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Alexandria Gazette Packet

WELLBEING
PAGE 12

25 CENTS

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JANUARY 7, 2021

Make It or Break It

What is your New Year's resolution?



Florence King, financial advisor

"My New Year's resolution is to complete the 100 best restaurants for 2021."



David Safren, attorney

"My resolution is to learn to cook beyond frozen pizzas."

A New Year's resolution is a tradition in which a person resolves to continue good practices, change an undesired behavior, accomplish a personal goal, or otherwise improve their life at the start of the New Year. See also page 12.

While it is unclear when the tradition began, it is known that the Romans began each year by making promises to the god Janus, for whom the month of January is named, to return borrowed objects and pay their debts. In the medieval era, knights took the "peacock vow" at the end of the Christmas season to reaffirm their commitment to chivalry, according to Wikipedia. But according to a new study by OnePoll, the average American tried to form 19 new habits during quarantine — and gave up on all but four of them. Will you make or break your own New Year's resolution?

—JEANNE THEISMANN

SEE MORE ON PAGE 3



Zach Mowers with son Alexander

"My New Year's resolution is to get out and travel once it's safe to do that and to just continue to enjoy each other and live a healthy lifestyle. The one good thing about all this, at least for people with kids, is for them to spend more time with their kids. I certainly spent more time with my son than I would have if I had been going into work."



PHOTO BY MICHAEL LEE POPE/GAZETTE PACKET

Grocery store employees, like people who work in the Safeway in Old Town Alexandria, qualify as workers at essential retail businesses under the governor's Executive Order 72. Under a bill introduced by Del. Elizabeth Guzman (D-31), they would be guaranteed five paid sick days a year.

Essential Leave

Advocates for paid sick days try to build support among Senate Democrats.

BY MICHAEL LEE POPE
GAZETTE PACKET

Before the pandemic hit, Senate Democrats stopped a proposal requiring businesses to offer paid sick days. During the pandemic, they rejected it again during a special session. Now as lawmakers prepare for the upcoming General Assembly session, advocates are hoping they've finally got a strategy to persuade reluctant Senate Democrats to approve a new law increasing the number of workers in Virginia who have access to paid sick days. Del. Elizabeth Guzman (D-31) is introducing a bill that would require five paid sick days a year for essential workers.

"We know that there is slight support in the Senate," said

Guzman. "So my conversations we've had with them is that this is something that they would be willing to support. So this will be the beginning."

For now, the beginning would require paid sick days for people who work 30 hours a week or 130 hours a month. Essential workers covered would include everything from firefighters and teachers to health-care providers and transportation workers. Advocates are hoping this streamlined version will be acceptable to conservative Senate Democrats, who are also blocking a ban on qualified immunity for police officers and the ability of state workers to engage in collective bargaining.

"We've gotten a bill through the House a few times, but not through the Senate," said Kim

SEE ESSENTIAL, PAGE 11

PHOTOS BY JANET BARNETT/GAZETTE PACKET



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When McEneaney Associates was formed in 1980, John McEneaney knew that he wanted to create a firm that went above and beyond just selling and buying homes for clients... He wanted to give back to the communities that helped grow the firm to more than 350 Associates today. Every Associate that joins our firm stands behind a brand that invests in the communities that we live and work in. They are responsible for our enviable reputation. They are McEneaney Associates.

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Equal Housing Opportunity

Make It or Break It

FROM PAGE 1

“During 2021 I will focus on paying it forward whenever I can.”

— Roman Kaluta, retired Alexandria police lieutenant



Jacqueline Kennedy

“My New Year’s resolution is to connect with a love connection and just spread love and give endlessly to everyone around me.”



Claudia Birkahn, stylist at Salon Monte

“My New Year’s resolution is to see the hair industry get back to the way it was prior to COVID and help everyone be healthy and safe and have a prosperous New Year.”



Roman Kaluta, retired police lieutenant

“My resolution is to continue to always be thankful for the many blessings and the family and friends I have. During 2021, I will focus on paying it forward whenever I can, support my family, friends and others in need when I can, and better myself regarding health and happiness.”

PHOTOS BY
JANET BARNETT
GAZETTE PACKET

United States Attorney Terwilliger to Depart to Law Firm

United States Attorney G. Zachary Terwilliger today announced that he will step down from his post as U.S. Attorney for the Eastern District of Virginia (EDVA) effective 11:59 p.m. on Jan. 15.

“It is with tremendous gratitude for the women and men of Team EDVA, our selfless federal, state, and local law enforcement partners, and my incredibly supportive family that I conclude my time in public service,” said Terwilliger. “It has been the honor of honors to be in the arena with so many dedicated individuals in the pursuit of justice, and I feel so fortunate to conclude my service as the United States Attorney in the district where it all began. To the people of the EDVA, thank you for the extraordinary

opportunity to serve you. May you and your families have a safe, healthy, and productive 2021.”

Terwilliger’s tenure at EDVA will be remembered for his efforts to increase public safety and security across the Commonwealth, as well as his commitment to the approximately 300 employees of the Eastern District whom he always referred to as “Team EDVA.”

Terwilliger directed significant resources towards combatting the opioid epidemic; developed a new illegal firearms trafficking initiative designed to thwart gun running in the DMV; worked to further the District’s white-collar footprint by enhancing collaboration with DOJ’s Fraud Section; signed the first MOU with the new Special Inspector General for Pandemic Recovery; oversaw some of the most important national

security cases in the country; was the embodiment of federal, state, and local law enforcement collaboration by regularly hosting and attending law enforcement roundtables and summits, including the Peninsula Violent Crime Summit in June 2019, and the Tri-Cities Violent Crime Summit in September 2019, where he oversaw transformational violent crime initiatives in both Richmond and the Tri-Cities (Petersburg, Colonial Heights, and Hopewell) areas; and frequently traveled the District to meet with police chiefs and sheriffs with a commitment to support to their efforts.

Terwilliger began his career at EDVA as an intern in 1999, returned in 2005 as a summer law clerk, was appointed as a Special Assistant U.S. Attorney in 2008, and was hired as an Assistant U.S.

Attorney in 2010. Terwilliger prosecuted numerous violent crime, fraud, organized crime, and human trafficking cases, and managed law enforcement task forces focusing on human trafficking and firearms. In addition to his prosecutorial duties, Terwilliger served as a counselor to former U.S. Attorney Neil H. MacBride, then served as a detailed AUSA and counsel to Senate Judiciary Chairman Senator Chuck Grassley. In January of 2017, Terwilliger, then a career prosecutor, was named co-lead of the Department of Justice Beachhead Team and helped to standup the Department during the first weeks of the new administration. Often working 20-hour days, Terwilliger provided critical support to components across the Justice Department as an Associate Deputy Attorney General in

the Office of Deputy Attorney General (ODAG). He also supported the Attorney General, Deputy Attorney General, and had responsibility for oversight and collaboration with the Justice Department’s Criminal Division, as well as many other areas.

Upon Terwilliger’s departure, Raj Parekh, a career federal prosecutor and EDVA’s First Assistant U.S. Attorney, will serve as Acting U.S. Attorney. Parekh will become the first Indian-American and minority in the 232-year history of the Office to serve as EDVA’s U.S. Attorney (acting or otherwise).

After a brief transition period and a few days off, Terwilliger will be joining Vinson & Elkins LLP as a partner in its Washington, D.C. office.

BULLETIN BOARD

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

COMMENT ON SIMPSON PARK DOG PARK RENOVATION PLANS

The Department of Recreation, Parks and Cultural Activities and the Department of Project Implementation have revised the Simpson Park Dog Park Renovation plans based

on community feedback. The community is encouraged to review the plan and provide input via email by Friday, January 8, 2021. The Simpson Park Dog Park Renovation Project is a recommendation of the 2014 Citywide Parks Improvements Plan for Simpson Park. The project will address erosion and drainage issues in the dog park and will provide an improved experience for the community. Review the design concept by visiting alexandriava.gov/91885. For comments or

questions, contact Bethany Znideris, Principal Planner, at bethany.znideris@alexandriava.gov or call 703-746-5492. Comments will be accepted by mail at 1108 Jefferson Street, Alexandria, VA 22314 or email until 5 p.m. on Friday, January 8, 2021.

NEW PARKER-GRAY SCHOOLS WEB PAGES

In honor of the 100th anniversary of the Parker-Gray School in Alexandria, the Office of Historic

Alexandria is launching new web pages that highlight the history of the faculty, students, and alumni of this historic African American education landmark.

Three schools have been named Parker-Gray in the City of Alexandria. The original Parker-Gray School opened on Wythe Street in 1920, teaching African American students in grades 1 through 8. In 1936, it graduated its first high school class. In 1950, a new high school opened on Madison Street, taking

the name Parker-Gray. In 1965, the last segregated class of Parker-Gray High School graduated. During the desegregation of the City of Alexandria’s public schools, Parker-Gray was reassigned as a middle school. This last school named Parker-Gray closed its doors in 1979.

Visitors to the new web pages will find a printable illustrated brochure created by the Alexandria Black History Museum, of the history of the three schools, and a link to

SEE BULLETIN, PAGE 4

Ray Cobean Longtime ODBC, ASC member dies at 90.

BY JEANNE THEISMANN
GAZETTE PACKET

Ray Bell Cobean, a longtime member of the Old Dominion Boat Club and the Alexandria Sportsman's Club, died Dec. 18, 2020, at the age of 90.

Cobean was born in Alexandria on Sept. 2, 1930, to Junius Edwin Cobean and Annie Venitia Walter. He grew up on Custis Avenue in the Del Ray section of the city and graduated from George Washington High School in 1949. He spent most of his adult career working as manager of data processing at Stuart Investment Company.

Cobean's father Junius was one of the original 48 founding members of the Alexandria Sportsman's Club in 1948.

Cobean followed in his father's footsteps as a dedicated member of the Alexandria Sportsman's Club and was elected president in 1989. He served as the organization's treasurer for 10 years in the late 1990s and early 2000s and for many years on its Board of Governors. In 1988, Cobean was honored as the ASC Sportsman of the Year.

"Ray had a huge positive influence over the club and was a true gentleman and leader who will



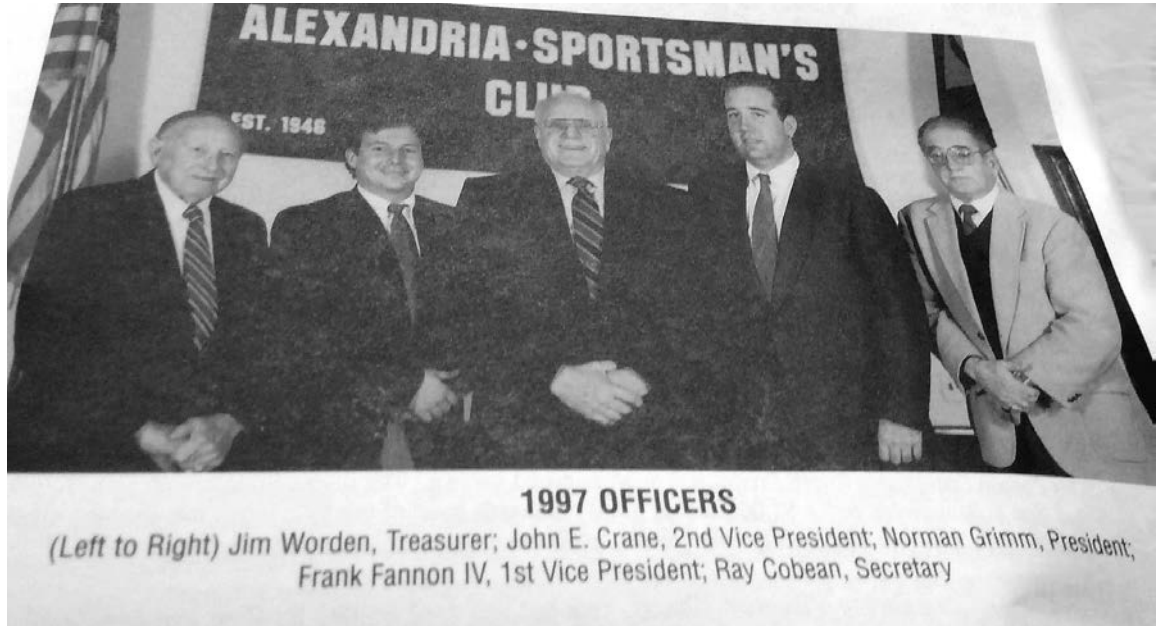
Ray Cobean, a longtime member of the Old Dominion Boat Club and the Alexandria Sportsman's Club, died Dec. 18, 2020, at the age of 90.

truly be missed," said Alexandria Sportsman's Club president Eva Shea. "Our thoughts and prayers are with his family."

Cobean was an avid member of the Old Dominion Boat Club for over 30 years.

He served as vice president in 1992, as treasurer from 1993 to 1999 and on the Board of Governors in 1991, 2000, 2003 and 2006.

Throughout the years, he also served as the club historian.



1997 OFFICERS
(Left to Right) Jim Worden, Treasurer; John E. Crane, 2nd Vice President; Norman Grimm, President; Frank Fannon IV, 1st Vice President; Ray Cobean, Secretary

Ray Cobean, far right, as an officer of the Alexandria Sportsman's Club. Cobean died Dec. 18, 2020, at the age of 90.

"Ray had a huge positive influence over the club and was a true gentleman and leader who will truly be missed."

— Alexandria Sportsman's Club president Eva Shea

Cobean was husband to Joan Gaye Cobean, who predeceased him in 2017; father to Debra

R. Sartor, Denise R. Miller and Ray B. Cobean, IV; grandfather to Kyle Sartor, Haley Sartor, Sa-

mantha Miller, Michaela Miller, Michael Miller, Rita Cobean; and great-grandfather to Rylie Sartor.

Interment will be held at Ivy Hill Cemetery on Jan. 9 at a private family graveside service. A celebration of life will be held later in 2021. In lieu of flowers, donations may be made to the Alexandria Sportsman's Club Scholarship Fund, PO Box 1011, Alexandria, VA, 22313 or www.alexandriavasports.org.

BULLETIN BOARD

FROM PAGE 3

access photographs and objects from the Parker-Gray Archives on the new Historic Alexandria Collections Online website. Visit the new webpages here: <https://www.alexandriava.gov/historic/blackhistory/default.aspx?id=118939>

hotline at 703-746-LEAF (5323), which is updated by noon every Friday. To report a collection issue online use Alex311.

LIBRARY PARTNERS WITH WASHINGTON WIZARDS

The Washington Wizards, in partnership with the Alexandria Library, are hosting a Winter Reading Challenge dedicated to early readers, kids, and teens. The challenge is designed to build positive reading culture and improve literacy for the youth. Readers can earn prizes by completing activity challenges based on four main badges: Reading, Fitness Fun, Virtual Programs, and Connect & Share. The reading challenge will run virtually on Beanstack, a reading application that makes it easy for participants to register, track their reading and earn virtual badges for completion. Readers who complete the challenge will be entered into a raffle to win a variety of prizes. The Wizards Winter Reading Challenge will run from January 1 – March 31. Prizes will be distributed in April. Sign up online through Beanstack.

HISTORIC ALEXANDRIA MUSEUMS CLOSING

Due to the increase in positive COVID-19 cases in Alexandria and across the region, Historic Alexandria museums will close starting

SEE BULLETIN, PAGE 13

WWW.CONNECTIONNEWSPAPERS.COM



PHOTO BY JANET BARNETT/GAZETTE PACKET

Giving Thanks

Vauxcluse neighbors gather in front of a banner to show their appreciation for Inova Alexandria healthcare workers. Pictured in rear (l-r): Jessica Richardson and Chuck and Mary Schwidde. In front (l-r): sisters Sophie and Lillian Richardson.

Run, Walk & Roll Challenge

American Legion to host virtual 24-mile challenge.

By JEANNE THEISMANN
GAZETTE PACKET

With the city's annual George Washington Birthday Parade on hold for this year, Alexandria's American Legion Post 24 is hosting a commemorative virtual event to honor the nation's first commander-in-chief.

"The 24-mile virtual challenge is intended to build community and enhance the physical, mental and emotional resiliency of participants—veterans and non veterans alike," said Post 24 organizer Mike Mixon.

The month long virtual event will be held during February and encourages participants to run, walk and/or roll on their own for at least 24 miles in increments and routes they choose.

"We designed this challenge to be all inclusive," Mixon said. "Two thousand steps in your house

"Two thousand steps in your house equals a mile so if you are home-bound or the weather is not cooperating, you can still participate."

— American Legion Post 24 event organizer Mike Mixon



equals a mile so if you are home-bound or the weather is not cooperating, you can still participate.

Bicycles, wheelchairs – all are welcome. We just want to encourage people to get active."

Registration is online only through Jan. 31 and is \$24 per participant. Registrants will receive a certificate of completion and a custom-designed George Washington Birthday commemorative coin.

All proceeds will support veterans and youth programs conducted by the Alexandria American Legion Post 24, Inc.—a tax exempt 501(c)(19) veterans' organization.

For more information or to register, visit www.valegionpost24.com/events-calendar.



PHOTOS CONTRIBUTED

Participants in the American Legion's 24-mile Run, Walk & Roll virtual challenge will receive a custom-designed commemorative coin.

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All our team members are following COVID-19 infection control protocols, including wearing a mask. Number of visitors allowed inside is limited, to maintain appropriate social distancing.

Virginia Progressive Prosecutors Call for Criminal Justice Reforms in Coming Legislative Session

Reforms advocated for by the group include expungement of criminal records, an end to mandatory minimum sentences, an end to cash bail, abolition of the death penalty, and an end to “three strikes” felony enhancement for larceny offenses.

Virginia Progressive Prosecutors for Justice (VPPFJ) is a group of Commonwealth’s Attorneys representing over 40% of Virginia’s population who support and advocate for commonsense criminal justice reforms to make their communities safer and the commonwealth’s justice system more fair and equitable. On Jan. 4, 2021, they issued the following letter to leaders in the General Assembly regarding reforms they plan to advocate for in the coming legislative session.

Dear Speaker Filler-Corn, Leader Herring, Leader Saslaw, and Chair Edwards:

We are a group of reform-minded Commonwealth’s Attorneys who represent and are responsible for the safety of over 40% of Virginia’s population. We supported many of the groundbreaking criminal justice

reforms that you and your colleagues in the General Assembly implemented in the August special session.

In the coming legislative session, we encourage you to build on these reforms and continue to make the Commonwealth a national leader in promoting justice. Specifically, we write to encourage the General Assembly to advance the following proposals, which we believe will help keep our communities safe while producing more equitable outcomes in our courts:

❖ Automated, automatic, and free expungement of criminal records for formerly system-involved community members: Our communities are safest when we more fully reintegrate those convicted of crimes into society, instead of forcing them down a path of recidivism. Too often, a persistent

criminal record prevents those who have interacted with the criminal justice system from finding employment, securing housing, or attaining an education long after they have proven to no longer pose a safety risk to the community. Ensuring equal access to such second chances for those who

have achieved rehabilitative benchmarks will improve safety outcomes while promoting equity across our criminal justice system. We can achieve this by automatically expunging certain criminal records free of charge after individuals have maintained a clean record for an amount of time that corresponds to the severity of their offense.

❖ End mandatory minimum sentences: We wrote in advance of the special session in support of the General Assembly striking mandatory minimums from state law. We once again urge you and your colleagues to implement this critical reform. Mandatory minimums prevent judges from taking an individualized, holistic approach to each sentence based on the specific circumstances of a given case. They lead to the irrationally lengthy prison sentences that fuel mass incarceration while exacerbating the racial and socioeconomic inequities that have come to characterize our criminal justice system. Banning mandatory minimums will make our communities

safer and stem the tide of mass incarceration.

safer and stem the tide of mass incarceration.

❖ End cash bail: Cash bail leads to a two-tiered justice system – one for the rich and one for everyone else. Those who sit behind bars while awaiting trial are exposed to significant collateral consequences, like the loss of a job or even custody of their children. What’s more, these impacts are disproportionately experienced by Virginians of color. If someone poses a significant safety or flight risk, no amount of money will change that, and that person should be held pretrial. Otherwise, we should rely on Virginia’s comprehensive suite of pretrial services to help decision makers make informed determinations about the interventions and supervision that will

allow for pretrial release while keeping the community safe and incentivizing defendants to show up to court. The state should increase its investment in pretrial services, social services, and support networks to provide for universal access to resources like social workers that help mitigate recidivism. Ending cash bail is a vital step toward ensuring fair and equal access to justice in the Commonwealth.

❖ Abolish the death penalty: The death penalty is unjust, racially biased, and ineffective at deterring crime. We have more equitable and effective means of keeping our communities safe and addressing society’s most heinous crimes. It is past time for Virginia to end this antiquated practice.

❖ End the “three strikes” felony enhancement for petty larceny offenses: The collateral consequences associated with felonies far exceed those of misdemeanors. State

law currently saddles too many Virginians with these collateral consequences by transforming a misdemeanor larceny offense into a felony offense when an individual has previously been convicted of misdemeanor larceny offenses. This senselessly punitive means of addressing a nonviolent property crime fuels mass incarceration and furthers recidivism. Ending this “three strikes” enhancement will make our communities safer and our criminal justice system more equitable.

Again, we applaud the recent progress of the General Assembly on criminal justice reform.

We believe that these policy changes constitute a natural extension of that progress. We stand ready to assist with the passage of these reforms in any manner you deem helpful.

Signed,

Hon. Amy Ashworth,
Prince William County
and City of Manassas

Hon. Anton Bell,
City of Hampton

Hon. Buta Biberaj,
Loudoun County

Hon. Parisa Dehghani-Tafti,
Arlington County
and City of Falls Church

Hon. Steve Descano,
Fairfax County and City of
Fairfax

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Hon. Shannon L. Taylor,
Henrico County

Hon. Gregory D. Underwood,
City of Norfolk

Are You Concerned About Pedestrian Safety?

Alexandria Families For Safe Streets (AFSS) is a nonprofit, all-volunteer organization. If you are interested in improving pedestrian safety on Alexandria’s streets let us know and we can put you on our mailing list. We do not ask anyone for dues, only support in spirit and/or action from our “members.”

We have monthly meetings and publish the meeting’s notes so people can be informed about the different pedestrian safety educational programs we do throughout the year as well as about the advocacy work we do with City and State Legislative Policymakers to improve traffic laws and/or improve

street engineering changes to slow drivers down and reduce the risk of pedestrian fatalities. Speed kills and too many of us are driving too fast these days. Even though traffic volume is down in this COVID-19 world, pedestrian fatalities and serious injuries were up in 2020.

To learn more about Alexandria Families For Safe Streets please visit our website at <https://www.alxfss.org> and signup for our email list at the top of the page. Our next meeting is on Tuesday, Jan 19 at 6:30 pm via Zoom. To get the meeting link just signup for our mailing list or email us at: contact@novafss.org

We look forward to the opportu-

nity to welcome you to our pedestrian safety advocacy organization ... because we are all pedestrians.

Mike Doyle
Founding Member - Alexandria Families For Safe Streets (AFSS)

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.

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COVID-19 Vaccine Rollout

BY DELEGATE PAUL KRIZEK

Here is wishing you a happy New Year and hoping that 2021 brings an end to this terrible pandemic. Indeed, 2020 ended with some positive news on that front — the FDA approval of the Pfizer and Moderna COVID-19 vaccinations and the beginning of distribution, albeit not as fast a distribution as we had hoped. However, three more vaccines are currently in the works with clinical

trials in progress, and the Virginia Department of Health (VDH) is implementing a complex plan with many moving parts that is expected to get much quicker in the weeks ahead.

The vaccines are safe. Both the Pfizer and Moderna vaccines utilize new mRNA technology. Many vaccines function by introducing a weakened or inactivated germ into our systems to allow our bodies to



Krizek

learn how to fight off a future infection. However, mRNA vaccines work differently and do not contain live viruses within doses, so they do NOT infect you with COVID-19. Instead, mRNA vaccines contain instructions to teach our cells how to make a “spike protein” that is found on the surface of the COVID-19 virus. Once this spike protein has been produced, our immune systems

recognize that the protein does not belong in our bodies, so it begins to build an immune response by creating antibodies. When presented with the real COVID-19 virus, our bodies will already know how to fight off an infection. No safety tests were cut to get the vaccines quickly to market. The approved vaccines have undergone rigorous review by scientists to ensure that these vaccines are safe and effective in preventing COVID-19. The clinical trials performed included people of all ages, races, and eth-

nicities to ensure that the vaccine was tested for safety in all populations.

After a little over a year of research and tracking this virus, there is much we still don't know about COVID-19. However, what we do know is that COVID-19 is unpredictable. There is no way to know how COVID-19 will affect you. While some otherwise healthy people who have contracted COVID-19 have become seriously ill or have died, some only have

SEE COVID-19, PAGE 9

Register Now for Senior Services of Alexandria's Virtual “Caregiver Support” Workshop with Insight Memory Care on Jan. 22

BY MARYANNE BEATTY
SENIOR SERVICES OF ALEXANDRIA

The COVID-19 outbreak has forced all of us to face the possibility that caregiving and crisis can strike at any moment. Since the beginning of the year, many Americans have become caregivers for the first time.

Caregivers on the whole say they're encountering unexpected risks and demands as a result of the virus, requiring greater

time and effort.

Still, they are more worried about the relatives and friends they are helping than about themselves. People who were already caregivers have been affected too. Nearly half of family caregivers are reporting that their caregiving responsibilities have increased because of the virus, according to AARP.com/caregiving and Marketwatch.com statistics.

On Jan. 22 at 10 a.m., Senior Services of Alexandria (SSA), will host a free, one-hour,

“Caregiving at a Glance – Tips, Hints, and Aha Moments”

virtual Caregiver Workshop, “Caregiving at a Glance – Tips, Hints and Aha Moments,” with Insight Memory Care, a local nonprofit adult day health and resource center providing specialized care, support and education

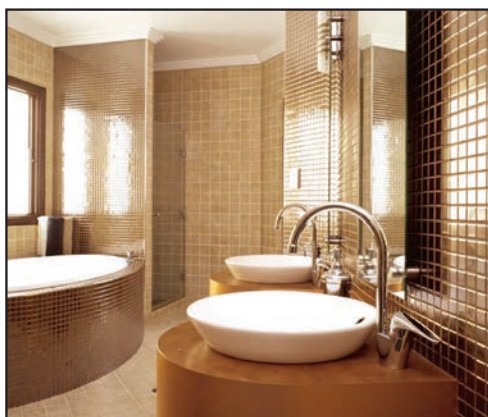
for individuals with Alzheimer's disease and other memory impairments.

“We feel it is important to provide resources during this challenging time for caregivers,” said Mary Lee Anderson, Senior Services of Alexandria Executive Director, “and we are pleased that Insight Memory Care will be presenting this valuable workshop for the community.”

If you are interested in attending, please register online at www.seniorservicesalex.org or call 703-836-4414, ext. 110.

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ALEXANDRIA CHAMBER OF COMMERCE

OPEN

COVID-19 BUSINESS UPDATES & RESOURCES

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Hometown Heroes Local residents win cars for community work.

BY JEANNE THEISMANN
GAZETTE PACKET

Two Alexandria women were presented with a Mazda MX-5 Miata 100th Anniversary Special Edition sports car Dec. 15, 2020, as part of the Mazda Heroes: Honoring the Human Spirit program.

Elementary school art teacher Rachel Williams and nurse and health policy graduate Kristina Davis were honored at Brown's Alexandria Mazda for their community efforts throughout the pandemic.

Both women were among 50 recipients chosen from across the country as part of an initiative by Mazda to "shine a light on individuals who have tirelessly dedicated themselves to their community."

Williams was recognized for her work as a teacher and her efforts to help students and families make the transition to online learning. According to the Mazda Heroes program, Williams "has gone above and beyond throughout the pandemic to engage and care for her students virtually, as well as



Kristina Davis, a COVID ward nurse and health policy graduate, smiles as she sits inside her new special edition Mazda MX-5 Miata Dec. 15 at Brown's Alexandria Mazda.

volunteering at her school to hand out laptops and other supplies for students in need."

Davis, a recent transplant to Alexandria from Chicago, was honored for her work at an overrun COVID ward where limited supplies forced her and her colleagues to reuse PPE. Despite the heavy toll of the pandemic and grief of losing colleagues to the disease, when

Davis was offered time off in May, she chose instead to travel to Texas to work in COVID wards in that state.

Nominations for the Mazda Heroes awards were submitted last fall with winners selected based on "demonstrated selfless acts, creative thinking and contributions to community." www.mazdausa.com/mazda-heroes



Elementary school art teacher Rachel Williams stands next to her new special edition Mazda MX-5 Miata Dec. 15 at Brown's Alexandria Mazda. Williams was presented with the car as part of the Mazda Heroes program.

Kids and Pets: More Time for Best Friends

BY SUSAN LAUME
THE CONNECTION



Kids throughout the area await Santa's arrival, increasingly with a pet at their side. TJ Bradley, 13 months, and his dog, Penny, share in leaving cookies and milk for Santa. Is it difficult to save the cookies for Santa? TJ did not respond, but was holding a cookie; Penny's watchful eye tracked the cookie.

PHOTO COURTESY MICHAEL BRADLEY

Families throughout the area adopted pets in record numbers during 2020 as a reaction to Covid-19 restrictions. More time at home and fewer social interactions created the perfect pet opportunity for many. Shelters reported more than double the normal adoptions, and breeders reported long wait lists. Virginia's Attorney General alerted citizens to Internet scams related to sales of non-existent puppies. Connection asked area kids to take pictures with their pets and answer questions about pet ownership.



Claire Earle, 3, St Anthony's Day School, Alexandria, with dog Lily. Asked what's best about having a dog, Claire answered "zoomies", (referring to sporadic manic running); and "lots of walks to the choo choo train and to see the owl."

PHOTOS COURTESY OF ELIZABETH EARLE



Area kids have more time to devote to their pets as quarantining keeps them at home together. Claire Earle, 3, and her dog Lily prepare for a welcome walk outing.

Michela Zoe Babb, 10, Mason Crest Elementary, Annandale, with rescue dog, Willie. Why not buy a dog from a puppy store? Michela said, "I think you should get dogs from shelters because they don't hurt dogs and you can adopt instead of buying. You should adopt, not buy, a dog who will be in your family."



PHOTO COURTESY OF GIOVANNA DIBICCARI

Tytus, 10, Orange Hunt Elementary, and brother Maksyn Jacewitz, 13, Irving Middle School, Springfield, with rescue kittens, Mari-gold and Lily. Along with their younger



brother Justyn, the boys fostered 11 cats during the Covid quarantine. Asked why is adopting/fostering important to them. Tytus told us, "Personally, if you save animals from shelters that's good. You save lives. They die if you don't adopt them."

BY SUSAN LAUME/THE CONNECTION

OPINION

COVID-19 Vaccine Rollout

FROM PAGE 7

mild symptoms. Much like the annual flu vaccinations, receiving the COVID-19 vaccine when you are eligible will greatly reduce your chances of being infected with COVID-19, and will allow your body to build immunity to ensure that if you become infected with the virus, you will have only mild symptoms or none at all.

Importantly, the vaccine will be offered to all Americans at no cost to you. The governor has included in his budget, for the upcoming session that starts next week, \$90 million to administer the vaccination process.

The first recipients of the vaccine, in what is being termed phase 1A, include healthcare workers and residents living in long-term care facilities. This includes those health care workers who are caring directly for known or suspected COVID-19 patients or regularly interact with higher risk populations. This number comes out to an estimated 440,000 Virginians, which the first round of vaccine doses received by the Commonwealth will cover. The VDH is closely following the guidelines issued by the CDC Advisory Committee on Immunization Practices on which individuals should be in each prioritization category. Virginia is still awaiting recommendations from Virginia Unified Command and the Virginia Disaster Medical Advisory Committee to make final recommendations on the next priority groups -- 1B and 1C. Those decisions are expected to come later this week. Phase 1B includes frontline essential workers and people ages 75 and older. Phase 1C includes people ages 16-74 with high-risk medical conditions, people aged 65-74, and other essential workers.

Phase 2 will cover the rest of the general public. It is important to note that neither vaccine has yet been approved for use in children under the age of 16. The vaccines will only be offered to children once the vaccine has been tested and approved for use in children.

Vaccine rollout as a whole has been described as a "fluid process" by the VDH, and we must remain flexible with some patience as we learn more and adjust our expectations due to real versus expected vaccine supply. While supplies are limited now, the VDH expects that once we have entered Phase 2, there will be ample supply of the vaccines, which will be readily available for distribution to the general public by late spring/early summer. At that time, Virginians can receive the COVID-19 vaccinations in a similar way to the annual flu vaccine at their local pharma-

cies and primary care providers.

As of Monday, just over 89,000 first doses of the vaccine have been administered statewide during the last two weeks, with a total of 451,000 doses distributed to local health departments.

Here in Fairfax County 5,000 doses of the vaccine arrived on Dec. 23 and were administered to EMS, the Community Services

Board, federally qualified health centers, and Health Department staff. Last week, the Health Department started vaccinating providers not affiliated with hospitals with a focus on health care providers at dialysis centers, urgent care, and free clinics. Nobody has been fully vaccinated yet — completed their scheduled second dose of the vac-

SEE COVID-19, PAGE 13

JACKI SORENSEN'S FITNESS CLASSES

Jacki Sorensen's Aerobic Dance
Ongoing Online Classes

Check the Schedule
and Register here:
<https://thefitnessbreak.punchpass.com>

Email:
JackisDC@gmail.com



JACKI SORENSEN'S FITNESS CLASSES

Save One Of America's Oldest Local Newspapers on GoFundMe

Visit connectionnewspapers.com or <https://www.gofundme.com/f/save-americas-oldest-newspaper>

Alexandria Gazette Packet

Publishing Since 1784

And affiliated newspapers

Mount Vernon Gazette

Potomac ALMANAC

THE CONNECTION
Newspapers & Online



Pictured: One of the several historical buildings that has housed the Alexandria Gazette Packet since its 1784 founding.

The pandemic has crushed many newspapers across the country, and one of America's oldest newspapers and its affiliated Connection Newspapers, websites and digital media is at risk. The Northern Virginia, DC, and MD area's best read and most trusted source for community news, which includes the Alexandria Gazette Packet, Mount Vernon Gazette and all Connection Newspapers in the metropolitan region. The pandemic has hit small businesses hard, which in turn has reduced advertising revenue that keeps these local newspapers alive to provide hyperlocal news to residents. Connection Newspapers has been offering these local newspapers to residents for over 200 years - countless residents have grown up with this local paper covering significant moments in the life of your family and children, news, sporting events,

school activities, and even pictures of your dogs and cars. Internet news and large national newspapers do not provide the local connection or historical connection that local papers like Connection Newspapers provide.

Help save these historical papers. If your child, dog, mother, father, neighborhood, school has been featured, you understand the value of a local community newspaper.

Thank you for helping to keep your community dialogue alive throughout Northern Virginia and Potomac, Md. All funds will be used to continue providing vital community dialogue and meeting obligations to our loyal and patient employees, contractors and suppliers due to continuing loss of advertising.



Visit connectionnewspapers.com or
<https://www.gofundme.com/f/save-americas-oldest-newspaper>

Connection Newspapers.... Alexandria Gazette Packet, Mount Vernon Gazette, Centre View, Potomac Almanac
1606 King Street • Alexandria, VA • 703-778-9431

Off the Menu: Restaurant News and Notes

BY HOPE NELSON
GAZETTE PACKET

Permanent restaurant closures, temporary shut-downs for renovations AND a winter showcase of local restaurants (and their take-out fare): It's been a busy week since the new year began.

Bilbo Baggins Restaurant Closes After 40 Years

After remaining shuttered throughout the covid-19 pandemic, it appears Old Town staple Bilbo Baggins is closed for good. Signs on the window point to the building's sale by Century 21 Commercial New Millennium.

Bilbo Baggins arrived on the Alexandria food scene in 1980 and has remained a mainstay in town ever since, bringing with it a Hobbit-themed flair throughout.

The restaurant even received permission from the Tolkien Foundation to use the Bilbo Baggins moniker. Both the dining room and the adjacent pub offered a comfortable, homey environment

while also dishing up quality food and drink. Old Town will certainly miss it.

Yunnan By Potomac Closing Temporarily for Renovations

Forget spring cleaning: Yunnan

by Potomac is shutting down for a bit to do some winter demolition.

In a social media post on Tuesday, the Yunnan-province Chinese restaurant announced the closure: "Family & Friends, After a year's worth of uncertainty, planning, re-

vising plans, and constant obsession, we are excited to finally announce the beginning of our latest ambition ... complete renovation of our dining space and kitchen! We are saddened to close temporarily, but enlivened by the pursuit

of our vision to share the beauty and diversity of Yunnan and its people through the food culture of Southwest China."

The restaurant did not specify a timeframe for its reopening, but the post said updates would be announced via social media as the time got closer.

Winter Restaurant Week To-Go on the Horizon

Alexandria's Restaurant Week is back – and like last go-round, it's back in a socially distant way. For two weeks ranging from Jan. 22 to Feb. 7, more than 60 local restaurants will offer special deals on takeout meals.

Throughout Restaurant Week, a takeout dinner for two will run you \$49. Many restaurants are also offering a new feature this time around, a takeout dinner for one for \$25. <https://www.visitalexandriava.com/restaurants/restaurant-week/>

Hope Nelson is the author of "Classic Restaurants of Alexandria" and owns the Kitchen Recessionista blog, located at www.kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.

CALENDAR

NOW THRU JAN. 8

Old Town Business Holiday Lamp Post Art Walk. Along King Street and select side streets, Old Town Alexandria. The arts are alive in Old Town this holiday season with the debut of its first-holiday art walk. Don't forget the exceptional shopping and dining Old Town Alexandria has to offer. Old Town Business collaborated with 25 artists from The Art League to create holiday-themed lamp post art pieces along King Street and select side streets. A map of the artwork will be created so folks can stroll the art walk at their own leisure. Lamp Post Art will be located in the following areas.

NOW THRU JAN. 30

Winter Wonderland. At King & Rye's courtyard (480 King Street, Alexandria) is transforming into a Winter Wonderland. In addition to general courtyard seating with heat lamps and holiday décor, new this year, book an igloo for private dining for up to eight guests. This is ideal for social distancing as you are only in the space with your party, and the area is sanitized between parties. The igloos will each have heaters as well as the option to play your own music via a Bluetooth speaker. The igloos will be reservation required with a \$50 rental and \$100 food and beverage minimum. The rental will include a hot cocoa and cookie bar. For food

and beverage, enjoy a tapas style menu with a southern twist and, of course, festive cocktails. Reservations can be booked online or via info@kingandrye.com, available as of December 2, 2020. Visit kingandrye.com/event/winter-wonderland

JAN. 4 TO MARCH 29 (MONDAYS)

Yoga for Gardeners I. 9:30-10:30 a.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adults) This class features a gentle introduction to the Vinyasa method, which helps participants increase the strength, flexibility and endurance necessary for gardening. \$129 per person for 11 sessions. Class held indoors. Register online at www.fairfaxcounty.gov/parks/parktates (code 6E6.JNLA) or call Green Spring Gardens at 703-642-5173.

JAN. 8-30

Hidden World Art Exhibit. Regular gallery hours are Thursdays 12-6 p.m., Fridays 12-6 p.m., and Saturdays 12-4 p.m. At Del Ray Artisans Gallery in the Colasanto Center, 2704 Mount Vernon Ave., Alexandria. The "Hidden World" exhibit challenged artists to look deeply into the world, their emotions or imaginations to uncover something normally unseen. There will also be two workshops: Hidden World: Collage in a Box, with Susan Farrer on Sunday, January 10 from 1:30-4:30 p.m., and Hidden Layers: The Joys of Gel Printing, with Eileen O'Brien on Sunday, January 24 from 3-6 p.m. Visit www.DelRayArtisans.org/exhibits.

SATURDAY/JAN. 9

Floral Design Workshops. 1-2: 30 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. Bring some color and a touch of nature into your home all winter long with monthly floral design workshops at Green Spring Gardens. Certified floral designer Betty Ann Galway will lead seasonal workshops during the winter months with in-person and virtual options. Learn to create a winter floral arrangement that feels like a walk through nature. Attend in person or from the comfort of your home.

The programs are designed primarily for participants age 16 to adult. The cost of each session is \$39 per person, plus a \$30 supply fee, for those attending in person. Tables will be separated for social distancing and masks are required. For participants who choose to attend virtually, the cost is \$22 per person. A supply list and link to connect via Zoom will be emailed prior to the program. Virtual participants will have an opportunity to ask questions. Call 703-642-5173.

SUNDAY/JAN. 10

Free Online Concert. 7-10 p.m. Via Zoom. Enjoy an evening of robust sea chanteys with Forty Degrees South, coming to you live from Australia. Forty Degrees South excels in full throated, gloriously gutsy harmony Singing. Virtual Doors open at 7 p.m., Concert begins at 7:30 p.m. Register at <https://fsgw.org/event-4082739>. Visit the website: <https://fsgw.org/event-4082739>

JAN. 13 AND JAN. 24

Catch a Critter. Jan. 13 from noon to 1:30 p.m.; Jan. 24 from 1-2:30 p.m. At Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. On these special days, program participants will have the chance to see, touch and study wetland creatures up close under the guidance of a park scientist. Grab a net to see what can be found in the wetland and use magnifying lenses to study the unique characteristics of these little animals. Discover what they can tell us about their home. This rare opportunity to dip-net in the wetland is possible through the guidance of the park naturalists, and the event is designed for nature lovers age 4 to adult. The cost is \$9 per person. Call 703-768-2525.

THURSDAY/JAN. 14

Carlyle House and the William Syphax FAN Club. 7 p.m. \$5 per link via Zoom. William Syphax rented space in an outbuilding adjacent to the historic Carlyle House in the early 19th century. He was one of the very few African-Americans in Alexandria who was able to free himself and many of his family members. Join Steve Hammond for a Zoom presentation that will share insights on William Syphax and those were a part of his FAN club.

SATURDAY/JAN. 16

Paint, Build, Create Event. 10 a.m. Virtual. Participants of all ages can experience 10 different activity videos focused on Science, Technology, Engineering, Art, and Math. Most

activities use recycled or common household items so you can Learn, Grow, and Play in the comfort of your own home. Visit <https://parks.arlingtonva.us/paint-build-create/>

FEB. 5-27

In the "After Edward Hopper: Themes of Solitude and Isolation" exhibit, artists present their interpretations of what makes Hopper's imagery quintessentially American: perseverance, fortitude, diversity, and an egalitarian spirit in spite of adversity, impoverishment, and social injustice. This exhibit expresses the anthem of a new dawn: still we rise as one, stronger together. Runs February 5-27, 2021 at Del Ray Artisans Gallery, 2704 Mount Vernon Avenue, Alexandria VA. Details: www.DelRayArtisans.org/exhibits

THE BIRCHMERE

The Birchmere in Alexandria is reopening with limited capacity. During the public health emergency, there will be a \$25 food and beverage minimum and a \$5 Covid fee. There will be no bar service and no gathering in the stage or bar areas. Customers will be escorted to their seats, and those without reserved seats will be seated by staff to ensure social distancing. The venue is located at 3701 Mount Vernon Avenue, Alexandria. All shows at 7:30 p.m. in the Music Hall. Visit the Birchmere's website: <http://www.birchmere.com/>

English Ivy, Aggressive Invader

BY GLENDA C. BOOTH

Elite colleges and universities may prize the English ivy climbing up musty old walls, but in the environment, English ivy is a destructive invader.

All along the George Washington Memorial Parkway, many of the tree trunks and some limbs are covered with ever-climbing, green English ivy. The ivy vines especially stand out in the winter months along the parkway and, for example, in Mount Vernon Park next to the Belle View Boulevard hill just west of Fort Hunt Road. It's also strangling many trees along Fort Hunt Road and Paul Spring Parkway in the Paul Spring Stream Valley Park.

It's everywhere year-round and worsens every year if not controlled. English ivy occurs throughout the Eastern United States and many garden shops sell it.

Its Harm

English ivy (*Hedera helix*) is a perennial, aggressive, non-native, drought-tolerant plant. When it climbs, its aerial rootlets attach to

the object it climbs. When it matures, it flowers and sets fruit. Birds eat and disseminate the fruits.

English ivy can cover a tree's bark and block the sunlight the tree needs for photosynthesis. Ivy vines "that climb up trees slowly kill the tree from the base upwards by enveloping branches and twigs, blocking sunlight, causing branch and eventual tree death," says Plant Invaders of the Mid-Atlantic Natural Areas. Trees that are weighed down with vines are susceptible to blowing down during rain, snow and ice storms.

When it grows up buildings and walls, it can damage stucco, wood, mortar, siding and shingles. On and around trees, ivy competes for nutrients and water. It can accelerate tree rot by trapping moisture on and close to the tree trunk.

Friends of Dyke Marsh volunteers are tackling the English ivy growing up trees in the Dyke Marsh Wildlife Preserve. They are cutting a 12-to-24-inch "window" in the ivy, pulling vines away from the tree's base and bagging the plants for disposal so they don't re-root. Eventually, the remaining ivy

will die. Experts recommend pulling up ivy from the ground at least two feet around the tree.

Ivy spreads, carpets the ground and smothers all the native vegetation under it by blocking the sunlight these plants need. Ivy can be hiding places for rodents and is a reservoir for bacterial leaf scorch, a harmful plant pathogen.

For ivy on the ground, some property owners mow it with a lawn mower or string trimmer and cover it with weed cloth or cardboard to starve it of sunlight. It usually takes at least a year to kill the ivy using this method. There are chemical controls as well, but many herbicides can harm valuable plants and insects. Some people use a white vinegar and dish soap mixture. Whatever control method is used, English ivy is persistent and it can return from small roots and stem segments.

Volunteer

To help in Dyke Marsh, email info@fodm.org and put English ivy in the subject box. The Friends of Dyke Marsh will hold socially-distanced volunteer sessions from 10



PHOTO BY GLENDA C. BOOTH

Friends of Dyke Marsh volunteers like Jim Gearing cut a "window" in the ivy at a tree's base.

a.m. to 12 noon on Jan. 9 and Jan. 18 and Feb. 6 and Feb. 20, 2021. Meet at the Haul Road trail entrance just off the parkway. Park in Belle Haven Park's south parking lot. Wear a mask and gloves, long pants and sleeves and bring clippers and water.

The Fairfax County Park Authority needs volunteers to help with invasive plants. Visit <https://www.fairfaxcounty.gov/parks/resources/ima/>.

Information

Tips on controlling English ivy: http://www.earthcorps.org/ftp/ECScience/Projects/Shoreline/Ivy_Herbicide_Study_2012.pdf; <https://hgic.clemson.edu/factsheet/english-ivy-control/>

Local native plants, including native ground covers: Plant NOVA Natives, <https://www.plantnovanatives.org/> and the Virginia Native Plant Society at <https://vnps.org/>.

Invasive plants of the Mid-Atlantic: <https://www.invasive.org/eastern/midatlantic/>.

Essential Leave

FROM PAGE 1

Bobo, executive director of the Virginia Interfaith Center for Public Policy. "So we're trying to address some of the concerns that have been raised by the senators."

WHEN DEMOCRATS seized control of the General Assembly last year, advocates for paid sick days were hopeful that they would be able to pass legislation requiring businesses to offer paid sick days. But business groups raised concerns that would be damaging to their profits, and they were able to kill the bill as the 2020 General Assembly drew to a close in March. Then the pandemic hit, and advocates tried an approach that was limited to the duration of the crisis. But Senate Democrats rejected that approach too after businesses raised concerns about surviving the economic downturn.

"I want people to take time off work when they're sick," said Sen. Creigh Deeds (D-25). "But I wonder where this additional money is going to come from."

Now advocates have narrowed their approach yet again, crafting a bill they hope will be able to get support from Senate Democrats. The bill does not apply to part-time workers, addressing a con-

cern raised by Sen. Chap Petersen (D-34) who said he didn't think part-time employees in his law firm deserved paid sick days. It's also limited to essential workers, excluding most of the workforce, in an effort to gain some ground now and build on that success in the future. But Sen. Dave Marsden (D-37) says he won't support Guzman's bill unless the new benefit is spread out over three years.

"This makes good economic sense, but it's really about justice."

— Faith Harris, theology professor at Virginia Union University

"I'm fine with expanding it to everybody, but as long as you ease it in," said Marsden. "Like one day the first year, then maybe three days the second year, maybe five days in the third year — that type of thing."

POLLING SHOWS widespread support for paid sick days, a reflection of public sentiment advocates are hoping will help them make their case as the 2021 session of the General Assembly begins next week. A poll commissioned by Vir-

ginians for Paid Sick Days shows eight out of ten Virginians support requiring employers to offer paid sick days. Support was strongest among African Americans and people with a high school education or less. The poll also shows 96 percent support from Democrats and 72 percent support from Republicans.

"This makes good economic sense, but it's really about justice," said Faith Harris, a theology professor at Virginia Union University who is director of Virginia Interfaith Power and Light. "Laws that provide protection and guarantee the rights of workers are moral, and they reinforce the value of life over material wealth and

they establish the common good for all of us because when we protect the most vulnerable we are actually strengthening the rights of everyone."

Business groups have rallied against the effort to require paid sick days. When Democrats took the majority last year, several business groups formed a coalition to push back on some parts of the agenda of the new leadership in the House and Senate. The groups included the Hampton Roads Chamber, the Poultry Federation

and the Virginia Manufacturers Association.

They argued that mandating employers to offer their employees paid sick days would be bad for business.

"It's easy to make the business owners and the employers the bad guys here, but I don't think they are. I think they've worked their tail off to help these folks," said Stephen Haner, a senior fellow at the Thomas Jefferson Institute for Public Policy. "Businesses are concerned they won't be able to afford it or they'll have to hire fewer employees."

SEVERAL LAWMAKERS are working on bills related to the issue of paid sick days. Sen. Barbara Favola (D-31) will be introducing a bill that requires employers that already offer paid sick leave to allow workers to use it to care for a sick family member.

Del. David Reid (D-32) is preparing legislation that is expected to require paid sick days for employers that have more than 35 workers, which advocates say would exempt more than 90 percent of employers in Virginia.

"We think that exemption is way too broad," said Bobo, adding that the Virginia Coalition for Paid Sick Days will oppose the Reid bill. "If it were a phase in over a few years

so that eventually everyone gets covered we could support that. But with such a large carve-out, the coalition is not supporting it."

Most businesses already offer paid sick days to their employees without any legal mandate, although 1.2 million workers in Virginia do not have access to paid sick days. Guzman's bill would be limited to a category of workers identified as "essential workers" as defined by the state health commissioner plus the workers at essential retail businesses as defined by the governor's Executive Order 72. That does not include restaurant workers, who would be exempt if the governor signs it in its current form. Restaurant workers who are working with the coalition say they would have preferred to have paid sick days when the pandemic hit in March.

"We really could have used paid sick days.

There were very few tests available, and many people just kept chugging along because they thought they had a common cold or spring allergies," said Joshua Briere, a restaurant worker who is advocating for paid sick days. "When you are in the restaurant industry, you just have to chug along quite often because a day home from work could mean no groceries or a late rent payment."

PUBLIC NOTICE

NOTICE OF VOLUNTARY REMEDIATION

Pursuant to Section 9 VAC20-160-120 of the Virginia Voluntary Remediation Regulations, Flaherty Iron Works, Inc., hereby provides public notice of voluntary site remediation at the following site (Site):

Flaherty Iron Works, Inc.
5416 Vine Street
Alexandria, VA 22301
VRP Number VRP01025

The Site is developed land and zoned I-5 as General Industrial Warehouse. Adjacent and nearby properties are of mixed commercial use and characterized by warehouse type buildings. The northern boundary is adjoined by an easement, the Potomac Railroad Line, and the Van Dorn Metro Station. Historical impacts of metal working operations on soil and groundwater on the parcel were fully characterized. Metals, Semi-Volatiles, and hydrocarbon (petroleum) products were identified as contaminants of concern and the remediation was designed to manage risk associated with the presence of these contaminants via limited soil excavation and removal.

Post-excavation engineering controls approved by the DEQ include clean soil cover, hardcover on site, and groundwater use controls for future projects to ensure adequate environmental and human health protections.

Public comments are welcome and should be directed in writing to the following person who is familiar with the Site:

Mr. Shannon Busby, Senior Project Manager
Corporate Environmental Services, Inc.
12 West Delaware Avenue, 2nd Floor
Pennington, NJ 08534
shannon@ces-ehs.com

Public comments will be considered for 30 days from the publication of this notice.

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WELLBEING

Gentle and Subtle Resolutions for 2021

Try small, simple and achievable goals.

BY MARILYN CAMPBELL
GAZETTE PACKET

For 2021, local mental health professionals advise being gentle with yourself when creating the daily schedules and resolutions that often come with the beginning of the New Year. As many are feeling drained and defeated after a tumultuous 2020, making tiny, downsized resolutions can offer reassurance and hope as we embark on a new year.

“The year 2020 really highlighted that we can’t control what happens, but we can control how we respond,” said therapist Marla Zometsky, manager of the Wellness, Health Promotion for Fairfax County. “We are resilient and we can learn how to adjust based on the changes that are presented to us. It is okay to grieve things that did not turn out how we wanted, we can grieve and move forward.”

Create a routine by making a small change to one’s day, advises Karina Guzman, Director of Wellness, Prevention and Education at Marymount University. “It might be helpful to create a simple daily routine or make uncomplicated new year resolutions focused on being present,” she said. “Meditating, practicing gratitude and staying connected with our support networks like friends and family are some quick and free activities to incorporate. They can be done at your own pace and are easy to include into a daily routine long-term.”

Simple daily routines are great for producing structure. “Most people thrive on having structure in their daily lives and find that it makes them feel more productive, which then helps their mood and feeling good about themselves,” said Bethesda therapist Carol Barnaby, LCSW. “A great way to add structure is to think about what your goals and responsibilities for yourself are daily. Then make a plan for your day that includes these goals. Make sure the goals are small and specific.”

Some have created broad and generalized goals like getting fit in 2021, but Zometsky suggests starting with a purposeful, meaningful and achievable goal.

“Instead of focusing on a resolution, which is something that typically focuses on what is lacking, in 2021, perhaps set an intention,” she said. “An intention helps us to focus and it is mindful that we are on a journey.”

“2020 may have been the most challenging year many of us have experienced,” said “As we plan for this brand new year, perhaps the best resolutions won’t

generate additional stress, but help us focus on positive self-care, reducing stressors and nurturing human connections,” said therapist Tara Wooldridge, LCSW of Arlington County Government. “Routines and rituals can provide comfort. Scheduled physical exercise, mindfulness, meditation, quiet, reflective moments, support groups, and sharing with others are all ways to foster well-being. Choose what feels right for you and follow through. Our mental and physical health must remain priorities as we battle the ongoing global pandemic.”

What do you aim to do more of this year? Intentions can give you a sense of purpose, and focuses on what is motivating you. Maybe your intention is to slow down or to continue to form deeper and meaningful relationships? Maybe your intention is to be more present in certain situations, or be more holistic in your health and wellbeing. Setting an intention

will help you...identify your actions and navigate your response when faced with adversity.”

For those who’ve created broad and generalized goals like getting fit in 2021, Zometsky suggests replacing those with purposeful, meaningful and achievable goals. “Instead of focusing on a resolution, which is something that typically focuses on what is lacking, in 2021, perhaps set an intention,” she said. “An intention helps us to focus and it is mindful

that we are on a journey. What do you aim to do more of this year? Intentions can give you a sense of purpose, and focuses on what is motivating you. Maybe your intention is to slow down or to continue to form deeper and meaningful relationships? Maybe your intention is to be more present in certain situations, or be more

holistic in your health and wellbeing. Setting an intention will help you...identify your actions and navigate your response when faced with adversity.”

Practical resolutions might feel comforting in this year of uncertainty, says psychologist Jerome Short, Ph.D., Associate Professor of Psychology at George Mason University. “Try small changes, evaluate, adjust, and praise yourself for improvements, he said. “It may help to have a daily schedule, usual healthy meals and exercises, and specific times alone and with others.”

Paring down ambitious resolutions to those that are practical can feel satisfying this

year, suggests Short. “Declutter your house, wear a basic wardrobe, and eat simple meals. Share work and household tasks with others,” he said. “Evaluate when you work most efficiently and what energizes you. Make sure you have time for breaks and enjoy your five senses with favorite sights, sounds, foods, and hugs”.

“Instead of focusing on a resolution, which is something that typically focuses on what is lacking, in 2021, perhaps set an intention.”

— Marla Zometsky, Wellness, Health Team for Fairfax County

“Meditating, practicing gratitude and staying connected with our support networks like friends and family are quick and free activities.”

— Karina Guzman, Director of Wellness, Prevention and Education at Marymount University

COVID-19

FROM PAGE 9

cine — because 3-4 weeks must elapse between the first and second doses. Many of the first people to receive the vaccine will be eligible for their second dose in the upcoming week. The County Health Department will continue to vaccinate by appointment at the Fairfax County government center a large number of health care workers over the next several weeks to ensure that they all get equitable access to the limited quantities of the vaccine received each week.

Across the country, we have seen surges of COVID-19 spread in the last several weeks, leading to dwindling ICU bed capacity in many states, leaving many patients without access to care. Here in Virginia, we are currently at 82% ICU capacity, with 3,307 beds currently available. This is not the time to back down from following COVID-19 guidelines. While experts continue to learn about the protection the COVID-19 vaccine provides, and because the vaccine requires several weeks to take full effect, the CDC still recommends wearing masks, washing hands, and practicing physical distancing even after vaccination.

You can find more information at <https://www.vdh.virginia.gov/covid-19-vaccine/>.

BULLETIN BOARD

FROM PAGE 4

December 22 until further notice. The public is invited to explore the history of Alexandria through its online resources by visiting alexandriava.gov/Historic and follow us on social media to discover new things about your hometown. The following properties are impacted by this closure:

- Alexandria Archaeology Museum
- Alexandria's History Museum at The Lyceum
- Gadsby's Tavern Museum

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 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.

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, 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.

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Obituary



Charles ("Chuck") H. Miller Jr., age 90, of Hilton Head, S.C., passed away peacefully at Broad Creek Care Center on January 4, 2021 on Hilton Head Island, SC. He became a captain in the U.S. Army Dental Corps and was stationed at Fort Rucker, AL, home of Army aviation. There he met the love of his life, Rochelle Marie Payne of Dothan, Ala., whom he married on July 7, 1956, after a short courtship. The following year they moved to Alexandria, Va., where they set up a dental practice in the

Mount Vernon area. It was there that they were blessed with three daughters, Brooke, Paige and Leigh.

A Celebration of Life will be announced at a later date, once it is safe to convene. In lieu of flowers, memorials can be made in Chuck's name to Volunteers in Medicine Clinic on Hilton Head: <https://vimclinic.org/> www.keithfuneral.com/obituary/chuck-miller

Obituary

Obituary

Obituary



Joanlee Frances (Turner) Burrier, age 89, suddenly and unexpectedly, went home to her Lord on Thursday December 17, 2020. A long-time resident of Westminster, MD., she moved to Alexandria, Virginia several years ago where her daughter and several of her grandchildren and great-grandchildren reside.

Joanlee was born October 10, 1931 in Baltimore, MD to Alfred S. Turner and Evelyn F. Peters, younger sister to the late John Turner. She was predeceased by her husband Joseph ("Jack") Howard Burrier, and son Scott Joseph Burrier (Lisa). She is survived by her daughter, Terri Burrier Natoli (Tom), son, Todd Peter Burrier (Melanie), eight grandchildren, 10 great-grandchildren and

niece, Susan Hlavin.

Joanlee enjoyed an over 40-year successful career as a financial analyst and accountant for the Great A & P Tea Company which was later acquired by the SuperFresh group before her retirement at age 72.

"JL" as she was affectionately called by her son-in-law, Tom, and daughter-in-law, Melanie, or "Gammer" to her loving grandchildren (and grandchildren-in-law)—Christopher (Stacy), Ashley (Angel), Kelsea (Scott), Bethany (Casey), Brett (Courtney), Allie (William), Carey, and Madeline (Derek), and great-grandchildren -- Jackson, Finley, Ethan, Chase, Brayden, Harper, Declan, Scottlyn, Avery, and Berkleigh, was a kind, smart, humble, quiet, strong, and loving woman of deep faith, who embodied a selfless life of care and service to others. She spent many years volunteering at various churches to which she either belonged or simply cared about, including Church of the Ascension and St. Benjamin's Church in Westminster. She was also a steadfast and dedicated volunteer at the Carroll County Food Sunday food bank.

She loved animals nearly as much as human companionship, especially collies and kitties, and her household always included multiple pets at the same time. She enjoyed being outside in the sunshine, gardening, reading, walking in the woods, being by the water, fishing, playing tennis, and later in life, pickleball. But nothing on earth was more precious to her than spending time with her family, who equally loved spending time with her. She had a youthful spirit, as evidenced by sightings of her sleigh riding by herself at night well into her 70s or playing baseball or fishing with her grandchildren. She remained extremely active until such time as her body would just no longer cooperate. Despite enduring many hardships throughout her life, Joanlee persevered, always having a smile or kind word for everyone around her. Everywhere she went the people she met were touched by her gentle sweetness in a way that made her unforgettable. A constant question asked of her children by their friends and loved ones throughout their life, including on the day she died, was "how is your mom doing?" She was adored by all who knew her or met her.

Due to the restrictions and safety issues surrounding the current pandemic, a memorial service and celebration of her life will take place later next year on the occasion of what would have been her 90th birthday at Everly-Wheatley Funeral Home in Alexandria, Virginia followed by a burial in Loudon Park Cemetery in Baltimore, Maryland. Condolences can be shared with her family at <https://www.everlywheatley.com/tributes/Joanlee-Burrier>

Obituary

Obituary



Sylvia Geer, 87, a resident of Williamsburg since 2004 and member of Williamsburg Presbyterian Church, died of natural causes on December 21st, 2020 at Brookdale Chambrel Williamsburg.

Born in Lebanon, Missouri, Sylvia grew up in Colorado and attended Grinnell College, where she met her husband, Lucien Geer, a long-time teacher and coach at Berkshire School in Massachusetts and Episcopal High School in Alexandria, VA. In Massachusetts, Sylvia taught at Florence Crittenton, a school for unwed mothers. She later earned a master's degree in education from George Mason University, and for over two decades taught special-education and English at Washington and Lee High School in Arlington, VA.

Sylvia loved music, playing the piano, reading, camping, hiking, canoeing, and cooking. She also loved animals and had many beloved pets, most of which were rescues.

She was truly selfless and generous with her time. She never met a stranger and opened her house to everyone. She was the ideal neighbor, offering rides, meals, and anything else to help. She volunteered throughout the community everywhere she lived. In Williamsburg, she was active in her church and volunteered with hospice and literacy programs. Sylvia's cheerful disposition was so prominent even with dementia. It was part of her essence, and all the more remarkable given the challenges she met, as a child of the Depression, losing part of her mobility at such a young age, and working so many years and so generously with special needs students. She was always a wonderful person and left her mark on many lives in many ways.

Her husband passed away in 1992. She is survived by three children, Martha Geer of New Hill, N.C., Matthew Geer of Sebastopol, CA and William Geer of Williamsburg, VA. She was a devoted grandmother to Nick, Nora, and Eliza Geer."

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New Year, Old Problem: Cancer



By KENNETH B. LOURIE

As I sit and write here, with too much time on my hands, I can't help but consider my lot in life. In a little less than two months: Feb. 20, I will celebrate (if that's even the right word), the 12-year anniversary of my original cancer diagnosis. On that date, I received a phone call at work from my internal medicine doctor advising me that the previous week's surgical biopsy indicated a malignancy in my lungs. The following week, Team Lourie was sitting in an oncologist's office waiting for the other shoe to drop. And boy, did it drop: non small cell lung cancer, stage IV. Accompanied by a "13 month to two year" prognosis with very little encouragement or statistical probability to give us much reason to hope. In answer to our predictable question, the soon-to-be my oncologist offered up a tantalizing prospect: "Could you be the one" (literally) that outlives your prognosis? It was hardly heartfelt, but his answer was "Yes."

So off I didn't fly into the wild blue yonder. Instead, I shuffled out his office and with my head down, exited the building and staggered into my car where my wife, Dina and I attempted to process the information we had just been given. I don't recall there being much discussion during the 30-minute drive home or even after we had arrived. To tell you the truth, besideS still processing the information we had just received, we were pretty much in a daze (hence the overall name for my columns: "Daze of My Life") and were so blindsided by the seriousness of what we had just heard (no cancer history in my immediate family as well as my being a lifelong non-smoker), we almost couldn't talk, probably didn't talk and any talking we did was likely empty and hollow. Imagine being told, out of the blue, that you could be dead in less than a year, maybe even before your 55th birthday. Heck, both my parents lived past 85. That's what I've been anticipating. To think that 30 years yet of my future life had just been taken away was almost too much to believe. But since the oncologist was not the least bit in doubt about any of the results or how to proceed (we didn't feel the need, given the urgency and conviction with which the oncologist spoke, to even get a second opinion), we decided and committed that very day to starting chemotherapy the following week. It seemed clear that there was absolutely no time like the present.

Though the dozen or so tumors in my lungs "never acted" as my oncologist expected (growing and moving) it wasn't until Dec. '19 a year or so after a large tumor appeared below my Adam's apple that a new surgical biopsy was performed. The results of which indicated thyroid cancer which a few weeks later led to my having a thyroidectomy (thyroid removed) per the direction of my newest doctor, an endocrinologist (who has been treating me ever since). When the post-surgical biopsy confirmed yet again the existence of thyroid cancer, my reclassification as a thyroid cancer patient was official. Soon thereafter, my treatment for thyroid cancer began, first an overnight at the hospital and then daily levothyroxine pills. As a result, I am no longer being treated for lung cancer, just thyroid. The question has raised its ugly head in these last few months: Was I misdiagnosed or did I have two types of cancer? And if I do have two types of cancer and one/the lung cancer is not being treated, am I in reality a "dead man walking?" Ignoring/not treating lung cancer is generally speaking, not advisable. As my oncologist said to me many years ago about my having lung cancer: "I can treat you but I can't cure you." Not exactly words to live by.

It's on these anniversaries and the last few months leading up to them when I focus even more on my circumstances. How does that actually occur when my having cancer already consumes my conscience and subconscience? I can't really explain it other than to express the amazement and good fortune that I'm still alive. All I know is, I'm always happy when I wake up the next day and the anniversary has finally passed.

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

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NEWS



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The 2020 Excellence in Housing Affordability Award from Urban Land Institute (ULI) Washington recognizes AHC's Alexandria, Va. apartment community St. James Plaza for providing quality affordable housing that enhances people's lives.

AHC Inc. of Arlington Receives Excellence In Housing Affordability Award By Urban Land Institute Washington

AHC Inc., an Arlington developer of low-income housing, was recently honored with the 2020 Excellence in Housing Affordability Award from Urban Land Institute (ULI) Washington, a district council of the national nonprofit. This award recognizes AHC's Alexandria, Va. apartment community St. James Plaza for providing quality affordable housing that enhances people's lives.

The Trends Conference Awards highlight innovative and exceptional developments that enrich neighborhoods in the Metropolitan Washington Region. AHC Inc. was selected from among 40 nominees. All nominated projects embody excellence and creativity across a number of categories, including developmental approach, land use economics, access and mobility, sustainability, and community and culture.

AHC Inc.'s St. James Plaza was distinguished for its innovative design, zone planning, and local partnerships. The apartment community includes a mix of efficiencies, one-, two-, and three-bedroom apartment homes for households earning up to 60 percent of the area median income.

The \$32 million development transformed a three-acre parcel of land owned by a long-time church, St. James Methodist Church, into a vibrant mixed-income, mixed-use community.

The site also includes a 2,300-square-foot preschool for 50 children. Operated by nonprofit The Campagna Center, the school is

located on the first floor of St. James Plaza. Thirty-one market-rate townhomes, developed by Craftmark, further integrate the development into the existing single-family neighborhood.

Inside the apartments, oversized windows add an airy, open feeling to the apartments, which also include wood-toned vinyl-plank floors and contemporary finishes. Other amenities include a play area, community room, fitness center, and underground parking. Development partners include the City of Alexandria, Capital One Bank, Hudson Housing Capital, Low Income Investment Fund (LIIF), NeighborWorks and NeighborWorks Capital. Designed by Cunningham-Quill Architects, the five-story building was constructed by Harkins Builders.

"It's a great honor to be recognized among so many innovative developments in the metro-DC area," said John Welsh, VP of Multifamily Group at AHC Inc. "As we develop our properties, we make each decision with affordability, sustainability and quality in mind, and we're proud of creating communities that residents love to call home."

Based in Arlington, AHC has developed more than 7,500 apartment units in 50+ properties in Virginia, Maryland and Washington, D.C. AHC's Resident Services program reaches 3,000 children, teens, adults and seniors each year through on-site education and social service programs and activities. For more information, visit <https://www.ahcinc.org/>.



St. James Plaza also includes a 2,300-square-foot preschool for 50 children operated by nonprofit The Campagna Center.



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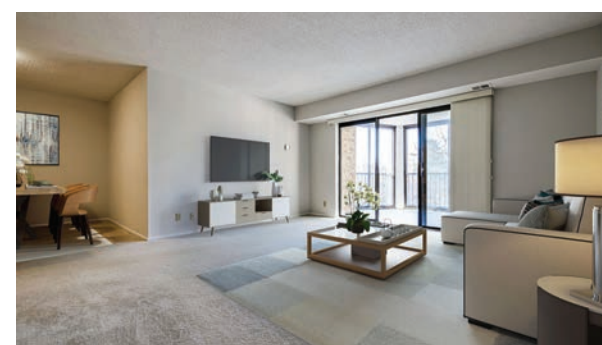
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