



US Department of the Army Fort Belvoir Emergency Services recognized (left to right) Fire Officer of the Year Captain Donald Wanamaker; Firefighter of the Year Adam Tutor; Firefighter/Medic of the Year Carl Ray; Security Guard of the Year Gregory B. Wyatt; Police Supervisor of the Year Lt. Steven Kinchen; Police Officer of the Year Jermaine Winston.



MPO Marvin Goodley receives a congratulatory fist bump from Supervisor Rodney Lusk for his Meritorious Service Award.

## Police & Fire Tribute Honors Emergency Responders

13th annual Tribute hosted by Mount Vernon Lee Chamber of Commerce.

**T**wenty outstanding police officers and first responders from Fairfax County and Fort Belvoir were recognized last Friday at the 13th annual Police & Firefighters Tribute hosted by Mount Vernon Lee Chamber of Commerce and presented by Inova Mount Vernon Hospital and 95/495 Express Lanes.

Stories of persistence to solve crimes and dedication to community were shared as each officer was individually recognized. Supervisor Dan Storck and Supervisor Rodney Lusk, along with departmental leadership, helped present the awards.

Detective Corey Clark with the Mount Vernon Police Station was recognized for his work in stopping a series of more than 40 commercial burglaries along the Richmond Highway corridor.

Through intensive investigation, weeks of stakeouts and surveillance by officers, neighborhood patrol units and detectives, a suspect was arrested who admitted to every burglary in the series. Due to Detective Clark's dedication, professionalism, and commitment the community is a safer place.

Marvin Goodley, the local crime prevention officer, is known to many in the community. Goodley is completing his 22nd year with Fairfax County Police Department where he was recognized for his special knack of mentoring younger detectives and offering advice to senior detectives and putting in extra hours on investigations asking, "How can I help?"

Chief Timothy Fleming was recognized for his more than 30 years of service to the Fairfax County Fire & Rescue Department. He joined the Franconia Volunteer Fire Department in August of 1984 where he has served as Chief for the past 31 years, a position he was elected to in 1989.



Mark Murray, Chamber President; Chief Timothy Flemming, Volunteer Firefighter of the Year; Bryant Wiggins, EMT/Medic of the Year; Supervisor Rodney Lusk; Deputy Chief Lee Warner; Michael Coppersmith; Supervisor Dan Storck; and Battalion Chief Martin Ranck.



Mount Vernon Police Station (left to right) Lt. Fred Chambers; Sgt. Mark Simmons; Supervisor Rodney Lusk; Supervisor Dan Storck; Detective Corey Clark; APO Rick Lopez; PFC Nathan Jones; MPO Marvin Goodley; and Captain Brian Ruck.



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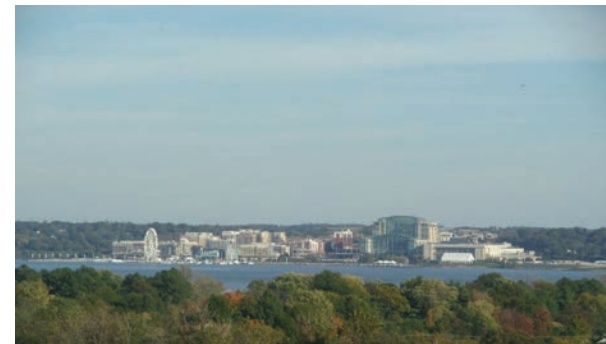


### Kings Park | \$599,000

Charming 3 bed/3 bath home nestled in a cul-de-sac with .36 ac of fantastic outdoor space, inc swimming pool out back & a deck off the kitchen for al fresco dining. HW floors, WB fireplace & 2400SF of cozy living space.

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### Hunting Creek Club | \$290,000

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### Harbor Terrace | \$224,900

Light and bright mini residence with a convenient location. Charming community with trees and gazebo and lots of green. Interior refreshed with paint and new carpet. Fully equipped galley kitchen with granite counters. In unit washer and dryer, good sized closet.

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### Potomac Valley | \$635,000

This 4 level detached home with 4 bedrooms and 3 full baths is the prize of Potomac Valley. The house has been newly painted and the hardwood floors have all been refinished. Enjoy the outdoors on the large two-tier deck or in the fenced back yard.

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## 'Be The Good Project' Ramps Up for The Holidays

Mount Vernon community effort spreads to the schools.

By Mike Salmon  
The Connection

It's not uncommon for the Marchand family to open the door in the mornings and find bags of food dropped off in their Mount Vernon front yard. They started a group months ago called "Be the Good Project," to help the nonprofit Martha's Table in Anacostia. This holiday season, the Marchand's are working with area schools to help local families as well.

They are working with the United Community in Mount Vernon as well as Walt Whitman Middle School and Mount Vernon Woods Elementary School to make Thanksgiving and the Christmas holiday season a little better during the pandemic.

"They drop it off on our lawn," Amber Marchand said of people donating.

"The need at both of these schools is high," she added.

They've got over 100 volunteers as well as the Mid-Atlantic Food Resilience and Access Coalition (MAFRAC), working with local farmers to get fresh vegetables. Whole Foods in Old Town, and Giant in Burke have donated reusable grocery bags to fill with the food. The volunteers to help out came in

all sizes too. "My daughter's Daisy Troop packed some of the bags, they did a great job," Marchand said.

The whole family is helping out, she said. That includes her husband Sterling, and children Foster, 8, Quinn, 7, Ford, 5, and Milo, 3.

On Monday, Nov. 30, Stylists at "North," a salon in Old Town Alexandria, are planning a haircut-a-thon and will donate all the proceeds toward the effort.

"The response has been overwhelming," Marchand said.

The children involved wrote hand-written notes to go along with each bag of food.

After Thanksgiving, they are shifting gears for the next event. "We're going to do that again on Christmas," Marchand said.

WWW.CONNECTIONNEWSPAPERS.COM



Sterling Marchand, co-founder of Be The Good Project, loads Thanksgiving Care Packages with non-perishable foods together with his sons, masks in place.



Bags of contributions were dropped off in the Marchand's front yard.

PHOTOS CONTRIBUTED

### VIEWPOINTS

## What Are You Grateful for on Thanksgiving 2020?

COMPILED BY MERCIA HOBSON/THE CONNECTION



Supervisor Daniel Storck with his family.

### Supervisor Daniel Storck (D-Mt Vernon)

"I am grateful for the many friends I love and have loved. The places I have seen and can see, even if I can't visit now. People who love without judging and care for others that do. On a personal note, I am grateful for my amazing wife with her beautiful blue eyes and smile, my two healthy and entertaining grandbabies, getting to spend time with my spunky and earthy mom, and for family and friends who are there for each other no matter what. I am also thankful for the earth, our communities, neighbors and, of course, my staff, who sustain me and support all of us."

Thanksgiving 2020 is bittersweet. The year has been filled with loss, uncertainty, and disruption for our students, families and staff. During these unprecedented times, it's more important than ever to reflect on what we're grateful for. This Thanksgiving, I'm thankful for the incredible dedication our teachers, administrators, and staff have demonstrated since March. I'm also thankful for our dedicated community and nonprofit leaders who have come together and supported our families in need.

-Karen Corbett Sanders,  
Fairfax County School Board  
Member Mt. Vernon District



Karen Corbett Sanders

"I am thankful to live and represent such a wonderful community here in Mount Vernon with so many who care so much, with their time, treasure, and talent, for those who are struggling in health, in isolation, or with loss of job, home, or family."



Delegate Paul Krizek

SEE MORE VIEWPOINTS, PAGE 5





The sun rising over the Potomac River and Dyke Marsh.



Ospreys nest along the shoreline. In the background, Alexandria's Porto Vecchio condominiums.



The river glistening in the sun as viewed from Belle Haven Marina.

# The Potomac River, a Stalling Recovery?

Cleaner than it was in 2011 when it got a D, but “its recovery is plateauing.”

By GLENDA C. BOOTH  
GAZETTE PACKET

While the Potomac River is clearly not what the Washington Post in 1951 called an “open sewer,” for the first time in a decade, the river’s health has declined, reported the Potomac Conservancy last month, falling from a grade of B to B- and still unsafe for swimming or fishing. It’s cleaner than it was in 2011 when it got a D, but “its recovery is plateauing,” say Conservancy officials. “The Potomac’s on the mend, but not in the clear.”

The Conservancy assessed five health indicators: pollution, fish, habitat, land and people, data assessed through 2018. The Potomac supplies drinking water to five million people.

## Polluted Runoff

Urban and suburban polluted stormwater runoff is the fastest growing pollutant and “threatens to undo decades of progress,” concludes the report. Impervious surfaces like streets, parking lots and roofs block the land’s natural ability to absorb rainwater. Instead water polluted by everything that has washed off roads, parking lots, lawns, and every other surface, including debris and excess nutrients, rushes into streams and the river. Heavy deluges shoot stream bank sediments downstream. During heavy storms, overwhelmed stormwater systems funnel diluted sewage into waterways.

Land use got a C+. “Pollution from urban runoff is increasing and is directly correlated to newly developed acres,” analysts concluded. “Population growth and the infrastructure to support sprawling development patterns threaten to exacerbate the problem as forests



A paddler on the Potomac. The Woodrow Wilson Bridge crosses the river, connecting Virginia and Maryland.

are torn down and replaced with parking lots, housing and roads,” the report contended.

The Conservancy gave the Potomac an F for shoreline that should be buffered with forests but instead have had trees and brush cleared away. Underwater aquatic plants that would help filter nutrients and pollutants and provide habitat for fish and other wildlife got a C-. Underwater vegetation coverage is steady, says the report. Basin-wide protected lands are 37 percent of total land area and earned an A grade.

## Water Quality

For non-tidal water quality, the report found that 50 percent of

**Mount Vernonite Elizabeth Ketz-Robinson loves to canoe on the river.**



small creeks and streams feeding into the Potomac are healthy, garnering a grade of B. Tidal water quality earned a D+, perhaps because of higher than average rain-

fall in 2017 and 2018 that reduced water clarity. The Potomac is tidal from just below the Chain Bridge in Washington, D.C. to the Chesapeake Bay.

Fish species like shad and white perch are doing well, but some, like smallmouth bass, are “showing signs of stress,” the report concluded, possibly due to heavy rains, pollution or overfishing. Two non-native fish, blue catfish and snakeheads, threaten native fish.

On the people front, the “river’s popularity is reaching new highs with greater access points and more people turning to the outdoors for physical and mental well-being during the COVID-19 public health crisis,” the report notes.

A May University of Maryland study gave the Potomac a D+ because the river was so hot in 2019. This study found that among all indicators, aquatic grasses and benthic or river-bottom organisms fared “the worst.”

The Potomac begins as a trickle 3,140 feet above sea level in West Virginia and winds 385 miles through three states and Washington, D.C. Below Washington, it widens and flows 101 miles to the Chesapeake Bay. American Rivers listed the Potomac as America’s “most endangered river” in 2012. What George Washington called “the nation’s river” and then President Lyndon B. Johnson labeled “a national disgrace” in 1965 is clearly cleaner.

But Conservancy President Hedrick Belin cautioned, “We’ve reached a critical turning point for the river and we can’t backslide now.

We must strengthen — not weaken — water protections so fishermen can eat their catch, children can safely swim and we can drink water without worry.”

Restoring the river to good health wobbles on in fits and starts. The message: Humans degraded it; humans can clean it up.

The report is at [www.potomac.org](http://www.potomac.org).

PHOTO BY GLENDA BOOTH



# VIEWPOINTS

## What Are You Grateful for on Thanksgiving 2020?

COMPILED BY MERCIA HOBSON/THE CONNECTION



**Jeff McKay, Chairman, Fairfax County Board of Supervisors**

"In 2020 I'm grateful for the residents of Fairfax County, who have shown so much compassion and empathy during these difficult times. We are lucky to live in Fairfax County and part of that is because of the people who live here. A lot has changed since I first took office at the beginning of year, but care for the community wasn't one of those changes. Residents stepped up to support their neighbors and so many volunteered their time this year. 2020 has been challenging, but I have so much hope for the future."



**Supervisor Pat Herrity participating in the Stuff the Bus campaign.**

### Supervisor Pat Herrity (R-Springfield)

"This Thanksgiving, I am very grateful for the health of my family and me. I am also thankful for the heroes in our community, the police, fire and first responders that are working to keep us safe in challenging times, those serving at home or abroad, our County staff who continue to respond to COVID, the teachers that are doing the best they can for our children, and our residents for their support of our businesses and those in need as they struggle to make it through the pandemic. I wish everyone a safe and happy Thanksgiving whether you are celebrating it with family or virtually."



PHOTO CONTRIBUTED



**Supervisor Walkinshaw with wife Yvette and newborn son Mateo.**

"While 2020 has been a trying year, I feel enormously privileged to have so much to be thankful for. On Sept. 30, Yvette and I welcomed our first child, Mateo. Both mom and Mateo are healthy and doing great! I'm also thankful for the solidarity and community spirit displayed by my constituents in the Braddock District throughout the pandemic. It has been incredible to see the generosity they have displayed to help those in need, especially during our record-setting Stuff the Bus food drives!"

— **Supervisor James Walkinshaw (D-Braddock District)**

This year has been a reminder of how easy it is to take the familiar for granted. This year I am grateful for: The sound of my kids running down the stairs; The way my youngest stands next to me just to see how much taller he is; My kids' teachers; Patience, grace, and kindness from unexpected places.

— **Laura Jane Cohen, Fairfax County School Board Member Springfield District**



PHOTO BY FCPS

This year, more than ever, I am deeply grateful for the love of family and friends and the opportunity to serve such a highly engaged community. These two things fuel my strong conviction that 2021 will bring brighter days, and collectively our community will solve its most pressing challenges.

— **Megan O. McLaughlin, Fairfax County School Board Member Braddock District**



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Are you tired of stairs and longing for 1 level living? A beautiful partially covered front porch that you can sit out & wave to your neighbors as they walk by? How about entertaining on a large deck that overlooks a large, fenced bkyd & watching your children/grandchildren congregate & play? We have that... plus 4BRs, 2BAs, beautiful refinished hwd floors & freshly painted interior. Throw in replacement double pane windows, 6 panel interior doors, a beautifully updated kitchen w/granite counters, SS appliances, that is open to the living & dining areas. Finally, an oversized 1 car garage w/a 12'x10' storage/workshop area on the end, & extensive parking available on a large driveway. Ideal location, less than 1 mile to Mt. Vernon Hospital & Sherwood Hall Library, 10 mins to Ft. Belvoir(S) & Old Town (N), 20 mins to Ntl Airport & 30 mins to D.C. & the Pentagon (N). Come take a look you won't be sorry.



**Alex/Riverside Estates \$587,500**  
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Come check out this beautiful "Virginia" model, offering a 5BR, 3BA Split w/large 2 car garage & a lovely deck off the kitchen overlooking a private & fully fenced bkyd. Many updates including roof 2020, vinyl siding, & double pane replacement windows in '04, furnace & A/C replaced in '19, HWH in '12. Beautiful refinished hwd floors on the main level which offers 4 spacious BRs, & 2 full BAs. The lower level offers a 5th BR, 3rd full bath & spacious family room w/a cozy gas FPL & walkout to the bkyd, all perfect for an in-law suite. This wonderful community is a short walk to Mt. Vernon Estate, 5 min drive (S) to Ft. Belvoir, 15 mins (N) to Old Town, 25 mins (N) to Reagan National Airport, 30-35 mins to D.C. and the Pentagon.



**Alex/Riverside Estates \$724,900**  
8503 Cherry Valley

Riverside Estates' largest split foyer model (Concord) w/2 car garage & lots of updates, i.e., roof 2001, HVAC 2012, baths 2010, furnace 2001, updated double pane windows 2019. Kitchen was opened to the dining & living rooms & is absolutely stunning: granite & quartz counters, large island w/seating capacity & beautiful hwd floors. Oversized MBR & MBA share a lovely gas FPL to add charm to the master suite. A large lower level offers a family rm which also has a gas FPL, a 4th BR & 3rd full bath. Plenty of storage behind the 2-car garage. Large lovely fenced bkyd, perfect for entertaining. 5 minute drive to Ft. Belvoir (S), 15 minutes to Alexandria, (N), 25 mins to National Airport (N) and 33 mins to the Pentagon (N).



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## Justice Delayed for Bijan Ghaisar, Justice Denied

In Letter from Birmingham Jail Dr. Martin Luther King, Jr. wrote, "Justice too long delayed is justice denied." How long is too long when the crime is murder of an unarmed motorist by 2 law enforcement officers? It has been over 3 years since Bijan Ghaisar was shot by US Park Police Officers Lucas Vinyard and Alejandro Amaya and that is too long.

**LETTER** shot by US Park Police Officers Lucas Vinyard and Alejandro Amaya and that is too long.

I hold 5 Agencies and their leaders complicit in his murder. The Department of Justice, Attorney General William Barr; the FBI and its Director Christopher Wray; the Department of the Interior and its interim head, David L. Bernhardt; the National Park Service and its leader Acting Director Margaret Everson; and the US Park Police and its Acting Chief Gregory Monahan.

These agencies and their leaders have done nothing to bring justice

to the Ghaisar family. To the contrary they have resisted, refused to answer numerous questions from US Senators Chuck Grassley and Mark Warner, among a host of other federal and state politicians, put roadblock after obstruction after cold hearted dismissal of queries simply asking why.

Bijan was shot on 11/17/17 and was taken off life support on 11/27/17.

Yes the two officers have been indicted and yes there is a civil suit working its way through the court system but the officers expect to get off by having their trial moved from Fairfax County to federal court and the civil action is a suit not a criminal charge of manslaughter.

"Justice too long delayed is justice denied." Three years is too long.

**John Bergen**  
Mount Vernon



John Bergen with James Ghaisar, father of Bijan, on 11/17/20, the third anniversary of his death, at the site where Bijan was shot.

### LETTER TO THE EDITOR

## 'These Kids Need To Be IN School'

I grew up with an absent father and an abusive mother. The abuse was so bad that if this pandemic had happened when I was a child, either my mother or I would not be alive today. I hated summers. Yes, what kid says that?! School was my saving grace. I could escape the abuse and get 2 meals a day, which I wasn't getting at home.

I recently spent some time with a "living legend" here in Alexandria. He said reports of child abuse to CPS, are down.

Do you think that's because there is less abuse? No, it's because most reports to CPS are made by teachers. He also said ER visits due to child abuse are more than double.

Equity in ACPS? No, never.

These kids need to be IN school.

Has anyone ever looked at the amount of staff and six figure salaries at Alexandria City Public School Headquarters? Do i think we should reduce in school salaries (teachers, principals, custodians)? No way! But the amount of money spent on staff at headquarters vs money spent on upkeep of schools, or building new schools, should be addressed. Why don't we let those ACPS staff continue to work from home (assuming they are), and use their building and our schools that Alexandria Soccer Association is using and get some of our kids, if not all on a rotating basis, back in school?

Overcrowding should have been addressed before a pandemic and where ACPS spends its money is relevant. WE are the stakeholders!

**Molly Kaiman**  
Alexandria VA  
Public School Parent

### 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.

#### Send letters

Online [www.connectionnewspapers.com/contact/letter/](http://www.connectionnewspapers.com/contact/letter/)  
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**By mail to: Letters to the Editor The Connection**  
1606 King St., Alexandria VA 22314

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### 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 event.

#### NOW THRU DEC. 15

Annual Membership Drive. The Port City Chapter of the National Charity League (NCL), a premier mother-daughter volunteer organization, invites women with daughters currently in 7th-12th grade, to join its chapter of 200-plus active mothers and daughters who reside in or attend school in Arlington, Alexandria, Springfield, Crystal City, or Washington, D.C. Visit the website: [www.nationalcharityleague.org/chapter/portcity/](http://www.nationalcharityleague.org/chapter/portcity/)

#### TUESDAY/DEC. 8

The Chamber ALX's 2020 State of Business: Annual Meeting, presented by Truist will be held Tuesday, December 8, from 9 - 10:30 a.m. via Zoom. Chamber Chairman, Dave Millard, will provide an end-of-year recap, which will highlight Chamber happenings over the past 12 months. In addition, they will feature a presentation on the state of the economy from Jeannette Chapman, Director of the Stephen S. Fuller Institute in the Schar School of Public Policy and Government at George Mason University. Register here: <https://alexandriavacoc.wlinc33.com/events/The-Chamber-ALXs-2020-State-of-Business-Annual-Meeting->

presented-by-Truist-2730/register

#### 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.

#### WORKHOUSE ARTS CENTER AFTER-SCHOOL CAMPS

After-school visual arts camps at Workhouse Arts Center have begun. After-school camps are offered from 4:30-6:30 p.m. every Monday, Wednesday, and Friday in two week sessions. Camps are for students Grades 1-3 and 4-6, with a limit of 9 students per session. Session E - December 7 to December 18  
Email [JoshStout@workhousearts.org](mailto:JoshStout@workhousearts.org) or call 703-584-2934.

SEE BULLETIN, PAGE 11

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

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A Connection Newspaper







Frank Hentschel, Fort Belvoir Director of Emergency Services; Anthony Jackson, Fort Belvoir Police Chief; Jermaine Winston, Police Officer of the Year; James Green and Damion Lawrence, Fort Belvoir Police Department.



Chief Timothy Fleming, (center) Franconia Volunteer Fire Department, is recognized for his more than 30 years of service to Fairfax County. Presenting the award were Deputy Chief Lee Warner and Battalion Chief Martin Ranck.



Sgt. Mark Simmons is congratulated by Supervisor Dan Storck for outstanding service as a supervisor at the Mount Vernon Police Station.

# Police & Fire Tribute Honors Emergency Responders

FROM PAGE 1

In this position, he gives more than 2,000 hours of service annually to the department and community. Chief Fleming is the only Fairfax County Fire Department Volunteer officer qualified to assume command in both fire ground operations as well as in Emergency Medical Services situations.

He serves on and has chaired the Fairfax County Volunteer Fire Commission where he helped forge a partnership with the 12 Fairfax County Volunteer Fire houses and the Fairfax County Fire and Rescue Department that has achieved national acclaim for the “combination” volunteer and career department it has become.

Award recipients from the Mount Vernon District Police Station were Officer of the Year PFC Nathan Jones; Meritorious Service MPO Marvin Goodley; Supervisor of the Year Sgt. Mark Simmons; Auxiliary Officer of the Year APO Juan “Rick” Lopez; and Detective of the Year PFC Corey Clark.

Recognized from the Franconia District Police Station were Officer of the Year Jennifer Habig; Supervisor of the Year Christopher Wright; Detective of the Year Katie Morris; and Meritorious Service MPO John C. Keenan.

Award recipients from the Fairfax County Fire & Rescue Department were Firefighter of the Year Technician Michael Coppersmith, Fire Station 5 Franconia; Volunteer Firefighter of the Year Chief Timothy Fleming, Franconia Volunteer Fire Station; EMT/Medic of the Year Technician Bryant Wiggins, Mount Vernon Fire Station; and Company Officer of the Year Lt. James Low, Woodlawn Fire Station. The Fort Belvoir Fire & Emergency Services award recipients were Firefighter of the Year Adam Tutor; Firefighter/Medic of the Year Carl Ray; and Fire Officer of the Year Captain Donald Wanamaker.

Recognized from the US Department of the Army Fort Belvoir were Army Police Officer of the Year Jermaine Winston; Army Security Guard of the Year Gregory B. Wyatt; Army Police Supervisor of the Year Lt. Steven Kinchen; Army Security Supervisor of the Year Marlon G. Walker.

## Fairfax Water

### NOTICE OF WATER RATES AND BUDGET PUBLIC HEARING

December 10, 2020 at 7:00 p.m.

At 7:00 p.m. on Thursday, December 10, 2020, Fairfax Water will conduct a public hearing on its Proposed Schedule of Rates, Fees, and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA. The meeting will also be available online for remote attendance. For more information, visit [fairfaxwater.org/meeting-schedule](https://fairfaxwater.org/meeting-schedule).

The proposed changes, to be effective April 1, 2021, include the following:

- An increase in the Availability Charge from \$4,320 to \$4,400<sup>†</sup>.
- An increase in the Local Facilities Charge from \$18,030 to \$19,610.
- An increase in the Service Connection Charge from \$1,370 to \$1,430<sup>†</sup>.
- An increase in the Quarterly Billing Service Charge from \$14.40 to \$14.85<sup>†</sup>.
- An increase in the base Commodity Charge from \$3.20 to \$3.33 per 1,000 gallons of water.
- An increase in the Peak Use Charge from \$3.85 to \$3.90.
- An increase in the Turn Off / Turn On Charge from \$49 to \$50.
- An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and the Peak Use Charge.
- A decrease in the Overhead Charge for Labor from 104% to 102%.
- An increase in the Installation of Sewer Use Meter Charge from \$39 to \$40.

<sup>†</sup>Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

Fairfax Water is also proposing a \$196 million budget for calendar year 2021\*. Water sales are expected to provide \$168.9 million and the remaining \$27.1 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

-- \$1,000s --		
Category	2020	2021
Personal Services & Employee Benefits	\$59,083	\$61,352
Power and Utilities	10,730	10,815
Chemicals	7,869	7,928
Purchased Water	5,014	8,364
Supplies and Materials	5,507	5,784
Insurance	1,230	1,100
Fuel	535	700
Postage	586	620
Contractual Services	13,779	14,102
Professional Services	1,336	1,298
Other	2,296	2,452
Sub-Total	107,965	114,515
Transfer to Improvement Fund	(10,313)	(10,763)
Total	\$97,652	\$103,752

Net revenues are expected to be appropriated as follows:

Debt Payment	\$42,358,365
Improvement Fund	\$11,000,000
General Fund	\$38,409,000

\* Fairfax Water's Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

A copy of the proposed changes can be viewed on our website at [fairfaxwater.org/rates](https://fairfaxwater.org/rates).

Those wishing to speak at this hearing (in person or remotely) or desiring a copy of the proposed changes should call Ms. Karen Barnette at 703-289-6029. Interested parties may submit written comments to [PublicHearingComments@fairfaxwater.org](mailto:PublicHearingComments@fairfaxwater.org) or mail written comments to:

Fairfax Water  
Public Hearing Comments  
8570 Executive Park Avenue  
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 9, 2020, to be included in the record of the public hearing.



# Despite Challenging Year, Gratitude Abounds for Restaurant Owners

BY HOPE NELSON  
GAZETTE PACKET

There's no getting around the fact that this year has been an incredibly challenging one for restaurants and their owners. While at first glance, reasons for gratitude may seem to be in short supply, in actuality restaurateurs have found many things to be thankful for.

**Kristin Cowan,**  
**Mount Purnon Cat Café and Wine Bar**

**APPETITE** "We are thankful for saving lives this year! As of (Friday), 37 (cats) have gone home and four more are pending! But that is times three lives saved, as it opens up room for our rescue, as well as the kill shelters they come from!"

**Gregg Linzey,**  
**The Chewish Deli**

"Without a doubt, through everything going on this

year with the pandemic I have been beyond thankful for the support the local community has shown my new restaurant. I tell everyone I feel like I'd be hard-pressed to find a community that has been more supportive of their local businesses through everything than Alexandria."

**Rob Krupicka,**  
**Captain Gregory's and Elizabeth's Counter**

"I'm thankful for a great staff and very supportive customers. And also outdoor heaters and blankets!"

**Michael Choi,**  
**Wooboi Chicken**

"I am appreciative of my team at Wooboi Herndon and Wooboi Alexandria. I am thankful to the farms that provide us our fresh produce each and every day."

*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).*



Noah at Mount Perrnon Cat Cafe

## CALENDAR

### NOV. 20 TO JAN. 3

**Ice & Lights: The Winter Village** at Cameron Run. At Cameron Run Regional Park, 4001 Eisenhower Ave., Alexandria. Opens nightly 5 to 10 p.m. Ice and Lights: The Winter Village at Cameron Run will return this year, featuring an ice rink, more than a dozen holiday light displays perfect for Instagramming, retail area, food, music and more. The Ice and Lights Village is a short drive from Old Town. Masks are required in all areas of Ice & Lights except when eating or drinking in the concession areas. Admission: \$8.16 for general admission to Village; \$20.68 for admission with skating; starting January 9, 2021, \$12.19 for skating. Visit [novaparks.com/events/ice-lights](http://novaparks.com/events/ice-lights)

### NOV. 27 TO DEC. 4

**Alexandria's Holiday Market** at Carlyle. Virtual from November 27 to December 4, 2020; in-person December 5-6, 2020, from 10 a.m. to 7 p.m. At John Carlyle Square Park, 300 John Carlyle St., Alexandria. Alexandria's Holiday Market is an annual signature event that transforms John Carlyle Square into a lively open-air festival, perfect for children young and old. This year, shop online and preorder the perfect present prior to the in-person market, which will feature physically distant vendors and musical entertainment including Gretchen and the Sidecar Six. The holiday market and festivities are sponsored by The Carlyle Vitality Initiative. Visit [thecarlylecommunity.com](http://thecarlylecommunity.com)

### NOV. 27 TO DEC. 31

**Christmas at Mount Vernon.** From 9 a.m. to 4 p.m. At George

Washington's Mount Vernon, 3200 Mount Vernon Memorial Hwy., Mount Vernon. Visit Mount Vernon this winter to participate in holiday activities and meet special guest Aladdin the camel. Learn about camels and George Washington's interest in exotic animals during Camel Talks, offered Friday through Sunday beginning on November 27. Specialty tours give guests a deeper look into the holidays at Mount Vernon. During the tour "Mrs. Washington's Mount Vernon," hear Martha Washington discuss the day-to-day planning needed for a busy holiday season. The "Holiday Dinner for the Washingtons" tour shares how food was grown, preserved and served during the holidays. Mount Vernon is open 365 days a year, including on Christmas Day. Admission: \$23 for adults; \$12 for youth (ages 6-11); free for children age 5 and below; extra cost for some activities. Visit [mountvernon.org/christmas](http://mountvernon.org/christmas)

### NOV. 27 TO DEC. 6

**Alexandria Shop Small Week.** Experience Alexandria's biggest shopping week of the year, the first-ever Alexandria Shop Small Week, November 27 to December 6, 2020. Kicking off with Plaid Friday: Alexandria's Small Business Black Friday and Small Business Saturday, Alexandria Shop Small Week is an opportunity to show your support for the D.C. region's largest destination for independent boutiques with 10 days and two weekends of deals, promotions and Instagram giveaways. Don your favorite mask or hop online to take part in promotional events including Plaid Friday: Alexandria's Small Business Black Friday (November 27), Small Business Saturday (November 28), Museum Store Sunday (November 29), Cyber Monday (November 30) and Giving Tuesday (December 1). Be sure to follow Visit Alexandria's

Instagram at @VisitAlexVA for gift card giveaways December 4-6. Need more reasons to shop small? Enter the Alexandria Santa-gram Giveaway by submitting a receipt from your purchase at a participating independent retailer featured in Visit Alexandria's digital Guide to Alexandria Holiday Shopping for a chance to win a personalized video greeting from the region's most beloved Santa. Visit [AlexandriaVA.com/Holidays/Shop-Small-Week](http://AlexandriaVA.com/Holidays/Shop-Small-Week)

### NOV. 27-29; DEC. 11-13; AND DEC. 26-28

**Winter Glow at Mount Vernon.** From 5:30 to 8:30 p.m. At George Washington's Mount Vernon, 3200 Mount Vernon Memorial Hwy., Mount Vernon. Experience an enchanted evening of winter lights at Mount Vernon. See the estate illuminated with soft lights and holiday patterns as you listen to Christmas carolers and visit an 18th-century winter encampment. You can also meet Aladdin the camel, shop for artisan-made goods, purchase warm food and holiday drinks at the Mount Vernon Inn Food Truck and more. Admission: Starting at \$25 for members; \$30 for non-members. Visit [mountvernon.org/christmas](http://mountvernon.org/christmas)

### 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 handmade 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>

### NOV. 28-29

**Del Ray Holiday Market.** From 10 a.m. to 2 p.m. At Del Ray Psych & Wellness parking lot, 1900 Mount Vernon Ave., Alexandria. Del Ray Business Association (DRBA) invites you to explore the Del Ray Holiday Market with sidewalk sales and other promotions, kicking off on Small Business Saturday. The open-air holiday market will be held in the parking lot of Del Ray Psych & Wellness. It will feature DRBA members and local artists from Art on the Avenue. Vendors will be physically distanced, and masks are required for entry. On Saturday, participate in a food drive for The Salvation Army in their adjacent parking lot. On Sunday, look for food vendors and live music. Go to the website: [visitdelray.com](http://visitdelray.com)

### TUESDAY/DEC. 1

**"A Starlit Holiday Cabaret."** 5 and 6:30 p.m. Featuring Awa Sal Secka and Christian Douglas, vocalists with Dan Campolieta, piano. Ring in the festive season with a program of seasonal and holiday classics by the duo of dynamic vocalists,

returning for another electrifying evening of jazz, musical theatre and popular favorites for the season. At The Rectory on Princess St, 711 Princess St, Alexandria. Visit <https://www.classicalmovements.com/secretgardenconcerts-2/>

### STARTING DECEMBER 1

**ArtWalk.** At various locations along King Street (Union to Diagonal), and select side streets, Alexandria. Old Town Business Association is partnering with The Art League of Alexandria to offer a holiday themed ArtWalk in Old Town along King Street (Union to Diagonal) and select side streets. Each block will feature a work of art adorning a lamp-post. Maps may be found at [oldtownbusiness.org](http://oldtownbusiness.org) beginning December 1, 2020. Keep an eye out for holidays trees located on both upper and lower King Streets. Visit [oldtownbusiness.org](http://oldtownbusiness.org)

### WEDNESDAY/DEC. 2

**Chopin Concert.** 6:40 p.m. At George Washington's Mount Vernon. A unique concert combining space technologies with the timeless beauty of Frédéric Chopin's music. Free online broadcast of the concert at <http://www.chopin.space/>

### DEC. 4-6

**Artful Weekend.** Fri. Dec. 5 from 3-7 p.m.; Sat. Dec. 5 from 10 a.m.-5 p.m.; Sun. Dec. 6 from 10 a.m.-3 p.m. At Fort C.F. Smith Park, 2411 24th Street, Arlington. Arlington Artists Alliance 18th Annual Artful Weekend: artwork show and sale by 30 local artists. Free and open to public. Masks and social distancing required. Visit the website: <https://arlingtonartistsalliance.org/>



## NEWS

# Alexandria/Mount Vernon Nonprofits

**M**any nonprofits in the city and nearby need your help to continue to rise to the need during the dual health and economic crisis of the pandemic.

There are literally hundreds, probably thousands, of ways to give locally, financially, food and other goods, volunteer time. Here are a few ideas. Please let us know what we have missed.

### Where to Give Locally

❖ **ALIVE! Alexandria;** 2723 King St, Alexandria, VA 22302; 703-837-9300; ALIVE! serves thousands Alexandrians annually with shelter; low-cost early childhood education and childcare; financial help for rent, utilities, medical care and other critical needs; emergency food; and deliveries of donated furniture and houseware. [www.alive-inc.org](http://www.alive-inc.org)

❖ **Alice's Kids** (@alicewillhelp) [aliceskids.org](http://aliceskids.org) P.O. Box 60, Mount Vernon, VA 22121 When a child is raised in poverty they suffer both publicly and privately. When there is no food in the refrigerator, no electricity or heat, these are hardships that they can keep hidden from their peers. But, when that same child can't afford to pay for the band field trip, a pair of glasses, a chorus outfit or a new pair of shoes, these are indignities that are evident to their classmates. Alice's Kids pays for these relatively inexpensive items in the hopes of preserving the dignity of the child. It helps children from all over the Mount Vernon area through small acts of kindness. Alice's Kids [aliceskids.org](http://aliceskids.org) 703.746.8108 [contact@aliceskids.org](mailto:contact@aliceskids.org)

❖ **At Home in Alexandria** (AHA) is a nonprofit village that builds and sustains a 55+ community to successfully navigate aging. Together, we share activities, programs and services, including access to needed assistance. Our vision is for AHA to be an advocate for older Alexandrians to live safe, active and connected lives. AHA is a membership organization, which means you pay an annual membership fee that, in turn, entitles you to request services from AHA for an entire year. These services include transportation, errands, technical support, light maintenance, organizing and decluttering, short-term pet or lawn care, and much more. 3139 Mt. Vernon Ave. Alexandria, VA 22305-2669 (703) 231-0824 Email: [aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org) Website: [www.athomeinalexandria.org](http://www.athomeinalexandria.org)

❖ **Animal Welfare League of Alexandria,** 703-746-4774, [www.alexandriaanimals.org](http://www.alexandriaanimals.org), Pet adoptions, spay and neuter assistance, education and community service and outreach.

❖ **ACT for Alexandria,** 703-739-7778, [www.actforalexandria.org](http://www.actforalexandria.org), Nonprofit and donor services.

❖ **Alexandria Tutoring Consortium,** 703-549-6670 ext. 119

<https://alexandriatutors.org/>, Tutoring for Alexandria City Public Schools kindergarten and first grade students who are struggling to read. Mission: To help Alexandria City Public School students read on or above grade level by the end of kindergarten and first grade. Donate now to fund its mission of making sure that every child in Alexandria can read and succeed.

❖ **Assistance League of Northern Virginia** is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. As a result of closures relating to the coronavirus, the organization has reshaped its Weekend Food For Kids program to assist the struggling families of the students we serve. Since April, Assistance League has provided 1031 grocery store gift cards, valued at more than \$20,000, for four of the Title I schools that we serve in Fairfax and Prince William Counties and the City of Alexandria. Contact [info@alnv.org](mailto:info@alnv.org) or visit [www.alnv.org](http://www.alnv.org)

❖ **Bethany House,** 6121 Lincoln Rd #303, Alexandria, VA 22312; 703-658-9500; <http://www.bhmv.org/>; Bethany House provides emergency shelter and supportive services to victims of domestic violence throughout Northern Virginia and the surrounding DC metro communities.

❖ **The Campagna Center,** 703-549-0111, [www.campagnacenter.org](http://www.campagnacenter.org), Educational and social development programs for children, teens, and adults.

❖ **Carpenter's Shelter,** 703-548-7500, [www.carpentersshelter.org](http://www.carpentersshelter.org), Homeless services and programs including education and case management.

❖ **Center for Alexandria's Children,** 703-838-4381, [www.centerforalexandriaschildren.org](http://www.centerforalexandriaschildren.org), Child abuse and neglect and parent support.

❖ **Child and Family Network Centers,** 703-836-0214, [www.cfnc-online.org](http://www.cfnc-online.org), Provides caring, high-quality, free early education and related services to at-risk chil-

SEE WHERE TO GIVE, PAGE 14

Let us know about an upcoming event  
[www.connectionnewspapers.com/Calendar](http://www.connectionnewspapers.com/Calendar)

Support Alexandria's creative economy and shop small and local this season at Torpedo Factory Art Center.

Find unique jewelry, ornaments, home goods, and more.

Small Business Saturday is November 28  
& Artists Sunday is November 29

## Torpedo Factory Art Center

Wednesday – Sunday: 10 am – 6 pm

105 N. Union St. • Old Town Alexandria  
[torpedofactory.org](http://torpedofactory.org) • 703.746.4570

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

Special thanks to:

Mount Vernon Gazette



Photo by Laura Hatcher for City of Alexandria

'TIS THE SEASON  
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NOVEMBER 28, 2020





# Area Light Shows Brighten the Holidays

BY SUSAN LAUME  
THE CONNECTION

**T**his season NOVA Parks offers an opportunity to literally “brighten” spirits with three holiday shows. As a more somber country examines holiday traditions this year with an eye toward finding safe accommodations, spectacular shows with hundreds of lights and light sculptures await viewing now at: Festival of Lights, Bull Run Park; Ice & Lights, Cameron Run Park; and Winter Walk of Lights, Meadowlark Botanical Gardens.

The scale of the light shows has not diminished, but goes on with added safety protocols, in what has become a delightful area entertainment custom. The number of available tickets at Cameron Run and Meadowlark were scaled back to meet the latest State restrictions on entertainment gatherings; to reduce crowd size to one third capacity. Added protocols include: timed ticket entry, six foot social distancing, required masks, increased facility sanitation, and staff symptom and temperature

checks. The drive-thru show at Bull Run is largely unaffected by the facility safety restrictions since participants remain in their vehicle.

Bull Run Festival of Lights first opened over twenty years ago. Its 2.5 miles include approximately a million lights and a large number of holiday displays. Remaining popular over the years, the show attracted 48,000 cars for the drive through event last year. A newer tradition, begun in 2012, the Meadowlark Botanical Gardens’ Winter Walk of Lights show features nature themed displays over more than half a mile of walking trails, created with more than half a million lights. Its first year visitation of 36,000 jumped to about 75,000 walkers in 2019, who watched, among other displays, illuminated bees fly from their lighted hive, frogs leap, and bunnies hop. The newest show, Cameron Run’s Ice & Lights, which opened in 2019, “transforms the Great Waves Waterpark into a holiday wonderland”, says NOVA Parks Blythe Russian, who worked with other staff members to create the



Meadowlark Botanical Gardens’ Winter Walk of Lights invites entry into a fantastical, lighted world of nature for the holidays.

Meadowlark and newer ice shows.

Holiday light shows are almost as old as light bulbs themselves.



NOVA Parks helps visitors leap into the holiday season with colorful light displays.

PHOTOS BY SUSAN LAUME/THE CONNECTION

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Three years following Thomas Edison’s first public demonstration of the incandescent light bulb in 1882, his associate Edward H. Johnson was dubbed the “Father of Christmas tree lights” after decorating his tree with 80 walnut sized bulbs. By early in the 20th century, the availability of inexpensive electric power made it possible for the average person to decorate with electric lights instead of candles. The first public electric light Christmas holiday display is recognized as Christmas Tree Lane, a .7 mile display of lighted cedar trees along Santa Rosa Ave

in Altadena, Calif. The Altadena tradition started in 1920 has continued every year after that, except during WWII.

Since the 1960s, people have been outlining private homes with lights. It became family entertainment to drive around between 8 and 10 p.m. to view the lights each season.

The NOVA Park shows cater to the public’s appetite to view ever larger holiday light displays.

All tickets for the NOVA Park shows must be purchased online (no walk-ins) at [novaparks.com](http://novaparks.com) for shows running until Jan. 3, 2021.



Bull Run Park’s Festival of Lights dazzles visitors along a 2.5 mile holiday drive-thru display.



# BULLETIN

FROM PAGE 6

## VOLUNTEERS NEEDED

Assistance League of Northern Virginia, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at lynnieb517@verizon.net.

United Community (formerly UCM), 7511 Fordson Road, Alexandria, seeks volunteers for Food Pantry assistance, Early Learning Center teacher aides, basic needs counselors, youth tutors and mentors, office administration/data entry, and community outreach. Flexible hours and schedules. Opportunities for all ages to serve, including community service hours. More info at ucmagency.org/volunteer-opportunities or email volunteer@ucmagency.org.

Operation Paws for Homes, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See www.ophrescue.org for information and all volunteer opportunities.

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 or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Line Dance Instructor needed for the Gum Springs Senior Program once a week on either Tuesday, Wednesday or Thursday. Volunteer Solutions, call 703-324-5406, TTY 711.

Volunteer Fairfax makes it easy for individuals and families, youth and seniors, corporate groups and civic clubs to volunteer. Fulfill hours, give back, or pay it forward through a variety service options. Visit www.volunteerfairfax.org or call 703-246-3460.

STEM VOLUNTEERS. The American Association for the Advancement of Science (AAAS) needs scientists, engineers, mathematicians, and physicians to assist K-12 STEM (Science, Technology, Engineering, Mathematics) teachers in the Northern Virginia Area, during the 2016-17 school year. In the 2015-16 school year, the numbers of STEM volunteers in Northern Virginia were: Fairfax County - 40, Arlington - 20, and Alexandria - one. Details of the collaboration are worked out between the teacher and the volunteer, and may involve giving demonstrations, assisting in lab experiments, lecturing on special topics, assisting with homework, etc. The hours are flexible, and volunteers attend a one-day training in September before being assigned to schools. To see how volunteers are assisting their teachers, view the video clips at www.seniorscientist.org. To volunteer, contact donaldrea@aol.com.

SEE BULLETIN, PAGE 13

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## THE CONNECTION

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**Obituary**

**Obituary**

**William Frederic Turner**, known to all as Bill or Big Bill, passed away following an extended illness on November 20th, 2020 at the age of 65. Born in Washington, DC, Bill was raised in the Mount Vernon area of Fairfax County, growing up in the subdivisions of Hollin Hall and Kirkside. His parents, Bill and Grace Turner, were charter members of Aldersgate Methodist Church. Attending Hargrave Military Academy and graduating from Patterson Preparatory School, Bill continued his education at Wesley College, Northern Virginia Community College and George Mason University.



As a young man he worked for FEMA (Federal Emergency Management Agency) and as a courier for CBS where he had the opportunity to meet several renowned newscasters. For the bulk of his career, he worked as a construction lab technician and inspector for numerous public and private projects in the DC area, including job sites at the initial Metro stations, National and Dulles airports.

In 2009 he moved to his parents' vacation home on Blue Mountain in Front Royal, Virginia where he became active in Warren County's Republican party. He is survived by his sister, Gretchen Turner Almstead of Manassas, VA, two nephews, cousins, neighbors and friends. A private graveside service will be conducted at a family cemetery in Nanticoke, MD where he summered at his beloved grandparents' home throughout his boyhood.

**Obituary**

**Obituary**



**Catherine Barbara Williams, 71**, of Leesburg, Virginia, passed away peacefully at home with her daughter, Amy, at her side on August 21, 2020. She leaves to cherish her memory, Amy Joncas and her husband, Wayne of Leesburg, Virginia and Andrew Williams and his wife, Rosa of Clifton Forge, Virginia. Her children will always recall many fond memories. She was a devoted, loving mother first and foremost. She treasured her children and embraced every moment with them. She was always there to comfort, encourage, and guide her children. She instilled Catholic values and morals as she had a strong Catholic faith and wished to pass her faith onto her children. She made tremendous sacrifices on behalf of her children. She was an

extraordinarily strong woman that persevered amidst many challenges. She had immense patience, understanding, and compassion.

She also leaves behind numerous loving friends who have been a source of tremendous support and inspiration. The family wishes to express their sincere gratitude to those who have extended support to Catherine and her family.

She graduated from Richard Elementary School, Detroit, Michigan and Osborn High School, Detroit, Michigan before attending Mercy College of Detroit, Detroit, Michigan. She also attended Trinity Washington University, Washington, DC.

She was an active member of several Catholic parishes, St. Louis Catholic Church, Alexandria, Virginia; The Basilica of Saint Mary, Alexandria, Virginia; and St. Theresa Catholic Church, Ashburn, Virginia.

She was inspired by her involvement with two Tau Fraternities of the Secular Franciscan Order, the Tau Fraternity of the Secular Franciscan Order – Herndon, Virginia as well as St. John the Beloved Apostle Order of Secular Franciscan Fraternity, Alexandria, Virginia, both of the St. Margaret of Cortona Region.

She served as a role model to her children by instilling the value of service to the community. She had extensive volunteer experience in religious and lay organizations. She led religious education classes at various Catholic Churches for 20 years. She participated in the SPRED program which delivered religious education to the developmentally and physically disabled. She was a member of the Pastoral Council at a local parish. She led volunteers at several key school functions at a local Catholic elementary school.

She delivered groceries and provided other assistance to an elderly resident on a weekly basis; she served as a mentor for elementary school children; she participated in a weekly tutoring volunteer program; and she joined a program that provided mental health services for a wide age range of individuals.

During the course of her 25 years of Federal Government Service, she worked for the following Federal Agencies: Securities and Exchange Commission; Department of the Army; Department of the Air Force; Department of the Navy; and Department of Veterans Affairs. She worked at several office locations, the Hoffman Building, Alexandria, Virginia; Crystal City, Arlington, Virginia, and the Washington Navy Yard, Washington, DC.

In addition to her full time Federal Government service, she also held positions in the private sector, specifically, worked in the admissions departments of hospitals (Mt. Vernon Hospital, Alexandria, Virginia and Children's National Hospital, Washington, DC); worked in the Admission Ticket Office at Mount Vernon, the Home of George Washington, Alexandria, Virginia; and worked at a stock brokerage firm, Merrill Lynch.

Online condolences can me left on Catherine Williams Memorial Tribute at:  
<https://www.dignitymemorial.com/obituaries/alexandria-va/catherine-williams-9324765>

Due to COVID-19 restrictions, attendance was limited at a Funeral Visitation, Mass of Christian Burial, and Graveside Service. A larger celebration of life will be held at a future date.

She was devoted to the cloistered Poor Clare community located at the Poor Clare Monastery of Mary, Mother of Church, Alexandria, Virginia.

Memorial donations may be sent to the Poor Clare Monastery of Mary, Mother of the Church, 2505 Stonehedge Drive, Alexandria VA 22306.

## SENIOR LIVING

# Seniors and the Flu

## Getting vaccinated can reduce hospital visits and admissions during anticipated shortage due to COVID-19.

BY MARILYN CAMPBELL  
GAZETTE PACKET

While shopping for dinner on a recent Wednesday afternoon, Roger Whitehead spotted a sign near the pharmacy of a grocery store near his home in Alexandria.

"It was easy. Once I'd picked up my groceries, I stopped by the pharmacy before I got in the check-out line," said Whitehead, 65. "I filled out some paperwork and rolled up my sleeve. It took about 30 seconds."

To stave off an onslaught of emergency room visits as a result of both the flu and COVID-19 cases, particularly for the elderly, local health officials, are underscoring the importance of the flu vaccination. While it differs from year-to-year, flu season is typically at its peak from December through February. Getting a flu shot can reduce the risk of being hospitalized.

"Older people with certain health conditions, in particular, are at high risk of serious flu complications," said Kurt Larrick, Assistant Director, Arlington County Department of Human Services. "The best way to prevent the flu is by getting vaccinated."

It's not too late to receive a vaccine and an option for seniors is Fluzone High-Dose Quadrivalent, licensed only for those over the age of 65. "It is es-



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pecially important this year," said Dr. Travis Gayles, Montgomery County health officer. "[It] can also save health care resources for the care of patients with COVID-19."

Those over 65 are especially likely to get dangerously ill from catching the flu. "The flu viruses and the virus that causes COVID-19 are both spreading disease this flu season," said Shauna Severo, Director of Fairfax County Health Services. "As the incidence of COVID-19 increases the healthcare system could be overwhelmed treating both patients with the flu and patients with COVID-19."

Local jurisdictions launched campaigns to facilitate access to the flu vaccine and to increase awareness among those who have not yet received it. "Arlington has partnered with other Northern Virginia jurisdictions on the Stay Well Nova Campaign, which is providing education, outreach, and resources around flu vaccine," said Larrick.

The Centers for Disease Control and Prevention (CDC) recommend that everyone 6 months and older get vaccinated against the flu every year, especially people who are at high risk.

### FOR MORE FLU INFORMATION

- ❖ Fairfax County: <https://www.fairfaxcounty.gov/health/flu>
- ❖ Alexandria: [alexandriava.gov/Health](https://alexandriava.gov/Health)
- ❖ Arlington: Stay Well Northern Virginia Campaign <https://www.staywellnova.com>
- ❖ Inova Flu Services <https://www.inova.org/our-services/inova-well/medical-wellness/immunizations>
- ❖ Montgomery County, Md.: <https://www.montgomerycountymd.gov/resident/flu.html>
- CDC: <https://www.cdc.gov/flu/>

# Holiday Celebrations COVID Style

## Dealing with separation from family and friends.

BY MARILYN CAMPBELL  
THE CONNECTION

The decision to spend holidays away from loved ones can be a necessity during the coronavirus pandemic. For those who're accustomed to celebrating the season with large family gatherings, the solitude that comes with COVID-19 can be a difficult adjustment.

"First, acknowledge that this is going to be a different kind of holiday," said licensed psychologist Denise T. Dewhurst, Ph.D., Professor of psychology at Montgomery College. "Reach out to someone else you know who is also alone. Even a brief phone call benefit both of you."

A little forethought into how one's time will be spent will offer structure and can help manage feelings of loneliness, advises Dewhurst. "For some, this may be watching television, or reading. For others, it might be a hobby or craft."

"Work on creating something, maybe baking, art projects, family genealogy project, a journal about your life," added therapist Carol Barnaby, LCSW.

"Take a virtual tour of somewhere you would like to visit."

Practice gratitude, suggests Dewhurst. "Remind yourself of things you do have to be thankful for," she said. Connect with family members virtually. Talking to one person or one group at a time might allow for better conversations, she said.

Video conferencing with family and friends, particularly during a meal, can allow one to simulate being together in person. "Talking and seeing others' faces is second best to being there and definitely will feel more like you're part of things than not," said psychiatrist Gail Saltz, MD, Associate Professor of Psychiatry at the NY Presbyterian Hospital Weill-Cornell School of Medicine. "Make a dish that matches the dish of where you would normally be going. Eating the same food, while having conversation increases the enjoyment and sense of being together."

Put on a mask and take a socially distanced walk or other outdoor activity, says Saltz. "It may not be the sit-down meal, but a safe masked, distant outside walk can provide some time together," she said.

Reminisce about past holidays and envision those that lie ahead. "Spend a part of the day looking at photos privately of those you love and remembering fun and close times you have had together," said Saltz. "Keep in mind that when this is over, you'll resume making more memories together."



# BULLETIN

FROM PAGE 11

Fairfax County's Community Services Board is seeking volunteer office assistants. Volunteers are needed to assist CSB staff with greeting guests, making reminder phone calls, data entry, filing, shredding, stocking shelves, and other duties as needed. Hours are flexible, but would be during normal business hours. Visit [www.fairfaxcounty.gov/csb/viva/volunteers.htm](http://www.fairfaxcounty.gov/csb/viva/volunteers.htm) for more.

Yoga Teachers are needed. Help improve a person's well-being by teaching yoga classes to adults who are staying in a residential facility. The day/time is flexible, but would be during the week. Prior yoga instruction is required. Visit [www.fairfaxcounty.gov/csb/viva/volunteers.htm](http://www.fairfaxcounty.gov/csb/viva/volunteers.htm) for more.

The Northern Virginia Long Term Care Ombudsman Program needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov).

Respite Care volunteers give family caregivers of a frail older adult a break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or [Kristin.Martin@fairfaxcounty.gov](mailto:Kristin.Martin@fairfaxcounty.gov).

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The Gum Springs Senior Program in Alexandria is looking for a Line Dance Instructor. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The Kingstowne Center for Active Adults in Alexandria needs Instructors for the following classes: Country-Western Line Dance, Hula Hoop and African Style Dance. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The Hollin Hall Senior Center in Alexandria needs instructors for the following classes: Basic Woodworking, Italian and Ballroom Dance. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The Mount Vernon Adult Day Health Care Center in Alexandria needs front desk volunteers and patient Card Players. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

Hollin Hall Senior Center is looking for a DJ ballroom and dance instructor. The Hollin Hall Senior Center, 1500 Shenandoah Road.

The Mount Vernon Adult Day Health Care Center is looking for social companions for participants on Fridays from 3-5 p.m. and front desk volunteers on Tuesdays and Wednesdays from 11 a.m.-noon and 3:30-4:30 p.m. Located at 8350 Richmond Highway. For these and other volunteer opportunities call 703-324-5406 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults).

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Candidates must apply at [www.ocss-va.org](http://www.ocss-va.org)

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## A Question of Time

By KENNETH B. LOURIE



Let us presume, for the sake of this column, that I only have papillary thyroid cancer stage IV, and that my years as a non small cell lung cancer patient, also stage IV, are over. If true, it begs the question, which I have been asked twice since this recategorization has become - in my circle anyway, public knowledge: how does it make me feel (to no longer be one scan result away from having months to live to now having years to live)? As obvious an answer as it should be: I can't exactly get my mind around it. I keep hearing that "If it's too good to be true, it isn't" advisory in my head. I realize medicine is different, and that's what scares me.

Well, I can't really say I feel as if I have my life back because I never really lived like it was gone. I pretty much - treatments and side effects notwithstanding - tried to maintain my normal life and to continue my routine as well. I didn't stray too far from my well-established dos and don'ts. I didn't write down a bucket list and therefore spent no time pursuing long-standing goals. I just did what I have always done. I didn't want to be controlled by my cancer; doing things, taking trips, etc. just because I had a "terminal" diagnosis. To my way of thinking, that would have been akin to reinforcing a negative: a cancer that was likely to kill me sooner rather than later so I better do such and such or else. Instead, I just lived my regular life and felt no pressure to cross off items on a bucket list before I died. In spite of living life not as if I was dying, but as if I was going to be living, (unlike the country music song that expresses a different sentiment) I survived beyond my wildest timeline: so far, 11 years and nine months after initially being given a "13 months to two years" prognosis.

Fast forward to the most recent - and amazing news: I hadn't miraculously survived non small cell lung cancer after all, I had merely survived a very survivable and slow moving thyroid cancer (that has - or had previously, metastasized to the lung). Though my oncologist still thinks I have two types of cancer, my endocrinologist thinks I only have - and have had, one type, thyroid cancer. The Lombardi Cancer Center head and neck cancer specialist also feels like I have one cancer: thyroid. Her reasoning, after reviewing my medical records was a bit more direct: "if you had lung cancer diagnosed 12 or so years ago, we wouldn't be here having this discussion. You wouldn't be alive." So being alive is proof, a type of proof I suppose, that I've had thyroid cancer all along and never had lung cancer.

Not that I want to be thick-headed but after nearly 12 years of being told that I had lung cancer and living scan to scan every two to three months and anxiously waiting as well for my lab results every three weeks

I find myself unable to let go of the worst case scenario that has been my life since Feb., 2009, and embrace this amended diagnosis. I can't seem to turn off my internal anxiety/fear clock. In fact, it's still stuck in its original position. I'm like an ocean liner headed out to sea. It can hardly turn on a dime and neither can I. Certainly I want to believe it and I don't really doubt the thyroid cancer opinions I've received, but it just seems that having your wildest dreams come true after almost 12 years of trying to accept the reality of your cancer situation/early death is too much good fortune for anyone to imagine/realize. It's the opposite of normal. As much as one might want it to happen, it's just not the way it generally works. I don't suppose doctors hand out terminal diagnosis before giving it extra ample thought. And yet, I'm about to be living proof.

Nevertheless, every day, the shock of it begins to wear off and I can contemplate my future once again. No more will I count the days between scans. No longer will I dread reading my lab work and wondering what it all means. Oddly enough, what it all means is that I'll probably continue/resume my previous life, boring and mundane as it was because, well, it worked for me then so I imagine it will work for me now.

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

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## News

# Where to Give Locally

FROM PAGE 9

dren and their families in their own neighborhoods to prepare them for success in school and life

❖ Community Lodgings, Inc., 703-549-4407 Transitional and affordable housing, youth education, adult education, bilingual staff assistance.

❖ The Community Foundation of Northern Virginia, [www.cfnova.org](http://www.cfnova.org) The Community Foundation for Northern Virginia works to respond to critical need and seed innovation in the region. Make grants in its focus areas of interest while also bringing a spotlight on the benefits of community philanthropists.

❖ Computer C.O.R.E. 703-931-7346, [www.computercore.org](http://www.computercore.org), Adult education, computer training and career development. Email: [info@computercore.org](mailto:info@computercore.org)

❖ Comfort for America's Uniformed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, CFC #33011, Phone 703-591-4965, [cause-usa.org](http://cause-usa.org)

❖ Hopkins House, 703-549-8072, [www.hopkinshouse.org](http://www.hopkinshouse.org), Preschool academy, family budgeting and literacy, family education and youth summer enrichment camp, Early Childhood Learning Institute.

❖ Literacy Council of Northern Virginia, 703-237-0866, [www.lcnv.org](http://www.lcnv.org), Teaches adults the basic skills of reading, writing, speaking and understanding English.

❖ Friends of the Alexandria Mental Health Center, an all-volunteer, 501(c)(3) nonprofit, serves as a safety net for clients of the CSB who encounter extraordinary or emergency financial needs. Able to devote more than 98 percent of the donations and grants to direct client support and co-sponsorship of free public educational programs. [bit.ly/friendssoftheAMHC](http://bit.ly/friendssoftheAMHC)

❖ Neighborhood Health, 6677 Richmond Highway, Alexandria, VA 22306. Partners with patients to treat the whole person through medical, behavioral health and dental programs. Ten clinics throughout region. Participating with all insurance including commercial, Medicare, and Medicaid, 703-535-5568, [www.neighborhoodhealthva.org](http://www.neighborhoodhealthva.org)

❖ Northern Virginia Family Services, [www.nvfs.org](http://www.nvfs.org), Employment and job training, healthcare, housing, mental health, foster care and Healthy Families. 571-748-2500

❖ Lorton Community Action Center (LCAC) seeks to provide low-income individuals, senior citizens, and families residing in Fort Belvoir, Lorton, Newington and other portions of southeast Fairfax County with access to basic needs and the opportunity to empower themselves through LCAC's self-sufficiency programs. <https://lortonaction.org>

❖ Lost Dog & Cat Rescue Foundation helps homeless pets find their way into loving homes through rescue and adoption. We offer same-day adoptions and two-week trial periods. All pets are spayed or neutered prior to adoption. [lostdogrescue.org](http://lostdogrescue.org)

❖ Mount Vernon At Home, 703-303-4060,

[www.mountvernonathome.org](http://www.mountvernonathome.org). Mount Vernon At Home membership helps connect senior members of our community, neighbors helping neighbors with volunteer support. Mount Vernon at Home has stepped up its efforts to help members stay safe, secure, and connected during the pandemic crisis. More grocery shopping and errand services to members; online activities and support for members to access these new technologies; members check in with members by phone regularly; weekly email newsletters with helpful, important and enjoyable items to keep members connected during this time.

❖ NAMI Northern Virginia (National Alliance on Mental Illness) works to raise awareness and provide education, advocacy, and support programs for people living with mental illness, families, students, educators, law enforcement, and the public throughout our neighborhoods. Many excellent programs. NAMI Northern Virginia serves Fairfax, Falls Church, Arlington, Alexandria, and Loudoun [www.nami-northernvirginia.org/](http://www.nami-northernvirginia.org/) HelpLine: 571-458.7310, Email: [info@nami-nova.org](mailto:info@nami-nova.org)

❖ National Capital Food Bank, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, (571) 482-4770. Work with 450+ nonprofit partners across the region, partners who distribute an average of 88,000 meals daily. Together, provide more than 30 million meals every year. [www.capitalarea-foodbank.org](http://www.capitalarea-foodbank.org)

❖ New Hope Housing, ending homelessness in Northern Virginia by providing housing, offering hope, and building community. We currently offer various Housing Programs, and Support Services. 8407E Richmond Hwy., Alexandria, VA 22309 [www.newhopehousing.org/how-to-help/donate/](http://www.newhopehousing.org/how-to-help/donate/)

❖ Rebuilding Together Alexandria, 703-836-1021, [www.RebuildingTogetherAlex.org](http://www.RebuildingTogetherAlex.org), Home repair and maintenance for vulnerable veterans, elderly, disabled and families with children.

❖ Senior Services of Alexandria, 703-836-4414, [www.seniorservicesalex.org](http://www.seniorservicesalex.org), Support services for elders enabling them to age with dignity.

❖ Stop Child Abuse Now (SCAN) of Northern Virginia, 703-820-9001, [www.scanva.org](http://www.scanva.org), Parent education, public education — re: child abuse and court advocacy for abused and neglected children.

❖ United Community formerly United Community Ministries, empowers neighbors in need to transform their lives. Registration for United Community's Annual

Holiday Gift Program begins Nov. 9 - Nov. 30. Want to Help? We expect to serve up to 700 Children in Need through this event. Donations of \$25 Target or Walmart Gift Cards are urgently needed to make this holiday event possible. Email [info@unitedcommunity.org](mailto:info@unitedcommunity.org) <https://www.unitedcommunity.org/>

❖ Volunteer Alexandria, 123 N Alfred St., Alexandria, VA 22314; 703-836-2176; <http://volunteeralexandria.org>; Volunteer recruitment and placement, court-referred community service placement, community awareness events, and volunteer management training.

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