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# The Pandemic Election

## Virginia voters support Biden, Warner and a new redistricting commission.

BY MICHAEL LEE POPE  
GAZETTE PACKET

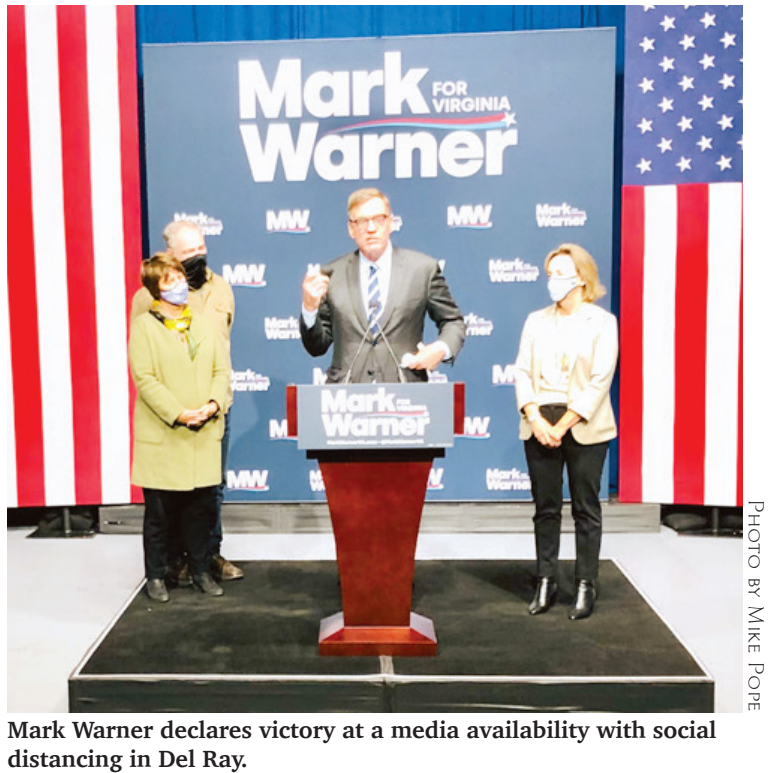
Twenty years ago, Virginia was a red state. Republicans scored Virginia's electoral votes in every presidential election since LBJ was reelected in 1964. Republicans held both U.S. Senate seats. The Grand Old Party had all the statewide offices, a majority of the congressional delegation and both chambers of the General Assembly. That was the environment when Mark Warner and Tim Kaine, both Democrats, ran for governor and lieutenant governor.

"Over the last 20 years, we've engineered the biggest political turnaround in the United States of any of the 50 states," said Sen. Tim Kaine as he watched voting totals on election night. "Partly it's our population. Partly it's Democrats in Virginia. We govern in a way that we're practical progressives. We're solving people's problems, and that's a good model."

The 2020 presidential election has yet to be resolved. But Virginia is now a solidly blue state, delivering 13 electoral votes to Joe Biden and handing Mark Warner a third term in the United States Senate. Election officials will continue receiving mail-in votes until Friday at noon, although the results of all the key races have already been determined. One result that is clear, though, is the success of a constitutional amendment creating a new 16-member redistricting commission to draw political boundaries for the General Assembly and Congress.

"Tonight is historic," declared FairMapsVA executive director Brian Cannon and campaign co-chairs Wyatt Durrette and Bobby Vassar. "Virginia has now become the first state in the South to create a bipartisan redistricting commission

Alexandria Unofficial Results		
<b>PRESIDENT</b>		
<b>Joe Biden:</b>	65,000 votes,	80 percent
<b>Donald Trump:</b>	14,000 votes,	18 percent
<b>SENATE</b>		
<b>Mark Warner:</b>	64,000 votes,	79 percent
<b>Daniel Gade:</b>	16,000 votes,	20 percent
<b>HOUSE DISTRICT 8</b>		
<b>Don Beyer:</b>	63,000 votes,	79 percent
<b>Jeff Jordan:</b>	17,000 votes,	21 percent
<b>AMENDMENT 1 (redistricting)</b>		
<b>Yes:</b>	46,000 votes,	61 percent
<b>No:</b>	30,000 votes,	39 percent
<b>AMENDMENT 2</b>		
<b>Yes:</b>	62,000 votes,	80 percent
<b>No:</b>	15,000 votes,	20 percent
<small>SOURCE: Votes cast in Fairfax County only. Congressional Districts inSource: City of Alexandria. Includes votes cast in the city only.</small>		



Mark Warner declares victory at a media availability with social distancing in Del Ray.

to draw electoral district lines."

**AT THE TOP** of the ticket, Warner scored a solid victory against Republican Daniel Gade although Biden had more votes and a larger margin of victory. Appearing at his campaign headquarters in Del Ray, Warner called on Republicans and Democrats to put the divisive campaign in the past and look ahead to surviving the health risks posed by the pandemic and the economic uncertainty caused by the downturn.

"The only way we're going to be able to defeat that and truly build

**"The only way we're going to be able to defeat that and truly build back better is if Americans become united. That means ending the kind of attack rhetoric and mean-spiritedness that too often has infected our political discourse."**

— Sen. Mark Warner

back better is if Americans become united," said Warner, speaking to a room of journalists and staffers. "That means ending the kind of attack rhetoric and mean-spiritedness that too often has infected our political discourse."

For now, though, the political

discourse remains at a fever pitch. At press time, the presidential election is unresolved. Two hotly contested congressional seats in Virginia are too close to call. And lawyers are preparing for a season of legal challenges and trench warfare in the courts challenging state election laws on signature matches and late-arriving mail-in absentee ballots. Nevertheless, Republicans are facing an uncertain future in a state that has gone from ruby red to deep blue.

"They have to denounce Trumpism," said former Republican Del.

David Ramadan (R-87), who is now at the Schar School of Policy and Government at George Mason University.

"They have to denounce white supremacy and go back to the basics of conservative principles versus winking at white supremacy and nationalism."

**FOR VIRGINIA**, the most important result of the election might end up being the amendment creating the new constitutional amendment. It was an issue that split Democrats in Virginia, with Senate Democrats supporting the amendment and House Democrats mostly in opposition. FairMapsVA, which supported the amendment, raised more than \$2 million to support the ballot initiative. Fair Districts, which opposed the amendment, accused the campaign of using big money donors to tilt the outcome.

SEE THE PANDEMIC, PAGE 3



# The Fall Market is Still Hot!



## JUST LISTED

5904 Mount Eagle Drive #712  
Montebello

Bright and spacious, well maintained one bedroom B model with Fall and Winter views of the Potomac River from the glassed-in balcony. Marble entry, refinished floors, fresh neutral paint and new light fixtures. Lovely gated community. Offered at \$259,000.



## FOR RENT

621 Wythe Street  
Old Town

Fun apartment above The Italian Place in Old Town! Super cute, bright and sunny with large south facing windows and skylights. Updated kitchen, washer/dryer in unit, striking wood-burning fireplace with built-ins in living room. Rent includes all utilities! \$1,895/month.



## UNDER CONTRACT

2224 N. Trenton Street  
Arlington

Lovely renovated four-bedroom, three-bath home, kitchen renovation (2014) opens to family room addition that looks over the patio. Wood floors on the main level. Offered at \$1,229,000.



## SOLD

803 N. Howard Street #443  
The Plaza

Top floor, two-bedroom, two-bath unit featuring hardwood floors, updated kitchen, private balcony, one assigned parking space. Offered at \$315,000. Represented the Buyer.



## SOLD

4514 25th Road N.  
Lee Heights/Arlington

Beautifully appointed home, new construction on a quiet cul-de-sac, flat, private back yard, four levels with 6 bedrooms, 6.5 baths. Open concept perfect for entertaining! Represented the Buyer.

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# The Pandemic Election

FROM PAGE 1

“Our campaign was truly a grassroots campaign that was outspent over 50 to 1 by out-of-state dark money groups and was fighting an uphill battle against biased language on the ballot meant to gain votes for the measure,” the statement said. “The people who pushed Amendment 1 know of its flaws, and it is now incumbent upon them to seek real solutions to fix those flaws, not just lip-service efforts like ‘consideration’ of Virginia’s diversity.”

Now that voters have approved of the new Virginia Redistricting Commission, retired circuit court judges from across Virginia will be sending resumes to the Virginia Supreme Court. The chief judge of the court has until Nov. 15 to select a list of 10 judges to submit to the General Assembly, where Democrats in the House and Senate get to pick two judges and Republicans in the House and Senate get to pick two judges. Those four judges will select a fifth judge to complete the panel, and they will select citizen members from a list submitted by the General Assembly. The deadline for candidates to file for office is March 25, which means maps must be finished by then.

“The legislators cannot control or override the citizen voices as six of the eight citizen members must vote for any map for it to be approved,” said state Sen. George Barker (D-39), who was one of the leading voices



Elections are often driven by bumper-sticker politics and driveway moments.

in support of the amendment. “Additionally, the voting rules also preclude the types of outcomes we have had previously because the maps cannot unduly favor either political party.”

The redistricting amendment was not the only successful ballot initiative on the ballot. Voters across Virginia also approved an amendment creating tax breaks for veterans. Voters in Fairfax approved bonds for transportation, libraries, parks and health and human services. In Norfolk, voters approved a new waterfront resort and casino, which will be built by the Pamunkey Indian Tribe on the Elizabeth River next to Harbor Park.



PHOTOS BY MIKE POPE

Lines were long at some precincts, but nobody waited long enough to look like this.



PHOTO BY JEANNE THEISMANN/GAZETTE PACKET

Stephan Atara and Rob Miller prepare a food truck as part of Pizza to the Polls, an organization that delivers free pizza slices, burgers, water and snacks to voters waiting in line at polling places on Election Day 2020. The Alexandria-based truck was one of dozens dispatched to cities in 46 states.



PHOTOS BY JOHN BORDNER/GAZETTE PACKET

Polling place volunteers greet a voter at Alexandria Fire Department Headquarters on Second Street on Election Day 2020.

Volunteers from the Republican and Democratic parties set up outside the Alexandria Fire Department Headquarters polling place on Second Street on Election Day 2020.





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PHOTO CONTRIBUTED

A professionally coordinated trivia contest will be a part of the Rotary Club of Alexandria's virtual Taste For Giving Nov. 14.

# Taste For Giving Set for Nov. 14

**Fundraiser goes virtual to support local nonprofits.**

BY JEANNE THEISMANN  
GAZETTE PACKET

**T**he Rotary Club of Alexandria's Taste For Giving, an annual fundraiser that supports dozens of local charities providing crucial services throughout the city, will be held virtually this year due to COVID-19 restrictions on large social gatherings.

"Cancelling the Taste For Giving was never an option," said Rotary president John Moorman. "The nonprofits we support need us now more than ever."

Organizers have devised an interactive event to be held Nov. 14 that can be enjoyed safely at home or in a small gathering. Participating local restaurants will deliver meals to ticket holders prior to the start of the event, which takes place from 7-9 p.m. and will benefit 27 local charities.

Featured restaurants include Riverbend Bistro & Wine Bar, Nando's, Tempo, Trademark Drink and Eat, Dishes of India, Hard Times Cafe, Redrocks Bistro, Cedar Knoll and Charthouse.

"Four or five course meals will be made-to-order for attendees," said Taste For Giving chair Rick Endres. "And each member of your party can order their meal from a different restaurant so this is a perfect opportunity to try something from someplace new."

As in past events, the virtual Taste For Giving will feature entertainment from the Alexandria Symphony Orchestra and a live auction. New this year will be a Team Trivia competition run by a professional trivia coordinator.

The Alexandria Rotary Foundation is a 501(c)(3) organization that supports Alexandria's children, families and seniors via significant grants to numerous nonprofits and charities with more than \$1 million being donated over the last 14 years.

The virtual Taste For Giving is open to the public. For information on tickets or how to place a food order, visit [www.alexandriarotary.org](http://www.alexandriarotary.org) or email [Taste4Giving@gmail.com](mailto:Taste4Giving@gmail.com).

## Seeking Volunteers To Sell Christmas Trees for Youth Camp

The Alexandria Police Youth Camp (APYC) sends over 120 kids to camp a year. The biggest fundraising event to accomplish this goal is through the APYC Annual Christmas Tree Sale. Please, consider volunteering to assist with the sales of the trees from Saturday, Nov. 21 to Sunday, Dec. 13.

The Alexandria Police Youth Camp is owned and operated by each sworn officer within the Police Department. The APYC Board of Directors want to personally thank all the sworn and civilian staff that makes the camp successful each year. <http://alexpyc.org/>

ALEXANDRIA CHAMBER OF COMMERCE

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PHOTOS BY JOHN BORDNER/GAZETTE PACKET

Children of Powhatan Place in North Old Town gather for a photo prior to trick-or-treating at a neighborhood Halloween gathering Oct. 30.

# Happy Halloween

A rare Blue Moon illuminated Halloween 2020, a quieter affair than in pre-pandemic days that saw families and neighbors mark the holiday with socially distanced gatherings.

The residents of Powhatan Place in North Old Town were among many to host outdoor community gatherings for children to show off their best superhero costumes as families across the city enjoyed smaller celebrations.

— JEANNE THEISMANN

Hand sanitizer is passed out during a Halloween gathering Oct. 30 at Powhatan Place in North Old Town.



PHOTO CONTRIBUTED

Cousins June Safren and Elan Medina enjoy their first Halloween together in Del Ray.

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**Alexandria Holiday Shopping Guide**

Available November 9



# OPINION

## Legislators Revised the Budget to Address Many Needs

Land conservation funds could potentially be used to help purchase and preserve River Farm.

BY SEN. SCOTT SUROVELL

Part 3 of a series.

The General Assembly met over the last few months in a special session to finalize our state budget. We had to revisit the budget because in the last week of our regular, winter session, the COVID-19 pandemic started to flare up, the shutdown began shortly after and the economic damage and uncertainty made it impossible to build a two-year budget. Gov. Ralph Northam proposed amendments that the General Assembly approved in April putting all new spending on hold until we had reliable revenue estimates. Two weeks ago, we approved a revised budget that takes a more modest approach than our original budget, but it still has some significant investments.

First, we balanced our budget as required by the state constitution.

Second, the budget leaves over \$1 billion unspent in reserves because of continued economic uncertainty. It is a very fiscally pru-



Surovell

dent budget.

### Confronting COVID-19 and More

The budget allocates over \$300 million in new dollars to K-12 education to help with COVID-19 related expenses, like short-term technology needs, and it provides new flexibility to spend funds on virtual education. We are investing \$37.3 million to expand early childhood education for three and four year-olds and \$35 million for at-risk youngsters. Expanding preschool pays long-term dividends because giving children a strong start early is important to their lifetime success.

We also provided \$94 million in new funding for colleges and universities, including an additional \$7 million for George Mason University.

We funded dental benefits for Medicaid recipients for the first time and increased funding for mental health, Medicaid personal care attendants and Temporary Assistance to Needy Families (TANF). We included major mental health investments including nearly \$100 million for community mental

health services, safe discharge practices and supportive housing for Virginians with mental illnesses.

The budget includes \$105 million for rental relief from CARES Act funds. We also are making an \$85 million deposit to the Housing Trust Fund, the largest ever, to help with affordable housing. We put into law a utility disconnection moratorium until 60 days after the end of our state of emergency and are requiring Dominion Energy to forgive \$127 million of customer utility debt by crediting it against company over charges. The budget also provides \$100 million from CARES Act funds for utility assistance for Virginians who are in arrears.

The pandemic has truly highlighted our broadband shortcomings and we appropriated \$85 million for new broadband infrastructure, plus \$30 million short-term broadband projects.

We provided the Commonwealth Transportation Board flexibility to reprogram up to \$1.1 billion from existing projects and authorized temporarily shifting mass transit capital funds to ridership incentives. We authorized the Department of Motor Vehicles (DMV) to extend the validity of drivers' licenses and vehicle registrations for up to 90 days after the end of the state of emergency and authorized DMV customers over age 75 to obtain legally allowable services either electronically or through the

mail.

We also are providing \$300,000 for additional staff at Mason Neck State Park, new funds for water quality improvement grants, and \$11 million for land conservation investments.

The land conservation funds could potentially be used to help purchase and preserve River Farm, which, its owners have announced, will be sold.

The criminal justice reforms that I reported on last week require an additional \$22.8 million in implementation funds. We also allocated \$14 million to a new body camera fund that will provide one-time grants to law enforcement agencies that have not purchased these cameras yet.

The budget provides funding for a new General District Court judgeship in Fairfax County that was authorized two years ago and 120 new and desperately needed deputy clerks across the state. The budget also funds 59 new public defender positions.

We also funded a \$1,500 one-time bonus to all state employees and a \$500 bonus to state-responsible law enforcement such as our Virginia State Police.

Virginia is in better shape than many other states. We accomplished all of this without tapping our Reserve or "Rainy Day" Fund which could very well be needed in the future.

Please share your views with me at [scott@scottsuovell.org](mailto:scott@scottsuovell.org).

### LETTERS TO THE EDITOR

## Why Is Dino Drudi Always the One?

Why am I always the one ending up critiquing Michael Pope's articles. As far as I'm concerned, he's NoVa's #1 journalist. The editor could turn this into a letter, but it's really a critique of the editing. Even your premier writers you need to challenge when they too readily confuse advocacy groups' talking points for facts.

Myth-busting Michael's first entry addresses the view that voter fraud is rampant by noting, "Even the commission launched by the Trump administration in 2017 specifically to explore the threat of voter fraud uncovered no evidence...."

The commission's request for voter information from every state was met with significant bipartisan backlash, resulting in states refusing to supply some or all of the in-

formation, citing privacy concerns or state law. No state provided all the data the commission requested. Anti-fraud crusaders point out that there is no system in place to detect voter fraud, implying it's not being found because it's not being looked for.

Dino Drudi  
Alexandria

## Just a Few Thoughts

So as I walk and drive around town, I find several things curious. First, why is it that as redevelopment occurs around or near the King Street Metro area that redeveloped parcels fall on line with Federalist exterior facades/architecture, but in the "Old & Historic District" or east of Washington Street, not much or at all?

Discretionary projects. Why is the city going to spend money

to redo Taylor Run at Chiquipin Park, but not fix the Holmes Run trail from Van Dorn to Beauregard? What ever happened to upgrading those sewer outflows that the city put on the back burner after upgrading it under Gibbon Street?

And our school system. I never understood why Minnie Howard was not upgraded when TC was finished as it would or should have been designed for the added ca-

capacity at the time? For that matter, every elementary school as it is upgraded or rebuilt should be done at Lyles Crouch capacity or is the goal to continue to upgrade to yesterday's needs? What is the point of ignoring zoning ordinances if you're just going to hand out zoning exemptions like candy on Halloween to developers?

Just think of the money you'll SEE LETTERS, PAGE 7

### Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name.

Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

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# LETTERS

FROM PAGE 7

spend on the Duke Street transit way and how far that could go to getting the school capacity to meet tomorrow's needs and not yesterday's. It just makes you all look like marionette puppets with the developers pulling the strings.

Ruben "Bill" Duran  
Alexandria

## BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

## DRIVERS NEEDED TO HELP SENIORS

Mount Vernon At Home is a nonprofit organization serving senior citizens in the Mount Vernon and Alexandria areas of Fairfax County. They are in critical need for volunteers to assist members with driving to medical appointments and grocery shopping. Mount Vernon At Home will supply you with necessary personal protective equipment (PPE), and can provide a donation receipt for your mileage. Volunteers can sign up for driving assignments through the online system which makes it easy to see and accept assignments. Give what time you can, there is no minimum or maximum number of hours. If you have some time to give to the community and can spare several hours a month, visit [info@mountvernonathome.org](mailto:info@mountvernonathome.org), or call 703-303-4060.

## TUESDAY/NOV. 17

Immigrants from Germany. 1-2:30 p.m. At Mount Vernon Genealogical Society, Shenandoah Road, Alexandria. Genealogist James M. Beidler will speak about German immigrants to America in the 18th century. Register no later than November 13 by emailing your name and email address to [contact-us@mvgenealogy.org](mailto:contact-us@mvgenealogy.org). Visit the website: [www.mvgenealogy.org/eventListing.php?nm=20](http://www.mvgenealogy.org/eventListing.php?nm=20)

## REAL ESTATE

### TAX BILLS MAILED

The City of Alexandria has mailed bills to all property owners and/or mortgage companies for the second half 2020 real estate tax, refuse fee and stormwater utility fee, which are due by Monday, November 16. The 2020 real estate tax rate is \$1.130 per \$100 of assessed value, the annual refuse fee rate is \$460 and the annual stormwater utility fee varies depending on the impervious surface area of each property. Late payment penalties and interest will be assessed on all real estate taxes and refuse fees that are not paid or postmarked by the due date. The late payment penalty is 5% of the tax if paid by November 30, 2020, and 10% of the tax or \$10, whichever is greater, if paid later. The late payment penalty for the refuse fee is 10% of the fee.

Interest on tax and late payment penalties accrues at an annual rate of 10% for the first year and 5% for each year thereafter, beginning November 17, 2020, and continues until the entire outstanding balance is paid. Interest accrues on

SEE BULLETIN, PAGE 8

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GRADES K-8

# Taste for Giving

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**November 14<sup>th</sup>, 2020**

**Saturday Evening, 7:00pm to 9:30pm**





## TRIVIA NIGHT







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This event is a **TASTE!**

Have your friends order from different restaurants

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Because of the pandemic, only a handful of journalists and staffers were on hand for Mark Warner's victory speech, which was delivered in leased commercial space in Del Ray. These kinds of events are usually raucous parties, but this time it was only a media availability with social distancing.

## Reform Bills Signed into Law

BY KEN MOORE  
GAZETTE PACKET

Gov. Ralph Northam signed new laws related to criminal justice reform earlier in the week. Among the bills were House Bill 5055 and Senate Bill 5035, which empower localities to create civilian law enforcement review boards. These new laws also permit civilian review boards the authority to issue subpoenas and make binding disciplinary decisions.

Northam signed Senate Bill 5014, which mandates the creation of minimum crisis intervention training standards and requires law enforcement officers complete crisis intervention training.

Senate Bill 5030, omnibus police reform legislation, incorporates a number of critical reform measures passed by the House of Delegates including:

House Bill 5099 prohibits law enforcement officers from seeking or executing no-knock search warrants, making Virginia the third state to do so.

House Bill 5069 limits the circumstances in which law enforcement officers can use neck restraints.

House Bill 5029 requires law enforcement officers to intervene when they witness another officer engaging or attempting to engage in the use of excessive force.

House Bill 5049 reduces the militarization of police by prohibiting law enforcement from obtaining or using specified equipment, includ-

ing grenades, weaponized aircraft, and high caliber firearms.

House Bill 5109 creates state-wide minimum training standards for law enforcement officers, including training on awareness of racism, the potential for biased profiling, and de-escalation techniques.

House Bill 5104 mandates law enforcement agencies and jails request the prior employment and disciplinary history of new hires.

House Bill 5108 expands and diversifies the Criminal Justice Services Board, ensuring that the perspectives of social justice leaders, people of color, and mental health providers are represented in the state's criminal justice policymaking.

House Bill 5051 strengthens the process by which law enforcement officers can be decertified and allows the Criminal Justice Services Board to initiate decertification proceedings.

House Bill 5045 makes it a Class 6 felony for law enforcement officers to "carnally know" an arrestee or detainee. Governor Northam also signed Senate Bill 5018 which allows individuals serving a sentence for certain felony offenses who are terminally ill to petition the Parole Board for conditional release; and amended House Bill 5148 and Senate Bill 5034 which allow for increased earned sentencing credits. The Governor proposed a six-month delay to give the Department of Corrections sufficient time to implement this program.

## Don't Get Burned When Buying Firewood This Fall

The Virginia Department of Agriculture and Consumer Services (VDACS) advises consumers to measure deliveries of firewood to ensure they receive the full value of their purchase. To ensure accuracy, consumers should purchase bulk deliveries of firewood for home heating by the cord, which is 128 cubic feet of firewood. Virginia law prohibits sellers from using terms such as "face cord," "rack" or "pile" when advertising, offering for sale or selling wood for use as fuel.

A full cord of firewood, when stacked in a compact line or row, with individual pieces touching and parallel to each other, would be a pile that measures:

- ❖ 4 feet wide, 4 feet high and 8 feet long (4 x 4 x 8 = 128)
- or
- ❖ 2 feet wide, 4 feet high and 16 feet long (2 x 4 x 16 = 128)

No matter how the wood is stacked, the width times the height, times the length should equal 128 cubic feet. If the buyer visually inspects a truckload of wood and agrees to a selling price for that load, the term "truckload" may be used.

Sellers are also required to provide a delivery ticket or sales invoice upon delivery of any non-packaged fireplace or stove wood. In addition to the vendor's name and address, the ticket must contain the purchaser's name and address, the date of delivery, the quantity delivered, the quantity upon which the price is based (if it differs from the delivery quantity), and the total price of the amount delivered.

The Department of Agriculture and Consumer Services offers the following advice for buyers who suspect that they have not received the full amount of wood they paid for: Keep the delivery ticket or sales invoice as proof of purchase. Pay by check so that you have a record of the purchase. Write down the license number of the delivery vehicle. Measure the wood before using any of it.

If you determine the delivery to be short measure, first contact the seller to rectify the shortage. If the seller does not cooperate, contact the VDACS Office of Weights and Measures at 804-786-2476. Do not use any of the

firewood prior to the investigation by VDACS.

Consumers should use firewood in a safe and sensible manner. Only use seasoned wood, not green wood, as fuel in fireplaces and wood stoves. Seasoned or dry wood burns cleaner, creates less creosote buildup in chimneys than green wood, and produces up to 25 percent more heat than green wood.

In addition to safety concerns, consumers should also take into consideration the origin of the firewood they purchase. VDACS recommends buying firewood from local sources. Native trees and forests are threatened by invasive insects and diseases that live in dead and dying wood. These devastating pests may be accidentally spread to new locations by transporting firewood from areas outside your community. Buying firewood from local sources reduces the threat from these pests. VDACS also recommends buying local firewood instead of transporting it into campgrounds or parks as another way to help prevent the potential spread of invasive insects and disease.

### BULLETIN BOARD

FROM PAGE 5  
unpaid refuse fees at an annual rate of 10% and stormwater utility fees at an annual rate of 6%, beginning November 17, 2020.

#### VEHICLE SAFETY INSPECTIONS ENFORCEMENT

On December 1, the City of Alexandria will resume enforcement of state vehicle safety inspections, which has been temporarily suspended since August. Inspection stations are open, and the City encourages vehicle owners to stay current on inspections while following COVID-19 guidelines like staying 6 feet apart from others, disinfecting commonly touched surfaces, and washing hands with soap and water or using hand sanitizer with at least 60% alcohol. During November, police and parking enforcement officers will place

reminder notices on vehicles with expired safety inspections. The City will continue to suspend enforcement of the local requirement to display current state vehicle registration decals, because the Virginia Department of Motor Vehicles is experiencing a backlog of up to three months to schedule the appointments necessary for registration-related services. While existing vehicle registrations may typically be renewed online, new registrations and certain other services require in-person appointments.

#### VOLUNTEERS WANTED

Join Friends' Board. Those who care about mental health, the Alexandria community, and collaborating with fellow residents to make sure the City's most vulnerable residents have a chance to thrive, then

SEE BULLETIN, PAGE 9



## NEWS

# Seth Goldman to be Featured Speaker

**S**eth Goldman, founder of Eat the Change, will be the featured speaker Nov. 8 at the annual Rabbi Jack Moline lecture series. Goldman is also the co-founder of PLNT Burger, Honest Tea and chairman of the board of Beyond Meat and will give a virtual presentation "Redefining and Redoing Food."

Goldman has been nationally recognized for his entrepreneurial success with Ernst & Young's Entrepreneur of the Year in Greater Washington, the Washington DC Business Hall of Fame, Beverage Industry magazine's Executive of the Year, Beverage World's #1 Disruptor, and Partnership for Healthier America's CEO of the Year.

The first business launched under Goldman's Eat the Change umbrella is PLNT Burger, a plant-based quick-serve restaurant developed with Chef Spike Mendelsohn. The restaurant opened recently inside the Whole Foods in Old Town.

The annual talk honors Jack Moline, the Agudas Achim congregational rabbi for 27 years. The virtual lecture is free and open to the public but registration is required. [www.agudasachim-va.org](http://www.agudasachim-va.org)

— JEANNE THEISMANN



PHOTO CONTRIBUTED

Eat the Change founder Seth Goldman will be the featured speaker at the Nov. 8 Jack Moline lecture series.

## BULLETIN BOARD

FROM PAGE 8

consider joining the Board of Friends of the Alexandria Mental Health Center. The Friends Board is an all-volunteer group of residents that oversees the administration of one of Alexandria's top mental health charities. Friends has no paid staff, so Board members, working on average 10 hours per month, share the day-to-day work needed to accomplish its goals. Interested candidates should email [FriendsofAMHC@gmail.com](mailto:FriendsofAMHC@gmail.com).

**STEM Professionals Needed.** Help assist K-12 STEM teachers as part of the American Association for the Advancement of Science's STEM Volunteer Program, [stemvolunteers.org](http://stemvolunteers.org), during the 2018-19 school year. In the 2017-18 school year, there are 85 volunteers in 6 Northern Virginia school districts. Contact Don Rea at 571-551-2488, or [donaldrea@aol.com](mailto:donaldrea@aol.com).

**Volunteer Adult Mentors Needed.** Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil (Ibrahim.khalil@fairfaxcounty.gov) at 703-324-4547.

**ALIVE!** offers numerous programs that aid low-income families in Alexandria that rely on volunteers: monthly food distributions, furniture, houseware and emergency food deliveries, and community food drives. Individuals, families and groups are encouraged to participate. Students can earn community service hours by

participating. Visit [www.alive-inc.org/volunteer.htm](http://www.alive-inc.org/volunteer.htm) or contact the Volunteer Coordinator at [volunteers@alive-inc.org](mailto:volunteers@alive-inc.org).

**Volunteer Drivers Needed.** Drivers needed by the American Cancer Society to take cancer patients to treatment in Northern Virginia. To volunteer, call 1-800-227-2345 or go to [cancer.org/drive](http://cancer.org/drive).

**RSVP** a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403-5360. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

**Mentors Wanted.** Two creative programs that help transform the lives of Alexandria's preteens are seeking volunteer mentors. SOHO, which stands for "Space of Her Own," and "Space of His Own," serves vulnerable fifth graders in Alexandria. The programs pair men and women with youth in need of positive adult role models, to help support and guide youth in making healthy choices and succeeding in school and in life. Visit [www.spaceofherown.org](http://www.spaceofherown.org) and [www.spaceofhisown.org](http://www.spaceofhisown.org). For more information on how to become a SOHO mentor, contact Sarah Maroney at [sarah.maroney@alexandriava.gov](mailto:sarah.maroney@alexandriava.gov) or phone at 703-746-4687.

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PHOTOS COURTESY OF HANGRY PANDA

Though the setup is different from before, Hangry Panda's food truck continues dishing up Asian fusion fare to hungry diners during the pandemic.

# Hangry Panda, Food Trucks Navigate New Avenues

BY HOPE NELSON  
GAZETTE PACKET

It's no secret that times are tough across the restaurant industry nationwide. With the covid-19 pandemic and all the ensuing shutdowns and social distancing phases that go along with it, every business in the space has been forced to pivot – and, often, pivot again (and again).

And just like their brick-and-mortar brethren, food trucks are suffering, too. Trucks like the Hangry Panda, which was settling into its second year of life, have been set back on their heels by the pandemic – and are struggling to recover.

"It's a very, very tough quest," said Hangry Panda owner Vinh Tran. Last year, Tran said, business was humming along as the Hangry Panda found itself at home around the region, dishing up Vietnamese meals to hungry businesspeople and residents alike.

But now the businesspeople are working from home, and the residents are staying inside. Tran has pivoted his locations to more apartments and residential communities to make up the shortfall.

"It's really tough, though. The thing is you have to control your own destiny, with not having any steady place to rent anymore," he said.

Tran, the owner and chef, has a long history as a hibachi chef and has taken those skills and fused them with Vietnamese and Asian fusion fare to create a robust menu of treats ranging from a variety



Several varieties of pho are on Hangry Panda's food truck menu.

of pho to tacos to small bites and more. Since the pandemic, the truck has offered online ordering to keep lines manageable and personal contact to a minimum.

Tran says the fluctuation in the quantity of customers at any given time has been a new challenge to maneuver. Sometimes, an event – at a winery, say – that is expecting 350 people only brings in 100. Sometimes customers preorder their food at a set time and don't show up for another hour. These challenges are new 2020-style difficulties – but Tran says the world will have to continue facing them for a long while to come.

"This is not something that goes away. If there's no foot traffic, there's no people walking around in DC, it's a different lifestyle now. I don't think it will ever go back to the way it was. Ever."

But, Tran says, there are some silver linings amidst the stress.

"The neighborhoods are very, very kind. Most people are very

kind. When you tell them 'we're behind on rent, please support us,' they come out," he said. "The humanity side of people is still there. They just have to dig really, really deep because they are struggling too." "I feel lucky," he said. "I believe that no matter what happens, people still have to eat."

His truck's job is to make sure the community is fed before they go from hungry to hangry – that is, angry-hungry.

"When they get really, really hangry, they come to us. That's why we're here."

And as for navigating these unprecedented times, Tran says there's really just one option open to him and his business.

"There's no other plan other than keep going," he said. "There's no other avenue."

Hope Nelson is the author of "Classic Restaurants of Alexandria" and owns 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

### NOW THRU THE HOLIDAYS

Art on the Avenue. The 25th Annual Art on the Avenue festival will move to a virtual format for 2020, running through the holidays. Over 150 artists will be featured, offering hand-made items in a wide range of mediums, including wheel-thrown vases and bowls, tiles, sculpture, tote bags and purses, drawings and pastels, knitted and crocheted hats and gloves, woven scarves and shawls, gourmet food, fused and blown glass, jewelry, paintings, photography, and much more. Traditionally held each fall on Mount Vernon Avenue, Art on the Avenue is a multicultural arts festival that strives to reflect the vibrant mix of the Del Ray community through the artists and their work, and draws an estimated 75,000 visitors each year. Visit [www.artontheavenue.org](http://www.artontheavenue.org).

### NOW THRU DEC. 9

Forty+ Project II. 3-4 p.m. Via Zoom. Forty+ celebrates the collective creativity of people past the age of 40. Fall Project 2 is directed by choreographer Kelsey Rohr through weekly sessions on Zoom (with outdoor or in-person meetings as conditions allow). The project is open to people of all physical facilities. Cost is \$100. Visit the website: <https://www.janefranklin.com/adult-dance/forty-plus>

### FRIDAYS AND SATURDAYS, NOW THRU DEC. 5

Alexandria Drive-In Movie Encore Series. At the Alexandria Drive-In Theatre, 5001 Eisenhower Ave, Alexandria. The Alexandria Drive-In Theatre, presented by Alexandria based businesses ALX Community and The Garden, will kick off its Encore Series on Oct. 31 through Dec. 5 and will feature a popular collection of movie classics and family favorites. Cost: \$35 per car/per screening. No refunds. 100% of ticket costs go to local Alexandria based charities. Visit the website: [www.AlexandriaDriveIn.com](http://www.AlexandriaDriveIn.com)

#### Schedule:

Saturday, November 7 - Nanny McPhee & The Race (Double Feature)  
Sunday, November 8 - Fast & Furious Presents: Hobbs & Shaw  
Saturday, November 14 - The Secret Life of Pets & Pitch Perfect (Double Feature)  
Friday, November 20 - Sea Biscuit  
Saturday, November 21 - How to Train Your Dragon & 42 (Double Feature)  
Friday, December 4 - The Bourne Identity  
Saturday, December 5 - The Grinch & Love Actually (Double Feature)

### NOW THRU NOV. 3-27

"Gratitude" Art Show. 10 a.m. to 6 p.m. At Gallery Underground, 2120 Crystal Drive/Crystal City Shops, Arlington. Gallery Underground in November presents Gratitude: Representing Thankfulness in Artwork, an all-member all-media show. The year 2020 has presented us with multiple physical,

moral, spiritual and emotional challenges. Member artists have created work in the season's spirit of giving thanks, representing images of those things for which they are still grateful, despite the current world we face. In our Main Gallery are new works by our members on all themes, in media including oil, acrylic, pastel, watermedia, sculpture, glass, ceramics, wood and metalwork. Visit the website: <https://galleryunderground.org/>

### NOV. 6-28

"Women's Right to Vote: 100 Years Since the 19th Amendment" exhibit (November 6-28) features artwork by Del Ray Artisans, local high school students and 2020 graduates; and celebrates the achievements of women over the past 100 years. The movement towards equality in America continues today. Lift your voice and vote. Opening Day Appointments: Friday, November 6, 12-8 p.m. View exhibit at Del Ray Artisans Gallery, 2704 Mount Vernon Avenue, Alexandria. Details: [www.DelRayArtisans.org/exhibits](http://www.DelRayArtisans.org/exhibits)

### SATURDAY/NOV. 7

Jane Franklin Dance: Hidden Talents at Inner Ear Studios. 7:30 p.m. Via Zoom. Jane Franklin Dance presents a performance streamed live from Inner Ear Studios. Enjoy a Zoom performance event that is filled with real time performance all from the ease of your own living room. Tickets: free with donations accepted (\$10 suggested minimum to help JFD & Inner Ear Studios). Registration is required. Info: <https://www.janefranklin.com/talents>

### SATURDAY/NOV. 7

Watercolor Workshop: Orchids. 9:30 a.m. to 3:30 p.m. At Green Springs Gardens, 4603 Green Spring Road, Alexandria. Some subjects just scream to be painted in watercolors, and orchids are one of those subjects. Come to Green Spring Gardens and let botanical artist Dawn Flores teach you how to plan and execute an orchid-inspired painting. At the "Watercolor Workshop: Orchids," get information on orchid anatomy and lessons on color. A variety of watercolor techniques and transfer practices will be presented. If you own an orchid, you are welcome to bring it along to use as your specimen. You also may work from photographs provided by the instructor. This class is designed for participants age 16 to adult and is appropriate for any skill level. Cost is \$94 per person. Call 703-642-5173.

### SATURDAY/NOV. 7

The Woman's Club of Arlington (GFWC) Annual Bazaar will be held on Saturday, Nov. 7 from 10 a.m. – 4 p.m. at the clubhouse at 700 S. Buchanan St. Arlington. Featuring many craft vendors. Door prizes and raffles, also. New this year: Margaret's Soul Food Truck on site during the event. Proceeds go to local and national charities. Free Parking. Call 703-553-5800.





PHOTOS CONTRIBUTED

Sometimes carrying the tripod is just as important as getting behind the camera.

# Alexandrian Documents The History of U Street

Filmmaker Jane Pittman  
returns to Alexandria  
Film Festival.

BY MIKE SALMON  
THE CONNECTION

The U Street corridor slices through the heart of Washington, D.C. and with history and culture, plus bars, restaurants, and boutiques, it's a draw for visitors. But it wasn't always that way. U Street was the heart of Black culture in America.

Alexandria resident Jane Pittman captured the changes on U Street in a documentary called "An American Scene: Black Lives Matter," that is a featured film in the Alexandria Film Festival on Nov. 15.

"The U Street Corridor in the nation's capital has been many things -- Black Broadway, the heart of black culture in Washington, an innovator, an incubator, a slum. This film captures the highlights and low points of this historic Washington district over the last century," says the film's description for the Alexandria Film Festival. "Set to the Music of the African American composer William Grant Still, the film is a collage of photographs and video footage that documents the people and places that made the U Street corridor what it was and is today."

It is a collection of rare photographs showing a "Black Broadway," Pittman said, featuring the life and times of William Grant Still who was part of a Home-grown Symphony, Pittman called it. "He was famous during the Manhattan Renaissance," she said.

The stretch of U Street was examined with the help of the Smithsonian Institute photo collection and D.C. Public Archives. Pittman looks at an area highlighted by the African American Civil War Memorial Metro stop, Ben's Chili Bowl and other local businesses that have gotten a name through the years.

She's learned a lot about the legalities of using the photos too. "It's been a process to license the photographs," Pittman said.

WWW.CONNECTIONNEWSPAPERS.COM



Out on U Street, Pittman and Julia Hocker capture the energy.



Jane Pittman

A combination of the still photos and shots Pittman took with the movie camera were put together in a storyboard format.

"There's much to watch," Pittman said. "The short film is very popular right now." The Alexandria Symphony Orchestra does a musical piece for the film.

Pittman is an Alexandria resident who grew up in North Carolina. She has gotten behind the camera from the early days and now has a production company

called "Pittsure Company." She's won several awards for her works, including the "Audience Award," at the 2018 Alexandria Film Festival for a documentary called "The Makeover." It's "a distinctly traditional love story set in a decidedly non-traditional milieu of shifting gender." Another documentary, "Church of the Wild," was an official selection at the Lyons International film festival in Colorado in 2019.

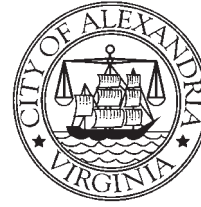
Some of her other topics have been senior women's basketball, artists, pickleball and schools.

"I do a lot of documentary work," she said.

For the U Street film, she credits producer Annette Brieger who she worked with, and a local teenager Julia Hocker with animation and production assistant duties when necessary.

The Alexandria Film Festival will run from Nov. 12-15, and will be fully virtual with Zoom links to view the movies.

This is a sneak preview of the film that will be screened in November 2021, with score performed live by the Alexandria Symphony Orchestra.



Public Hearing will be held by the City Council of the City of Alexandria, Virginia, by virtual meeting on Zoom webinar, on November 14, 2020, at 9:30 a.m., or as soon as may be heard on the hereinafter described items.

\*\*\*\*\*

AN ORDINANCE to enact Chapter 7 (COMMERCIAL PROPERTY ASSESSED CLEAN ENERGY (C-PACE)) of Title 7 (PLANNING AND DEVELOPMENT) of the Code of the City of Alexandria, Virginia, 1981, as amended.

Virginia Code § 15.2-958.3 was enacted in 2009, and amended in 2020, to provide localities with authority to facilitate loans between property owners and lending institutions for the initial acquisition and installation of certain clean energy, resiliency, or stormwater management improvements. This Ordinance outlines the program parameters and defines the roles and responsibilities of all parties

\*\*\*\*\*

THE PUBLIC IS ADVISED THAT AMENDMENTS OR ADDITIONS MAY BE MADE TO PROPOSED ORDINANCES WITHOUT FURTHER PUBLICATION. IT IS RECOMMENDED THAT PERSONS INTERESTED IN ANY OF THESE ORDINANCES OBTAIN FREE FULL-TEXT COPIES FROM THE CITY CLERK AT CITY HALL. If the mayor finds and declares that weather or other conditions are such that it is hazardous for members to attend the meeting, this meeting will be continued to the following Saturday, November 21, 2020. GLORIA SITTON, CMC, CITY CLERK

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**Obituary**

**Obituary**

**Mary Katherine Washington Shaffner**, 84 years old of Alexandria, VA passed away on October 8th, 2020 of natural causes.

Mary was 7th Great Niece of the President George Washington who was born in Washington, DC and lived in the Alexandria area most of her life.

She was preceeded in death by her devoted husband, Edward Erving Shaffner and her adoring daughter, Pamela Kay Dent.

She was a loving mother and is survived by her 3 other children, Patricia Kay Mann, Elizabeth Darlene Nelson and Lawrence Washington Shaffner, 8 wonderful grandchildren and 9 delightful great-grandchildren.

She was a member of St. Luke's Episcopal church and a Kindergarten teacher in Alexandria, VA for over 45 years.

She was a member of the UDC and DAR and an active genealogist for the Washington family.

There will be a service at Ivy Hill in Alexandria, VA on the 20th of November at 11:00am. Due to restrictions, there will be a limited number of people allowed and no post-funeral gathering.

**Obituary**

**Obituary**

**Wiley R. Wright, Jr.**



**Wiley R. Wright, Jr., 88**, a resident of Lynchburg, Virginia, died October 27th, 2020. He was preceded in death by his parents, Wiley R. Wright and Gertrude D. Wright, his son, Andrew C. Wright and his sister, Gertrude (Trudy) W. Compton. Wright, who was born in Seattle, Washington, moved to Northern Virginia in 1949. Although he soon developed a strong allegiance to his new home in Virginia, he never lost his fondness for a place called Three Tree Point, located on the shores of Puget Sound, where he spent many happy days in his youth. In 1996 Wright and his wife Roberta (Bo) moved from Alexandria, Virginia to a

waterfront home overlooking Myer Creek, a tributary of the Corrotoman River, in Lancaster County, Virginia. In 2015 Wright and his wife moved to Westminster Canterbury in Lynchburg, Virginia.

Wright graduated from Washington-Lee High School in Arlington, Virginia in 1950. He attended undergraduate and law school at Washington and Lee University in Lexington, Virginia, receiving a B.S. degree in commerce in 1954 and an LLB in 1956. He served as president of his social fraternity, Phi Gamma Delta. A frequent participant in student organizations and activities, he was elected to membership in Omicron Delta Kappa, the national leadership honor society.

After graduation from law school, Wright served for two years as a legal officer in the U.S. Army, during which time he acted either as prosecutor or defense counsel in numerous court-martials. Upon completion of his military service, Wright served for a year as law clerk to the Honorable Albert V. Bryan, Sr., who was then a United States District Judge for the Eastern District of Virginia.

In 1959 Wright began private practice of law with the Alexandria firm of Clarke, Richard, Moncure and Whitehead. In 1968 he was appointed to a newly created seat on the Alexandria Corporation Court, which in the 1973 Virginia court reorganization became the Alexandria Circuit Court. Wright served as Chief Judge of the Circuit Court from 1979 to 1984.

Citing growing family responsibilities and modest judicial compensation, Wright reluctantly resigned from the Alexandria Circuit Court in 1984, and joined the Alexandria law firm of Thomas and Fiske, later to become Hazel and Thomas. He practiced primarily in Northern Virginia until his retirement in 1996, specializing in complex civil litigation. After retiring from the practice of law, Wright served as a substitute circuit court judge in various jurisdictions throughout Virginia.

Both as a practicing attorney and as a sitting judge, Wright participated in numerous professional organizations and activities. He served as vice chairman of the Judicial Conference of Virginia, and as a member of the Judicial Council of Virginia. He was a Fellow of the Virginia Bar Foundation and of the American Bar Foundation, served as a member of the Virginia Bar Council, and was also a member of the 4th Circuit Judicial Conference, the George Mason Inn of Court and the Boyd Graves Conference. Interested in professional education, he was a frequent lecturer on trial tactics and alternative dispute resolution. He served as Associate Reporter of the "Virginia Benchmark for Judges and Lawyers". He was listed in "Who's Who in America" and "Who's Who in American Law".

In 1995 Wright affiliated with JAMS/ENDISPUTE, a nationwide provider of alternative dispute resolution services, and acted as Director of Professional Services for Virginia. He mediated cases in Virginia, Washington, D.C., Maryland, Pennsylvania, North Carolina and Florida. In 1998 he joined the McCammon Mediation Group, headquartered in Richmond, Virginia. Known for his patience and persistence, he successfully mediated many challenging cases, thereby saving the litigants from the uncertain outcome and expense of a trial.

Wright was a devoted member of the Episcopal Church, and served his church in many capacities, including Sunday school teacher, Boy Scoutmaster, lector, usher, vestryman, senior warden and trustee. He was a member of Christ Church in Alexandria for many years before moving to the Northern Neck. While living in the Northern Neck, he was a member of St. Mary's Whitechapel; and he joined St. John's Episcopal Church upon moving to Lynchburg. As a resident of Westminster Canterbury, Wright served as a board member of the Westminster Canterbury Foundation and as chairman of the Resident's Council.

Wright is survived by his devoted and caring wife, Bo, their three children, Catherine W. Coyle, Amy W. Schott and Susan W. LaValle, and by two children of his marriage to Sally C. Wright, which ended in divorce, Wiley R. Wright, III and Margaret W. Chekan. He is also survived by fifteen grandchildren, two great grandsons, and four nephews. Family was the centerpiece of his life, and he lamented the fact that distance and busy schedules prevented him from seeing them more often.

Wright was passionate in his love of the outdoors and the splendors of nature. An avid boater and fisherman, he delighted in being on the water, especially with family and friends. In addition to the foregoing, his favorite pastimes included reading, listening to music, and walking. While living in the Northern Neck, he was an active member of the Yankee Point Racing and Cruising Club.

Wright passed away peacefully surrounded by his five children and eldest grandson. A private family graveside service is planned. A Celebration of Life reception will be held at a future date.

In lieu of flowers, friends are requested to donate to Washington and Lee University, Lexington, Virginia, St. John's Episcopal Church in Lynchburg, Virginia, or Westminster Canterbury Foundation, Lynchburg.

**WELLBEING**

# Decompressing After A Divisive Election

## Limit time on social media or watching post-election coverage.

By MARILYN CAMPBELL  
GAZETTE PACKET

The moments that stretched her to her professional limits came immediately after the 2016 presidential election. As a psychotherapist, Kendra A. O'Hora, Ph.D., owner of Wellness & Co., had to help her patients process the overwhelming emotions that they were experiencing after that tumultuous political season.

"That day was the hardest day of my career," she said.

This year's election however, has been much worse, notes O'Hora. "It's unlike anything I've ever experienced in my therapy office," she said. "For the first time ever, we are offering appointments this week specifically for those who are struggling to process."

The divisive 2020 election season has been a source of significant tension, not only locally, but nationwide. Nearly 70 percent of adults in the United States report feelings of stress as a result of this year's cycle, according to a study by the American Psychological Association (APA).

Adding the recent racial unrest and the coronavirus pandemic that's caused record deaths and wreaked havoc on the economy, the current environment — with no relief in sight — has left three out of four adults anxious about the nation's future. The current political season provides the perfect storm for mental health issues that will last for decades, say local mental health professionals.

It's understandable to feel stressed, overwhelmed, exhausted, and anxious right now, says Heather V. Ganginis Del Pino, Ph.D., licensed psychologist

and associate professor of psychology at Montgomery College. "If your feelings start to interfere with your everyday life and if having those feelings are causing you distress, you might want to seek help from a professional, if one is available to you," she said.

Shock, anger, relief, disillusionment and even neutrality are all normal at this time, suggests Fairfax therapist Jana Wu, LCSW. "Emotions might run the gamut and might shift as the days progress or after engaging in dialogue with others."

"You may be asking yourself, 'What's normal to feel right now?'" added O'Hora. "The long and short of it? Everything. Most people know that anger, frustration, annoyance, and stress are what we like to call iceberg or secondary emotions. In a sense, they are what's on the surface, when there's oh so much more underneath."

Social support is important, particularly for those without access to mental health therapy, added Del Pino. "It can feel good to help someone else,

so check in on friends and family that you know are struggling or donate your time to a cause that is important to you," she said.

Limiting the amount of time one spends on social media or watching post-election coverage can help ease feelings of distress, said Wu. "Take in material that inspires and speaks to your values," she said. "Speak to and engage with community that also shares your values about next action steps to take. Practice self-care and care for others in your community, environment, and home. I personally meditate and listen to sources that inspire me to engage in life in a thoughtful way."

Focus on the bigger picture advises therapist Steven Rosenberg, Ph.D. "Avoid contentious situations and confrontations over political differences," he said. "You are not going to change anyone's mind. Remember, just as you have your own political views, others are entitled to have theirs. Let them. The issues facing our country can't be resolved in one election. Volunteer for an organization that is working on an issue or cause that you feel strongly about."

Decompress by showing yourself compassion and withholding self-judgement, says Del Pino. This could mean making sure you take care of yourself though exercise and sleep, she said. "You can spend breaks doing something you enjoy or just breathe while

giving yourself time to notice your own feelings and thoughts. If you are feeling stressed or anxious about the outcome of the election, acknowledge your stressful feelings and thoughts but also try to notice any feelings that might be hiding under the anxiety and stress.

It's important for parents to recognize and help children process intense emotions, says Del Pino. "Help children process

**"Avoid contentious situations and confrontations over political differences. You are not going to change anyone's mind. Remember, just as you have your own political views, others are entitled to have theirs. Let them. The issues facing our country can't be resolved in one election."**

— Steven Rosenberg, Ph.D.

their feelings by simply asking them how they feel. Let them know you are there if they need to talk," she said. "While acknowledging that this is a stressful time in our country, parents should avoid expressing their own opinions. If you have young kids, limit the amount of news you are watching with them around and instead play a game, sit with them while they do homework, engage them in conversation, or do something active together. "

Maintaining a consistent daily schedule, particularly with regard to sleep, suggests Del Pino. "[It] is so important, especially during times of stress," she said. "If your child is having trouble sleeping, or if you are, encourage your child to read something fun before bed or download one of the many free mindfulness or sleep applications that will help your child get in the mood for sleep."



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## Obituary

### Michael J Dennis

On Wednesday, October 28, 2020 in Alexandria, VA after a battle with heart disease. He was born in Phoenixville, PA. He was preceded in death by his sister, Elizabeth Sponheimer, and his brother, Bill Dennis. He leaves to cherish his memory his wife, Cheryl; his daughter, Courtney Soria and his son-in-law, Mike of Leesburg, VA; and he was Pop-Pop to Lena (Carolena) Soria. Additionally, he leaves his brother, Dominic Dennis of New Jersey. He retired from the corporate world (Xerox) to become a U.S. History teacher at TC Williams High School where he taught for 11 years. He will always be remembered by family and friends for his humor. Due to Covid 19, a memorial service will be held at a later date.

## Legals

## Legals



### Old Cameron Run Trail Project VDOT UPC #109469 DPI PROJECT #1603019 Willingness to Host a Public Hearing

The City of Alexandria seeks collaborative input from community stakeholders regarding the proposed project – Old Cameron Run Trail – a shared-use pathway between Hooffs Run Drive and South Payne Street.

The proposed 0.53 mile shared-use pathway (separated from vehicles) creates a safe connection for pedestrians and bicyclists between the Eisenhower East (Hooffs Run Drive/Limerick Street) and Southwest Quadrant (South Payne Street) neighborhoods. The pathway begins near the intersection of Hooffs Run Drive and Limerick Street, runs parallel with Truesdale Drive, turns behind AlexRenew's Facility, then spans over Hooffs Run and Old Cameron Run with a prefabricated bridge before continuing along the existing path between AlexRenew and I-495, and ultimately terminating at South Payne Street.

The design plans are available for review on the project website: alexandriava.gov/116739. This information is also available for review in-person at City Hall, 301 King Street, Suite 3600, Alexandria, VA. In response to COVID-19, all visitors must have an appointment scheduled with a City staff member to access to City Hall offices. To arrange for a time to review the project documents and plans, please call Alexandria Carroll on 703.746.4408.

Comments and questions may be submitted by email to alexandria.carroll@alexandriava.gov or over the phone by calling 703.746.4408

The City of Alexandria is willing to hold a public hearing if you continue to have questions and concerns following this process. To request a public hearing, send a written request post-marked by November 20, 2020, to:

Alexandria Carroll  
City of Alexandria  
Transportation and Environment Services  
301 King Street, Suite 3600  
Alexandria, VA 22314

If a request for a public hearing is received, the City will post an announcement (including the date, time and place of the hearing) at a later date.

The City of Alexandria ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact City of Alexandria, Office of Human Rights at 703.746.3140, 311 or TTY/TDD 311

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**-Werner Heisenberg**



## Better Late Than Never ...



By KENNETH B. LOURIE

... to get a second opinion about one's first cancer; especially if there's now a second cancer to consider. For most of the nearly 12 years during which I've been a cancer patient, my diagnosis has been non small cell lung cancer stage IV. Within the past 10 months or so, it has become apparent and subsequently confirmed by a surgical biopsy of a tumor located in my lungs, that I have papillary thyroid cancer. The big question remains - and has not been agreed to by my endocrinologist and oncologist, is whether I have two types of cancer or just one. And moreover, whether I've always had two types or one primary - previously undiagnosed, that has now metastasized after 10-plus years from the thyroid into the lungs?

From my understanding - or actually what I've been told, it's possible, though hardly prudent to biopsy all the remaining tumors in my lungs to confirm exactly what type (types) of cancer I have. According to my doctors, the medical risks to me are too great. Therefore, the decision has been made to treat the thyroid cancer and to monitor - for lack of a better description, the lung cancer. And I can live with that (hope to live with that I should say). Nevertheless, it seemed an opportune time to get, for the first time in my cancer life, a second opinion. This week, after waiting out the transfer of medical records and a thyroid cancer specialist's evaluation, Team Lourie will be going to the Lombardi Cancer Center at Georgetown University Hospital for an independent assessment. To say we are extremely anxious is an understatement.

When I was initially diagnosed in late Feb., 2009, we did not get a second opinion. Perhaps we were naive, but at the moment the oncologist told us my diagnosis - and prognosis: non small cell lung cancer stage IV. he was not the least bit perplexed and the path forward seemed clear, and we didn't question him too much. A week later, I began chemotherapy. I have never wavered in this decision and I have no regrets about the path I chose. The fact that I have lived years beyond my prognosis has occasionally given me moments of curiosity as to why I was so amazingly lucky to have survived when so many others have not. Not wanting to look a gift oncologist in the mouth (if you know what I mean), I rarely thought to ask. I mean, I was doing so well.

Then about two years ago, a lump appeared under my Adams Apple. Upon examining me/it, my oncologist characterized it as a clone of my lung cancer and did nothing more than note its size and shape when he regularly examined me until the first of three biopsies (of a lymph node) was ultimately performed. It indicated thyroid cancer. This was new information to my oncologist. And so I was referred to an endocrinologist. She took one look at my "Adams Apple tumor" as I called it, and did a needle biopsy right then and there - in her office. She called me two days later with the results. Again, it confirmed thyroid cancer which subsequently led to the removal of my thyroid a month or so later. A few months after that, a hospitalization followed for radioiodine treatment to locate and kill any remaining thyroid cancer. Within another month I began chemotherapy treatment for thyroid cancer. Which is how I am presently being treated. Nothing more has changed. However, we wondered, what about my lung cancer? It was not being treated? As George Costanza asked after having sex with the cleaning lady on an old Seinfeld episode: "Was that a bad thing?"

And so we have taken steps to find out what it is we don't know that maybe the doctors know. Unfortunately, my original tissue sample is too degraded to re-biopsy, but all other relevant medical information has been transferred. I don't suppose we'll be able to go too far back in time, but given the future that I ended up having, there's no time like the present to review the past.

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

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## News

# Wildlife in Trouble? Experienced Team to the Rescue

By BARBARA S. MOFFET  
GAZETTE PACKET

The call from distraught Alexandria city employees was urgent. They needed the Animal Welfare League of Alexandria (AWLA) to help with a tiny, furry problem: A baby raccoon was stuck on top of a city dump truck that the workers had been driving around town. AWLA Animal Services Officers Howard Stanback and Megan Lawrence were dispatched to the scene, where Officer Stanback climbed atop the large truck and secured the raccoon with a humane catch pole. Handing the pole — and the raccoon — off to Officer Lawrence, he made his way down and then checked the young raccoon for any injuries. Confident that the animal was healthy, Stanback released it back into the wild where it could flourish.

It was all in a day's work for the AWLA's Animal Services team, whose mission is to promote humane and kind treatment of all of the city's animals — including wildlife — while protecting the public.

"We rescue sick, injured or orphaned wildlife within the city limits of Alexandria, working closely with wildlife rehabilitators and veterinarians to provide the most humane treatment possible," says AWLA Animal Services Chief Tony Rankin. "We also provide a 24-hour emergency service to residents of Alexandria to assist in the removal of wild animals from within the living areas of their homes."

People who have concerns about a wild animal in the community should call Animal Services; however, Animal Services will only capture or relocate wild animals that appear to be ill or injured or are considered dangerous. In Virginia, it can be illegal to interfere with wildlife in its natural habitat. Doing so can lead to the transmission of disease and cause the animal injury or even death.

Alexandria is home to a diverse array of wildlife, and the most common subjects of calls received by Animal Services are squirrels, raccoons, opossums, foxes and birds. Spring, summer and early fall are particularly busy times, as new animals are born and may appear vulnerable to citizens. Other calls relate to adult animals that people encounter during the day.

Officer Lawrence points out that wildlife that are active during the day might be on a mission to find food for their young — and not in trouble. And baby animals who appear abandoned might be just waiting for their mother to return. "It's important to remember that while we do have absolutely amazing wildlife rehabilitators in Virginia, there is nothing better for a baby animal than its own mother," Lawrence says. "People who find orphaned wildlife should call us so we can consult with them about ways to get mom and baby reunited."

Earlier this year Lawrence was called out to South Van Dorn Street with a report of a squirrel chasing people who were passing by. An unusual black squirrel, she quickly attained the moniker "Milkdud," inspired by the candy. "When I arrived, Milkdud



Milkdud the squirrel was rescued by the AWLA and taken to a wildlife rehabilitator for help.

appeared from a bush and crawled right up my leg," Lawrence recalled. "She was underweight for her age and dehydrated." Lawrence delivered Milkdud to a wildlife rehabilitator, who raised the animal with other squirrels until they could all be safely released together to the wild.

Lawrence suspects that someone had attempted to domesticate the young squirrel, which led to this predicament. "Trying to tame wild animals can often lead to a bad outcome," she says. "On her own, Milkdud likely would not have been able to live on her own in the wild."

This spring Lawrence and her colleagues discovered a deceased opossum, but because opossums are marsupials, Lawrence knew she might not be alone. She checked the animal's pouch, and sure enough, there were live babies attempting to suckle from their mother. Lawrence transported the young opossums to a wildlife rehabilitator, who nursed them to health and eventually released them in an appropriate habitat. "I could talk about opossums all day because they are so cool and so important to the environment," Lawrence says. "Not only are they North America's only native marsupial, but one single opossum can eat up to 3,000 ticks in the spring and summer months. They're helping us all out!"

Chief Rankin says wildlife species are crucial to Alexandria's ecosystem. "Animals who share our environment all have jobs just like most of us," he says. "Foxes, for example, eat large numbers of rodents as a mainstay of their diet. Without these animals, the ecosystem would become unbalanced and result in an unhealthy environment for all of the animals, including people."

The AWLA's Animal Services team is trained to work with domestic pets and wildlife in distress. If you are concerned about a domestic or wild animal in the City of Alexandria, please call (703) 746-4444 or email [AnimalServices@AlexandriaAnimals.org](mailto:AnimalServices@AlexandriaAnimals.org).

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