖ Holiday ornament activity from AR Workshop Alexandria (2 to 4 p.m.)
- ❖ Bookmark making station from Old Town Books (4:30 to 8 p.m.)
- ❖ Torpedo Factory Art Center Holiday Festival
- ❖ Santa arrives by fireboat at the Alexandria City Marina (3:30 p.m.)

Alexandria Holiday Boat Parade of Lights begins (5:30 p.m.)

p.m. At The Athenaeum, 201 Prince Street, Alexandria. Free. The Royal Scottish Country Dance Society, Northern Virginia Branch, invites everyone to participate in a delightful afternoon of Scottish Country Dancing. Learn about this social dancing of Scotland, which dates back to the 1700s in villages of the Scottish Highlands. Everyone will dance to reel and jig tunes provided by fiddler Becky Ross, who will give participants the authentic sound of SCD.

**The Tudors.** 7 p.m. At Virginia

Theological Seminary, 3737 Seminary Road, Alexandria. In a new series of programs devoted to vocal polyphony, the Washington Bach Consort will transport you to 16th-century England with sacred motets of Tallis, Sheppard, Byrd, and others. Cost is \$35 (General) / \$10 (18 & Under). Visit the website: [www.bachconsort.org](http://www.bachconsort.org).

## DEC. 7-8

**Watercolor Exhibition, Sale.**

Saturday 4-7 p.m.; Sunday noon to 4  
SEE CALENDAR, PAGE 12



**The Scottish Christmas Walk Weekend includes a parade in Old Town Alexandria on Saturday, Dec. 7.**

## Scottish Christmas Walk Weekend

Friday-Saturday/Dec. 6-7, At various Old Town Alexandria locations. The Campagna Center presents the 49th Annual Scottish Christmas Walk Weekend and Parade. The parade is Dec. 7 at 11 a.m. and begins at St. Asaph and Wolfe Streets and concludes at Market Square with a massed band concert. Admission: Free for parade and Heather and Greens Sales; \$180-\$290 for Taste of Scotland; \$40 for Holiday Home Tours. In 1749, the City of Alexandria was officially established by three Scottish merchants and named after its original founder, John Alexander, also of Scottish descent. Through your support of the events of The Scottish Christmas Walk Weekend, you provide vital support to Campagna Center programs that serve more than 2,000 children, teens, and adults throughout the year. Visit the website: <https://www.campagnacenter.org/scottishwalkweekend>

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

**Mount Vernon Kiwanis**  
**Kiwanis**  
**64th Annual**  
**Christmas Tree Sale**  
**Sat, November 30 - December 22, 2019**  
*Weekdays 3 PM - 7 PM    Weekends 10 AM - 7 PM*

**All Fraser Fir Trees from Southwest VA/NC**

**100 % Profits for HS Scholarships and Local Charities i.e. United Community**

**All Garland and Wreaths made from VA Fraser Firs**

**100 % Profits for HS Scholarships and Local Charities i.e. United Community**

**The Magnificent Fraser Fir Tree**  
*Most Beautiful of all Christmas Trees*

**Belle View Shopping Center**  
**Belle View Boulevard and Ft Hunt Rd, Alexandria**  
*"like us on Facebook, Mount Vernon Kiwanis Club" Virginia*

**Food fit for a king on a family budget**

**DAILY FEATURES FOR EVERYONE!**

Monday - 1/2 Price Burger Night  
Tuesday - Kids 12 & under Eat Free with accompanying adult. 1 child per adult.  
Wednesday - Roast Turkey Special  
Thursday - Lasagna Night  
Friday - Fish Fry  
Saturday & Sunday - Full Brunch Buffet with Omelette Station

**734 North St. Asaph Street, Alexandria, VA 22314**

**Royal Restaurant** 703-548-1616  
ALEXANDRIA'S NEIGHBORHOOD RESTAURANT • SINCE 1964 [RoyalRestaurantVA.com](http://RoyalRestaurantVA.com)



# HOLIDAY ENTERTAINMENT



**The 25th Anniversary First Night in Old Town Alexandria takes place Tuesday, Dec. 31.**

## First Night in Alexandria

Tuesday/Dec. 31, 6 p.m. to 1 a.m. At venues throughout Old Town Alexandria. This 25th Anniversary Celebration is the largest New Year's Eve party in the D.C. region that is safe and fun for the entire family and culminates with a fantastic fireworks finale over the Potomac River at midnight. Kids Karnivals: 6 to 9 p.m. at four warm indoor venues in Old Town, Del Ray and the West End. Live Entertainment: 7 p.m. to 11 p.m. at warm indoor venues throughout Old Town Alexandria. Rockin' on the River: 10 p.m. to 1 a.m. at Waterfront Park, 1 King St., Alexandria. Midnight fireworks: Potomac River at the foot of King St., Alexandria. All Access Admission: \$25 through November 30, 2019; \$30 December 1-30, 2019; \$35 December 31, 2019; Kids Carnival is \$5 for children ages 2-12 and free for parents and infants. Call 703-963-3755 or visit [firstnightalexandria.org](http://firstnightalexandria.org).

## CALENDAR

FROM PAGE 11

p.m. At Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Local artists exhibit and offer for sale original watercolors.

### SUNDAY/DEC. 8

**Season's Treatings.** Two seatings, one from 10-11:30 a.m. and another from 1-2:30 p.m. At Durant Arts Center, 1100 Wythe Street, #25334, Alexandria. Come and celebrate the season - and help raise money to support UpCycle Creative Reuse Center. Tickets include a pre-made gingerbread house, frosting and unlimited access to the expansive candy buffet. Unlimited numbers of supervising adults are welcome. \$25. [www.upcyclecra.org/events.html](http://www.upcyclecra.org/events.html)

**Del Ray Art Show.** Noon to 6 p.m. At Stephen Lally Studio, 8 East Howell Ave., Alexandria. The 6th Annual Del Ray Holiday Sale/Show, 1-day studio show of work from seven artists (glass mosaics, fine jewelry, woodfired pottery, turned pens, paper mache masks, upcycle bags/scarves, and gourmet dog treats). Free. [www.stephenlallypottery.com](http://www.stephenlallypottery.com)

**Gardeners' Holiday Open House.** Noon to 4 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. Treat yourself to a day of holiday fun featuring decorations and seasonal displays, live music and a puppet show at the "Gardeners' Holiday Open House." Shop for holiday breads and ornaments and enjoy free refreshments, too. For the kids, don't miss the "Gardeners' Holiday Puppet Show" — a holiday presentation performed by a

professional puppet troupe. Shows run from 1 to 1:45 p.m. and again from 3 to 3:45 p.m. The puppet show is \$5 per person for audience members ages 2 to adult. Register in advance if you want to see one of the shows. Call 703-642-5173 or visit [www.fairfaxcounty.gov/parks/green-spring](http://www.fairfaxcounty.gov/parks/green-spring).

### Washington Metropolitan

**Philharmonic.** 3-5 p.m. At George Washington Masonic National Memorial, 101 Callahan Drive, Alexandria. Join WMP for delightful musical treats during the holiday season performing Vaughan Williams's version of Greensleeves with flutist Lynn Ann Zimmerman-Bell and Heidi Sturniolo on harp. Concertmaster Tim Kidder solos in Lukas Foss's melodious Three American Pieces, orchestrated by Foss for Itzhak Perlman. Principal tubist Karl Hovey explores Richard Strauss' romantic Horn Concerto, playing it on the tuba. Discover how Stravinsky evokes the world of commedia dell'arte clowns in Pulcinella. The concert operates with festive holiday selections from the Great American Song Book performed by soprano Elizabeth Kluegel. Cost: \$25; 18 and under free. [www.wmpamusic.org](http://www.wmpamusic.org)

**Folk Songs Concert.** 3-5 p.m. At Carl Sandburg Middle School, 8428 Fort Hunt Road, Alexandria. The National Concert Band of America will perform "Folk Songs Reimagined: Music from Around the World." Traditional Eastern European Jewish dances and folk songs from England, Japan and the United States will be



**A Watercolor Exhibition and Sale will be held Dec. 7-8 at Hollin Hall Senior Center in Alexandria.**

## Watercolor Exhibition

Dec. 7-8. **Watercolor Exhibition, Sale.** Saturday 4-7 p.m.; Sunday noon to 4 p.m. At Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Local artists exhibit and offer for sale original watercolors. Many of the artists have displayed their work in venues throughout the District, Maryland and Virginia.

free to students 18 and under. [www.saintlukeschurch.net/events](http://www.saintlukeschurch.net/events)

### MONDAY/DEC. 9

**Author Talk: Nancy Noyes Silcox.** 7 p.m. At Beatley Central Library, 5005 Duke Street, Alexandria. Join local author Nancy Noyes Silcox as she discusses her book, "Samuel Wilbert Tucker: The Story of a Civil Rights Trailblazer and the 1939 Alexandria Library Sit-In." Copies of the book will be available for purchase and signing.

### TUESDAY/DEC. 10

**Alexandria Police Foundation Fundraiser.** 6:30-10 p.m. At The Little Theatre of Alexandria, 600 Wolfe Street, Alexandria. Fundraiser helps support the COPS, Kids and K9 programs with the Alexandria Police Department. It will include a pre-show reception, raffle items and a performance of "A Christmas Carol." Tickets are \$40/adults; \$25/kids 16 and under. Tickets include show and pre-show reception. Email: Ginny Obranovich at [gabby@alexandriapolicefoundation.org](mailto:gabby@alexandriapolicefoundation.org) or call 703-746-1909.

**Alexandria Harmonizers Carol Crawl.** 7-9 p.m. Beginning at Market Square and ending in front of Chadwicks in Alexandria. Come hear the Harmonizers' annual Carol Crawl through Old Town Alexandria, as they stop to sing Christmas carols in various establishments along King Street, from Market Square to the waterfront, and end up at Chadwicks. Visit the website: [www.harmonizers.org](http://www.harmonizers.org)



**A Nature Collage Workshop will take place on Dec. 13 at River Farm in Alexandria.**

## Nature Collage Workshop

Friday/Dec. 13, 10 a.m. to noon. At River Farm, 7931 East Boulevard Drive, Alexandria. Local artist/author Kathryn Coneway will lead a nature collage-making workshop. Participants will create an accordion book of collage images using translucent mulberry paper. Cost: \$65 AHS members; \$75 non-members. Info and registration: <https://bit.ly/2Xsayvn>

featured. Free. Visit the website: [www.nationalconcertband.org](http://www.nationalconcertband.org)  
**Concert at St. Luke's.** 5 p.m. At St. Luke's Episcopal Church, 8009 Fort Hunt Road, Alexandria. Words & Music will return and present a candlelight concert "Star of the Morning". Through readings and

exquisite music, they celebrate the diversity of holiday traditions and seasonal observances from around the world. They perform both traditional and newly commissioned compositions in the vocal chamber music repertoire. A reception will follow. Cost is \$20 Adult; \$15 Senior;



## WELLBEING

# Maintaining Peace on Earth (and at Home)

Preserving your family's wellbeing during the holidays.

BY MARILYN CAMPBELL  
THE CONNECTION

For many, December will be filled with sugar-laden holiday parties, lengthy-shopping trips and long lines for a chance to sit on Santa's lap. For families that thrive on routine, holiday merriment can lead to schedule disruptions that throw a family's rhythm into disarray. Maintaining the wellbeing of both parents and children during the season takes a bit of advanced planning.

"Children, just like adults, need both energetic time and rest time embedded throughout the day," said psychologist Carolyn Lorente, Ph.D. of Northern Virginia Community College and Belle Point Wellness Center. "During the holidays, this natural rhythm can easily get disrupted."

Keep the holidays in the proper perspective and remember that the season is for a finite period of time and one's normal routine will be restored, says therapist Carol Barnaby, LCSW-C "The biggest stress that people often have is feeling that they are being judged by others if their children are having a hard time. I tell my patients to focus on the things that they can control and remember, other people have once been in their shoes."

Providing opportunities for an emotional outlet can help with mood stabilization. "Make sure that [children] have enough outdoor play paired with quiet down time throughout their day," said Lorente. "Model for them how to find a quiet space to retreat to when things start to heat up."

When parents are able to exhibit a sense of tranquility during a period of chaos, children often mimic this emotional response. "Remain calm and stay patient," added Joanne Bagshaw, PhD Professor of Psychology Montgomery College. "Emotions are contagious, and your ability to remain calm under pressure is great role modeling for young children and can help prevent strong emotions from escalating."

When in new and unfamiliar social settings, some children need more time than others to adjust to the social demands, says Lorente. "Know your child," she said. "Some will make these transitions quite easily while many will find this challenging. Remember that our first job is to teach. And children learn best by watching how we handle the stressors of the season."

In fact, reflecting on a child's temperament can



PHOTO BY MARILYN CAMPBELL

**The merriment of the holidays can disrupt a family's sense of wellbeing.**

**"The biggest stress that people often have is feeling that they are being judged by others if their children are having a hard time. I tell my patients to focus on the things that they can control and remember, other people have once been in their shoes."**

— Carol Barnaby, LCSW-C

serve as a guide for parents as they navigate the impact of a disrupted schedule. "This is a time to go with what you know about your child," said psychologist Stacie Isenberg Psy. D. "Some kids can push bedtime and sugar every so often, with little to no negative effects. If this describes your child, stay later than usual and enjoy the special occasion. If this is not your child, you and your child are likely to become miserable by pushing the limits that night and very likely the next day or maybe two,"

Returning to normalcy as often as possible can preserve a family's wellbeing during the holiday season, suggests Jerome Short, Ph.D., professor of psychology at George Mason University. "Maintain household routines leading up to holiday events, such as regular meal, play, and bed times for children," he said. "Plenty of sleep, including naps, helps children with their attention spans, mood regulation, and self-control of their

behaviors."

"Put limits around bedtime and sugar consumption that match your child's physiological and emotional abilities and you'll all have the best experience," added Isenberg.

Nutrition plays a role in mood and behavior especially during the holidays. "Keep some protein heavy snacks handy, like cheese sticks, or nuts if your child doesn't have allergies," said Bagshaw. "Snacks filled with protein can help stabilize blood sugar, and young children's moods."

Explaining to a child what they can expect at holiday event can mitigate meltdowns. "Make a plan with your partner and set realistic expectations on how long you will stay at events," said Barnaby. "This is often the best thing couples can do to manage stress and frustration that leads to conflict. Take turns in managing the children so that each of you can have some fun."

**CLASSIFIED**  
WWW.CONNECTIONNEWSPAPERS.COM  
TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

**CALENDAR**

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**Let us know about an upcoming event**

connectionnewspapers.com/Calendar

**Employment**

**Forget Daily Commuting**

Print and digital media sales consultant for area's most popular and trusted local news source

Manage your own hours from home  
Enjoy flexible schedule plus no daily commute  
Help local businesses grow  
Unique opportunity to be a voice in your community  
Competitive compensation

Call Jerry Vernon  
**703-549-0004**  
Connection Newspapers & Digital Media  
Trusted Connection to Local Communities

**Obituary**

**Obituary**

On November 7, **Edward Abramson, 79**, passed away peacefully in his home, surrounded by his family.

Edward grew up in Alexandria, Virginia, a town he loved and called home for most of his life. After returning from college and medical school (University of Pennsylvania and University of Virginia), he returned to Alexandria, eventually moving back into his childhood home. His father, Alfred Abramson, built the home and practiced medicine there. Edward followed in his footsteps, practicing Urology for over 40 years. He worked in the practice Alexandria Urological and performed surgery at Alexandria, Mt. Vernon and the former Circle Terrace Hospitals. Medicine and the care of his patients was truly Edward's calling and passion.

When he wasn't practicing medicine, Edward was a devoted husband to his wife, Lynn and father to his daughter, Lauren. He would also joke he had a son, Blizzard; a testament to his life-long love of dogs, specifically, Golden Retrievers.

He is survived by his wife, Lynn, daughter Lauren (Brigitte), sister Karen Cantor (David), nephews Brian Cantor (Kristen) and Neil Cantor (Shari) and great-nephews Coby, Nathan and Zach.

**Announcements**

**Announcements**

**The BIGGEST Craft Show at Expo Center EVER**

**OVER 300 CRAFTERS!**

**FREDERICKSBURG Holiday Craft SHOW**

**USE THIS COUPON FOR \$1 OFF AT DOOR OR Use Promo code: holiday19 Online and SAVE \$2**  
Not Valid with Special \$5 Friday Senior Ticket

**Fredericksburg Expo Center**  
Fredericksburg, VA • Exit 130B I-95  
FredericksburgExpoCenter.com

**HOURS**  
Fri, Dec 6: 10 am - 6 pm  
Sat, Dec 7: 10 am - 6 pm  
Sun, Dec 8: 11 am - 4 pm

**ADMISSION**  
Tickets are Good all 3 days  
Adult At Door: \$8, Online: \$7\*,  
Senior at Door (60+): \$7, Online \$6\*  
FRIDAY ONLY SENIOR at DOOR: \$5  
Kids 12 & Under Free, \*processing fee

**FREDERICKSBURGHOLIDAYCRAFTSHOW.COM**

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.  
-Werner Heisenberg



## False Sense of Security



By KENNETH B. LOURIE

I never want to look a gift-oncologist in the mouth or take a "stable"-type CT scan with a grain of salt, however; self-preservation is a funny instinct. It can change from day to day (heck, even hour to hour) and dominate your pre-occupation or intrude your thinking not at all. You can rationalize away the good, bad or indifferent (results) or irrationalize away the less-than-expected or the more-than-anticipated. Results from lab work and/or diagnostic scans are the axis on which your entire life revolves. You either roll with the punches or you get knocked down by them. For a cancer patient, the punches often keep coming.

The punches thrown in my direction occur bi-weekly when I have my pre-immunotherapy lab work for my every-other Friday 30-minute opdivo infusion. (Although the actual lab work and even the infusion is more of a jab.) The left hook/right cross combination occurs quarterly. That's when I slide through the computerized tomography scan and wait for results (as I had been for most of the last week). Since I have generally been asymptomatic - other than for miscellaneous side effects from the various medicines with which I've been infused, the tale of the tape, to continue the boxing references, happens when my oncologist emails the radiologist's report to me with a brief sentence summary: "a little worse" (this time), "stable," or something less discouraging that needs to be discussed at our next face-to-face appointment which generally is scheduled a week or so after the previous week's scan.

Regardless of what these mostly cryptic emails have said, until I hear exactly what my oncologist says, I am neither too high or too low. Granted, hearing "stable" is extremely encouraging whereas "a little worse, not so much. Nevertheless, the fight goes on. Cancer treatment is a series of actions and reactions (punches and counter punches, you might even say) so depending on how one's body reacts, determines what action is recommended. I am living proof, literally. Over my nearly 11 years of treatment, I have been infused with upwards of a dozen different medicines. Once one treatment loses its luster, we change to another hoping it will be more effective, and so on. It's science, not arithmetic. As such, any guarantees left the building with Elvis.

Being a cancer patient is not for everybody. One has to make the most of the least. It's easy to let the hard facts make you soft. Unless you find a way to be up, the cancer will take you down. Somehow, even when it's doing the worst to you, you have to be at your best. Being positive generates positivity in return. When I look at people, I try to smile so that they'll smile back (I'm being selfish, really). Do you remember George Costanza describing the look of disappointment on his mother's face when he told her he wanted to play the accordion? Like that, only the complete opposite.

When I interact with people, I don't want them to feel "poor, poor, pitiful me" to quote Warren Zevon from his song first sung in 1976. And I don't want them to see cancer either. I want them to see everything about me. I may be diagnosed with a terminal form of cancer: stage IV, non-small cell lung cancer, but I don't want to be defined by it. Just because I'm living with cancer doesn't mean it's who I am. It's what I have, that's all.

And what reminds most me that I have cancer and what challenges my reactions to it more than anything, is when I have these quarterly CT scans (and the annual MRI, too). As much as I try to fend off the possible effect on my mortality (my true sense of insecurity), I'd be lying if I said I was always successful. In truth, I'm always worried about it. How could I not be? I guess I'm not quite ready to throw in the towel. I suppose that means, regardless of what my oncologist says at our next meeting, I'm still ready to live and fight another day.

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

# BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

<b>LANDSCAPING</b> <b>A&amp;S CONSTRUCTION</b> SOD, Mulch, Clean-Up Leaf Removal Hauling. <b>703-863-7465</b>		Good is not good, where better is expected. -Thomas Fuller	
<b>ELECTRICAL</b> <b>K &amp; D ELECTRIC</b> COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...		<b>ELECTRICAL</b> Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com	
<b>GUTTER</b> <b>GUTTER CLEANING</b> Gutters and Downspouts Cleaned Small Repairs • Gutter Guards <b>PINNACLE SERVICES</b> Lic/Ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		<b>GUTTER</b>	
<b>A&amp;S Landscaping</b> <ul style="list-style-type: none"> <li>• All Concrete work</li> <li>• Retaining Walls • Patios</li> <li>• Decks • Porches (incl. screened) • Erosion &amp; Grading Solutions</li> <li>• French Drains • Sump Pumps</li> <li>• Driveway Asphalt Sealing</li> </ul> <b>703-863-7465</b> LICENSED Serving All of N. Virginia			
<b>RN. CONTRACTORS, INC.</b> Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com			
<b>LANDSCAPING</b> <b>Patios &amp; Drainage</b> Your neighborhood company since 1987 <b>703-772-0500</b>		<b>LANDSCAPING</b> <b>Quality Tree Service &amp; Landscaping</b> Reasonable prices. Licensed & insured. <b>Winter Cleanup...</b> Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates <b>703-868-5358</b> <b>24 Hour Emergency Tree Service</b>	
<b>IMPROVEMENTS</b> <b>TILE / MARBLE</b> <b>BATHROOM REMODELING</b> by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com <b>703-250-2872</b> Licensed • Bonded • Insured			
<b>Improvements</b> <b>Power Washing</b> Free Estimates <b>HOUSES FROM \$140</b> <b>TOWNHOUSES FROM \$99</b> Go from green to clean houses. We clean houses, decks, sidewalks, patios and other surfaces. We also welcome small drywall jobs. LICENSED & INSURED <b>703-987-5096</b> email: jnave@comcast.net			
Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers <b>THE CONNECTION</b> Newspapers & Online The Connection to Your Community www.connectionnewspapers.com			
An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg			

## Spiegel

FROM PAGE 7

Monahan, the Acting Chief of the U.S. Park Police. Among the questions he was asked were some concerning actions of the Park Police who were involved in the death of Bijan Ghaisar. Since the internal investigation is underway and State prosecution may be considered, he was unable to provide any detailed comments. At the request of an audience member, a moment of silence was given in memory of Mr. Ghaisar. Mr. Monahan detailed enhanced enforcement that has been undertaken over the past several months which he explained has resulted in a 35% reduction of accidents.

From the start of this process, my view has been that the solution to the safety issues is two-fold: (1) Enhance pavement markings on either side of the Alexandria Avenue stone bridge to eliminate incidents in which trucks and buses impact the bridge. This can also include narrowing to one lane on either side, eliminating the right hand lanes in each direction so that all traffic travels through the bridge at its greatest clearance. (2) Increase enforcement of existing traffic laws. We all know that there is typically only one patrol car patrolling the Parkway from Old Town to Mount Vernon. Once we pass the patrol car going the other way, speeds dramatically increase. Adding more patrol cars and increasing enforcement through use of speed measuring devices will educate the public that there is more than one patrol car that may be encountered. As a result, speeds should reduce.

Under no circumstances should speed cameras be employed. We cannot lose sight of the fact that we live in an area frequented by tourists. We don't want tourists to visit our community and then return home to find a speed camera ticket in their mailbox. Speed enforcement must be overt. If someone is speeding on the Parkway, the Park Police need to pull them over and give them a ticket then and there. It appears, based upon the comments of Acting Chief Monahan, that enhanced enforcement is bearing fruit. Good news.

There is no need to over complicate what needs to be done. Two more things: First, I note that the studies prepared to date do not address the exit to Boulevard Drive East just north of Wellington Road. Motorists turning left onto that exit in the southbound direction create a traffic hazard that needs to be addressed. Second, the materials provided do not separately break out accident statistics for the stone bridge. Those statistics would be helpful in driving enhanced paving markings on either side of the bridge. Thank you to Superintendent Cuvelier for holding the meeting.

Jay Spiegel  
Mount Vernon

## Legislative Drafting

FROM PAGE 6

to transportation, and even to college students. I am introducing a bill this year to require that all absentee mail-in ballots include prepaid postage on the return envelopes. Sixteen other states currently provide voters prepaid return postage for mailed-in ballots.

Please stay in touch by sending me an email at DelPKrizek@House.Virginia.Gov.



# SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3 TIRES AND GET THE 4TH FOR \$1**



See Service Advisor for details.

**GOT TIRES?**

INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY INSPECTION.

**BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 1/31/20.

**CHECK ENGINE LIGHT DIAGNOSIS**

**NO CHARGE**

INITIAL DIAGNOSIS

WE WILL RETRIEVE VEHICLE CODES & GIVE YOU AN ESTIMATE OF REPAIR COSTS.



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 1/31/20.

*Jack Taylor's*  
**ALEXANDRIA TOYOTA**

3750 Richmond Hwy • Alexandria, VA 22305



**SAFETY FIRST ALWAYS!**  
Have Your Vehicle Checked for Open Campaigns/Recalls  
Recall Hotline: **703-684-0710**

**SERVICE & PARTS DEPT HOURS:**  
Monday - Friday, 6:00am to 7:00pm  
Saturday, 7:00am to 5:00pm

**YOU HAVE SATURDAY OFF. THAT'S EXACTLY WHY WE DON'T!**

**ToyotaCare Customers**  
Don't Forget Your **FREE** Service.  
5,000 • 10,000 • 15,000 • 20,000 • 25,000  
**NOW AVAILABLE** Mile Services  
Call your ASM for details  
**ToyotaCare Plus \$329<sup>00</sup>**  
Covers up to 4 years/45,000 miles

**ALIGNMENT SPECIAL**  
**\$69<sup>95</sup>**

Your car's alignment suffers, and can cause uneven tire wear and steering problems.  
**INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 1/31/20.

**SIGHT LINE WIPER BLADES**  
**BUY 1 GET 1 FREE**  
Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 1/31/20.

**FREE BATTERY CHECK-UP**  
Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 1/31/20.

**BRAKE SPECIAL**  
**\$79<sup>95</sup>**

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.  
**MACHINE ROTORS ADDITIONAL**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 1/31/20.

**NEW HOURS SPECIAL!**  
**DROP OFF YOUR VEHICLE BETWEEN 6AM & 7AM**  
**WITH A SCHEDULED APPOINTMENT & RECEIVE 12% OFF ANY ONE REPAIR.**

MAXIMUM DISCOUNT, \$150  
NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 1/31/20.

*Jack Taylor's*  
**ALEXANDRIA TOYOTA**

©SMS Productions, Inc. 1-800-289-7671 #201911022

**BG VITAL FLUID SERVICE**  
**10% OFF** YOUR FIRST SERVICE  
**15% OFF** YOUR SECOND SERVICE  
Power Steering • Automatic Transmission • Brake System

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 1/31/20.

**TRUESTART™ BATTERIES**

**SPECIAL OFFER \$129<sup>95</sup>**  
INCLUDES BATTERY INSTALLATION  
Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance.  
Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 1/31/20.

CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**





# CHRIS WHITE

**73 Homes SOLD in 2018!**

*Now is the time to call Chris & Peggy White!*

*Leading the Area in Real Estate. **SOLD!!!***



**9227 Allwood Dr  
\$598,500**

Absolutely pristine condition - all the work has been done! Ready for you to move-in! Numerous special features: updated kitchen with granite countertops, bright wood cabinets, & stainless appliances. Updated baths, great room with cathedral ceiling and fireplace, extensive recessed lighting, hardwood floors & covered parking. Magnificent setting on fenced half acre lot nestled in the heart of Mt. Vernon. Nothing like it in this price range!

**OPEN SUNDAY 1-4PM!**



**4329 Tarpon Ln  
\$635,000**

One of Yacht Haven Estates most admired properties is now available! Absolutely gorgeous home and grounds widely regarded as one of the communities most meticulously maintained properties! Features include: gorgeous hardwood floors, thermal replacement windows, heat, hot water, fireplace, and cooking are all natural gas. Recently installed vinyl siding and exterior doors including garage door. Custom 2 tier deck with access from Master Bedroom and main level lead to brick patio overlooking magnificent large rear grounds. Gigantic rear yard with shed is a gardeners dream. Rare opportunity to find such a meticulously maintained turn key home!

**OPEN SUNDAY 1-4PM!**



**9335 Brambly Ln  
\$749,500**

Spacious updated home on absolutely gorgeous .80 acre grounds. Open floor plan and large windows capitalize on surrounding natural beauty and privacy provided by its magnificent setting. The home has been substantially updated and its special features include: large room sizes, replacement thermal windows, hardwood floors, elegant trim detail, upgraded master suite, and Kitchen with granite counter tops, stainless appliances, and gas cooking. True oversized 2 car garage. Custom brick & stone patios/walk ways to enhance the beautiful private natural setting. Amazing home and grounds locate at the end of a quiet cul-de-sac for exceptionally attractive price!

**JUST LISTED!**



**9346 Mt. Vernon Circle  
\$850,000**

Unique three level colonial with stately columned front portico, reminiscent of the neighboring Mt. Vernon Estate. The interior presents exceptionally large room sizes and excellent floor plan. Amazing opportunity to customize to make this home truly your own! Additional special features include: gorgeous stained hardwood floors, "Marvin" replacement windows, 2 fireplaces, newer gas heat and hot water heater, true oversized two car garage, large deck off family room overlooks private rear grounds. Walk to nearby marina & community waterfront area. Mt. Vernon on the Potomac is the only community in the area with these facilities for the exclusive use of its residence!

**JUST LISTED!**



**4112 Ferry Landing Rd  
\$833,900**

Absolutely the most house for the money in prime Mt. Vernon location! Exceptionally spacious approx 5,000 sq ft colonial at end of quiet lane in the heart of Mt. Vernon. This home was custom built in 2003 for its only owner and is loaded with upgraded items and amenities. Special features include: dramatic 2 story entry foyer, open floor plan with spacious kitchen/family room combination, spectacular bright main level sun room, 4 BR's and 3 full baths on upper level, huge finished lower level with rec room, guest room, and full bath. Amazing outdoor scene includes: private back yard with oversize custom stone patio & hot tub. Unique combination of size, custom features, & location compare favorably to properties selling for substantially

**JUST LISTED!**



**4116 Ferry Landing Rd  
\$910,000**

Truly stunning property! Almost 5,000 luxuriously finished square feet built in 2011 by Brookfield Homes. This "Waverly Model" contains virtually every modern amenity and is loaded with custom upgrades. Special features include: 4 finished levels, spectacular open floor plan, high ceilings, custom Chef's kitchen, upgraded trim details, hardwood floors, 6 Bedrooms with huge master suite, finished lower level with bedroom, full bath, fireplace, bar and walk out stairs. No expense was spared on exterior hardscaping with custom deck & stone patio with fireplace as well as children's playground. Combination of size, custom features and prime location impossible to duplicate for under \$1 Million. One of a kind opportunity!

**VIRTUALLY NEW!**



**4296 Neitzey Pl  
\$1,776,000**

Truly spectacular estate in premier setting near the river in prestigious Oxford on the Potomac. Custom home capitalizes on its location with soaring high ceilings, glass walls and multi-level decks designed to capture sweeping views of the river & adjoining wooded areas. Special features include: multi-story entry foyer, grand room sizes, elegant interior finishes, elevator, truly breathtaking master suite with dramatic river views, and his & hers private baths. Nothing was spared in creating this unique, one of a kind masterpiece!

**POTOMAC RIVER VIEWS!**



**4401 Ferry Landing Rd  
\$568,950**

**SOLD!**  
Most house for the \$ in fabulous Yacht Haven Estates! Classic Mid-Century charm. Features: open floor plan, large room sizes and expansive walls of glass to bring the natural beauty of the grounds to every corner of the home. Exceptionally spacious with two full finished levels, 4 BR's, 3 Full BA's, 2 FP's, all glass thermal replacement windows, gorgeous .5 acre lot, walk to river and MV Yacht Club

**ONE LEVEL LIVING!**



**4313 Neptune Dr  
\$645,000**

**SOLD!**  
Character abounds in this fabulous new Yacht Haven listing. Premier setting on beautifully landscaped half acre grounds in the heart of one of Mt. Vernon's leading water front communities. The home has been lovingly maintained by long term owner and has many significant updates including replacement thermal windows. Other special features include: gorgeous refinished hardwood floors on two main levels, large sun room and screen porch, master bedroom with private balcony, finished basement, attractive front porch, and garage parking. Amazing outdoor scene with large screen porch and oversized deck overlooking beautiful private grounds. Walk to nearby Mt. Vernon Yacht Club.

**CONTRACT IN 1ST WEEKEND!**



**3717 Carriage House Ct  
\$889,000**

**SOLD!**  
Uniquely spectacular property in prestigious Riverwood community. One of the area's premier communities, bordering Mt. Vernon Estate on one side and the Potomac river on the other! No expense spared in updating & expanding the residence resulting in an incredibly dramatic property! Major additions include a truly spectacular great room featuring soaring cathedral ceiling, 6 sky lights, floor to ceiling "Andersen" windows, gas fireplace, and custom 8 ft "Andersen" glass doors. Other special features include: sun room, family room off kitchen, four large bedrooms on upper level, finished lower level, and true oversized 2 car garage. Stunning 37 x 25 ft custom deck overlooks beautifully manicured grounds. A truly special property!

**RIVERWOOD GEM!**



**4749 Neptune Dr  
\$995,000**

**SOLD!**  
Significant price adjustment! A true estate caliber property! Spacious custom home nestled on beautifully manicured 3/4 acre grounds near river in prestigious Yacht Haven Estates! Home was carefully crafted with extensive covered verandas and elevated decks to capitalize on the privacy and serenity provided by gorgeous large wooded and lush environment. The home's special featured include: 3 beautifully finished levels, 5 Bedrooms, stately living and dining rooms, large family room with fireplace, and stunning custom chef's kitchen. Numerous glass doors lead from major rooms to outside verandas. (ideal for entertaining!) Lot is large enough to accommodate spacious custom pool + extensive grassy area. Unique property providing character & graciousness that would be very difficult to

**INCREDIBLE GROUNDS!**



**9316 Old Mansion Rd  
\$950,000**

**SOLD!**  
Totally unique location. One of the few area properties that provides direct Potomac river views. Enjoy the same sweeping river views that George Washington did from Mt. Vernon Estate which is just upriver from this special property! Other special features include: beautifully manicured grounds backing to private parkland with community path leading to river. The home is an attractive three level colonial featuring 3 levels, 4 bedrooms on upper level, bright white kitchen, two car garage, walk out lower level and large deck providing elevated private views of woods and river. A true natural wonderland!

**POTOMAC RIVER VIEWS!**



**CHRIS WHITE 703.283.9028**

[www.chrisandpeggywhite.com](http://www.chrisandpeggywhite.com)

[chris.white@longandfoster.com](mailto:chris.white@longandfoster.com)

Alexandria/Old Town Historic - 400 King Street, Alexandria, VA 22314

