

It's simply The BEST



PHOTO/ THERESA PICCOLO

Participants in The BEST pilot program and their supervisor. **From left to right:** Naimo Gabow, Jar-mar Wright, Christina Edwards, Chieko Duano and Charlie Zeleya.

New program provides employment for people with disabilities

BY MISSY SCHROTT

There's a new crew of employees in town, and they promise to be The BEST.

The BEST, short for Building Employment Solutions Together, is a new community employment program for adults with disabilities. The program was developed by the Joey Pizzano Memorial Fund, a fund established by two residents who lost their six-year-old son with disabilities, Joey, to a drowning accident, and ServiceSource, a nonprofit that supplies programming for people with disabilities.

The BEST will pair teams

of people with disabilities with companies and businesses in need of light cleaning, stocking office supplies, copying, shredding and other customized tasks.

The program will operate out of a headquarters on the corner of Prince and Patrick streets, and is slated to open this summer.

Paola and Robert Pizzano, the residents behind the Joey Pizzano Memorial Fund, established the fund in 1998. Since founding the nonprofit, the Pizzanos have provided programming, funding and support for people with disabilities and their families.

One of the first programs the nonprofit developed was JPMF Splash, a water skills

and safety program specifically designed for children with disabilities. After JPMF and the Splash program gained steam, JPMF opened Our Special Harbor, a 7,000-square-foot, fully accessible waterpark in Fairfax County. Between Memorial Day and Labor Day each year, the park averages about 80,000 visitors, Paola Pizzano said.

"The idea was all along, we want to add something that was age appropriate to what Joey would've been at the time," Robert Pizzano said. "So we did the swim program for younger kids, then Our Special Harbor was for the families and the kids

SEE **THE BEST**

| 7

Hutchings presents ACPS FY2021 budget

School board elects leaders, considers audit of communications office

BY LUKE ANDERSON

At its first meeting of 2020, the Alexandria City School Board considered an overview of the proposed fiscal year 2021 budget and an audit of Alexandria City Public Schools' communications department. The board also voted to reelect Cindy Anderson as chair and Veronica Nolan as vice chair, leadership positions that are up for reelection every year.

Dr. Gregory Hutchings, Ed.D., presented a full overview of his proposed FY2021 budget to the board. Of the total proposed \$324.7 million, Hutchings focused primarily on the operating fund, which makes up about 92 percent of the budget.

The remaining funds go to school nutrition at 3 percent and grants and special projects at 5 percent.

The proposed FY2021 operating budget is \$299,078,231, according to an ACPS presentation. In June 2019, the school board approved an operating budget of \$286,415,016 for FY2020. The FY2021 proposal is \$12,663,215, or 4.4 percent, more than the approved FY2020 budget.

"This year, we really wanted to kind of approach our budget priorities in a very different manner and we started using our data and allowing our data to really drive our decision making so that we are very specific in regards to what those budget priorities are for the FY 2021 combined funds

SEE **SCHOOL BOARD** | 5

INSIDE

General Assembly

Council discusses city legislation priorities

Page 6

Seniors

Tips for staying fit during the cold winter

Page 11

— PORT CITY — FLAVOR



GEICO NOVA

Matthew McCarthy
703-236-1366
4617 Duke St, Alexandria





Christine Roland Garner

I Sell More Because I Do More!



Celebrating 32 Years

With historically low interest rates and limited inventory *The Time To Sell Is Now!*

<p>ROSEMONT</p>  <p>SOLD \$1,700,000</p>	<p>OLD TOWN</p>  <p>SOLD \$1,470,000</p>	<p>ROSEMONT</p>  <p>SOLD \$1,250,000</p>	<p>VILLAMAY</p>  <p>SOLD \$1,175,000</p>	<p>DEL RAY</p>  <p>SOLD \$1,011,000</p>
<p>VILLAMAY</p>  <p>SOLD \$940,000</p>	<p>DEL RAY</p>  <p>SOLD \$925,000</p>	<p>ROSEMONT</p>  <p>SOLD \$835,000</p>	<p>DEL RAY</p>  <p>SOLD \$840,000</p>	<p>ROSEMONT</p>  <p>SOLD \$825,000</p>
<p>OLD TOWN</p>  <p>SOLD \$809,900</p>	<p>OLD TOWN</p>  <p>SOLD \$799,900</p>	<p>OLD TOWN</p>  <p>SOLD \$799,000</p>	<p>OLD TOWN</p>  <p>SOLD \$767,500</p>	<p>ROSEMONT</p>  <p>SOLD \$736,000</p>
<p>SEMINARY HILLS</p>  <p>SOLD \$750,000</p>	<p>OLD TOWN</p>  <p>SOLD \$700,000</p>	<p>DEL RAY</p>  <p>SOLD \$700,000</p>	<p>OLD TOWN</p>  <p>SOLD \$695,000</p>	<p>MT IDA</p>  <p>SOLD \$689,000</p>

Christine Garner (703) 587-4855

Weichert

For additional information & Photos, Go to: www.ChristineGarner.com

WEEKLY BRIEFING

Bill Euille appointed to Virginia ABC board

Gov. Ralph Northam appointed former Mayor Bill Euille to the Virginia Alcoholic Beverage Control Authority's Board of Directors on Dec. 20, according to Virginia ABC.

The ABC regulates the possession, sale, transportation and delivery of alcoholic beverages within Virginia, issues business licenses and operates government stores that sell spirits and wine. The board of directors, along with the CEO and executive leadership, oversees the agency's policies and exercises regulatory authority, according to ABC.

Euille joins four other part-time board members due to his background as a politician, business owner and community leader, ABC CEO Travis Hill said in a statement.

"We are encouraged by Bill Euille's ability to bal-



FILE PHOTO

Bill Euille.

ance the demands of business with the philosophy of accountability to the public," Hill said. "Both his business background and history of public service will assist in operating our organization based on strong fundamentals from both arenas."

Euille, who has also served

on the board of directors for ACT for Alexandria, the Scholarship Fund of Alexandria and Volunteer Alexandria, said he was honored to receive the appointment.

"I was very excited and thankful to the Governor for having the confidence in me to serve on such an important board," Euille said in an email. "... I will be a visionary in terms of how to grow the revenue base and a good listening ear, to help Virginia maintain its market competitiveness."

In 2020, Virginia ABC plans to launch a new online licensing system. The agency has also placed an emphasis on license and fee reform in the coming year, as well as remodeling its 387 stores over the next few months, according to Virginia ABC.

-cmelloklein@alextimes.com

Winter Restaurant Week kicks off on Friday

Alexandria's Winter Restaurant Week begins on Friday, marking the start of 10 days of brunch, lunch and dinner deals at eateries around the city.

From Jan. 17 to Jan 26, select restaurants will offer \$35 three course dinners for one or \$35 dinner for two and

\$15 or \$22 per person lunch and brunch deals, according to a news release. More than 70 restaurants will offer dinner deals, and more than 35 of those restaurants will also offer lunch deals.

This year, participating restaurants include returning favorites like Del

Ray Café, The Majestic, Theismann's Restaurant and Urbano 116 and Winter Restaurant Week newcomers like Augie's Mussel House, Mai Thai, Spice Kraft and The Study at Morrison House, according to the release.

-cmelloklein@alextimes.com

T.C. Williams alum named U.S. Men's Athlete of the Year

T.C. Williams High School alumnus and track athlete Noah Lyles was named Men's Athlete of the Year by Track and Field News for the second year in a row, according to Alexandria City Public Schools.

The sports publication said the 2016 Titan graduate was "the runaway choice" for the top spot on its list,

according to an ACPS news release.

The news comes in the wake of a momentous year for Lyles, one in which he became the fastest man in the world to run the 200m. In September, Lyles ran a 19.83 200m at the World Athletics' World Track and Field Championships in Qatar.

He was also ranked as

number one in the world in the 200m and number two in the world in the 100m by Athletics Weekly, according to the release.

Lyles is set to hit the ground running at the 2020 Summer Olympics in Tokyo where he will be representing Team USA in the 100m, 200m and 4x100m relay.

-cmelloklein@alextimes.com

Lovely Langston

This dear boy is ready to wander into your heart and home. He has a slight wobble, but that makes him even more adorable!



Come meet him on Saturday and Sunday from 1:30 pm to 4:30 pm. For more information contact King Street Cats: contact@kingstreetcats.org.



703-231-7199
25 S. Dove Street
Alexandria, VA 22314
A 501(c)(3) Non-Profit Organization
Federal CCR# 13064



Store Hours

Mon-Sat: 11am-7pm
Sunday: 12pm-5pm

More than a shop...

Unwined. Where surprises await and exemplary service is the norm. Top quality, hand-selected wine, gourmet, and gifts offered by a smart team that tastes everything and tailors each recommendation to suit you.

Bradlee Shopping Center
3690-J King Street
Alexandria, VA 22303
703-820-8600

Belle View Shopping Center
1600 Belle View Blvd.
Alexandria, VA 22307
571-384-6880



www.unwinedva.com

Twitter: @UnwinedYourself Facebook.com/UnwinedVa

Does Your Dog Need a Break?

Dog Walks 🐾 Potty Breaks 🐾 Exercise 🐾 Mental Stimulation 🐾 Play
We offer 15, 30, or 60 minute visits!

Package rates
available!



Ask about our
puppy packages!



Schedule a consultation today!
571-438-2323 🐾 PassionatelyPets.com

WEEKLY BRIEFING

Sushi Jin coming to West Alex development

Sushi Jin, a restaurant that serves sushi and other Japanese cuisine, is coming to the West Alex development, Weingarten Realty announced in a news release on Tuesday.

West Alex, a 500,000 square foot mixed-use, multi-building development at King and North Beauregard streets, will include

both retail and office space. City council approved a Silver Diner restaurant in the development on May 18.

After launching in Silver Spring, Maryland in 2006, Sushi Jin expanded to Woodbridge, Virginia. The Alexandria location is scheduled to open in May 2020, according to the release.

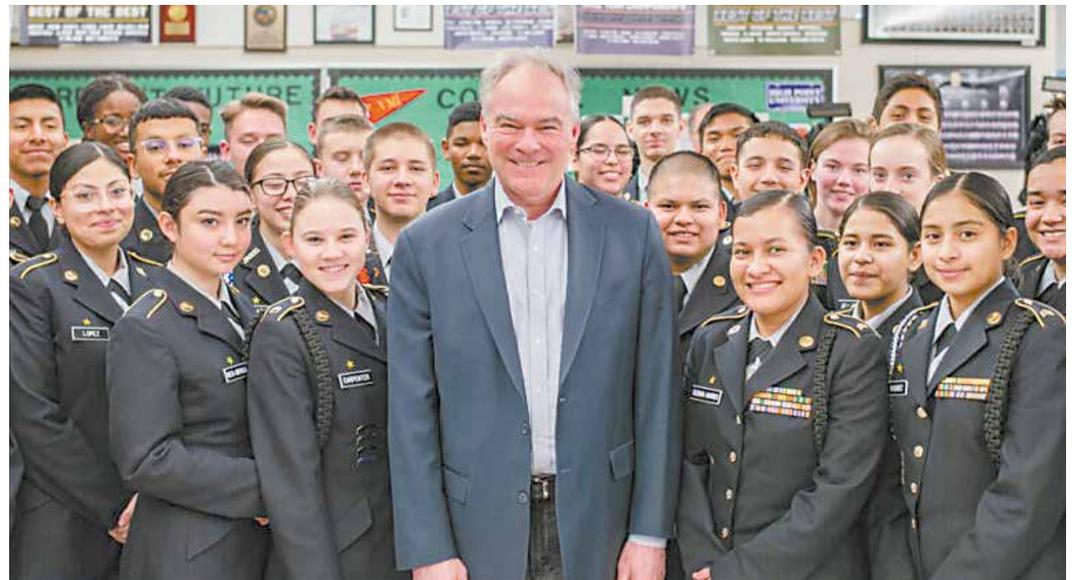
-cmelloklein@alextimes.com



COURTESY PHOTO

West Alex is a 500,000 square foot mixed-use, multi-building development located at King and North Beauregard streets.

Sen. Kaine talks Iran conflict at T.C. Williams



PHOTO/ACPS

Sen. Tim Kaine, D-Va., spoke with Junior ROTC cadets at T.C. Williams High School on Jan. 10.

Sen. Tim Kaine, D-Va., visited T.C. Williams High School on Jan. 10 to discuss the recent conflict with Iran with a room full of Junior ROTC cadets, according to Alexandria City Public Schools.

Escalating tensions between the U.S. and Iran culminated in an American drone strike that killed Iranian Maj. Gen. Qassim Suleimani – commander of Iran's Quds Force, a division mainly responsible for extraterritorial military operations – in Iraq on Jan. 3.

Kaine spoke to students about de-escalation and his

efforts to better define Congress and the president's part in deciding whether to send service members to war, according to a news release.

"We shouldn't rush to war. We have been involved in wars throughout our history and, sadly, we would predict that there will be more," Kaine said. "But if we're going to be at war, it should be after careful deliberation."

On Jan. 3, Kaine filed a resolution, under the War Powers Act, that asks Congress to act on its constitutional power and limit the president's military actions against Iran without approv-

al from Congress.

"I intend to force Congress to do what I think it should have been doing for decades, which is take that responsibility seriously and really carefully deliberate before we decide whether or not we need to be at war," Kaine said.

Kaine, whose son serves in the Marines, spent much of the discussion answering questions from students, including questions about the war powers resolution Kaine has sponsored in Congress and de-escalation with Iran.

-cmelloklein@alextimes.com

ADOPTABLE PET OF THE WEEK



~ Are You My New Person? ~

Adele is looking for "Someone Like You."

Her hobbies include squirrel watching, snuggling with our Shelter Volunteers, playing with her wand-toy and snacking.

Adele's adoption fees have been pre-paid by a generous donor to the Shelter. She's ready to go home.

AlexandriaAnimals.org/Donate
703-746-4774

THANK YOU

Diann Hicks Carlson

Associate Broker • Weichert
Old Town
703-628-2440

The Alexandria Animal Shelter's Pet of the Week is brought to you by Diann Carlson, finding homes for pets and people, too.



SCHOOL BOARD FROM | 1

budget,” Hutchings said.

One of Hutchings’ budget priorities is to allocate funding for competitive salaries and benefits that will attract and keep employees. The extra money will also help offset the rising costs of healthcare and the Virginia Retirement System. Another priority is expanding employee training in areas such as cultural competency and active shooter situations.

Assessing and helping disadvantaged students is also high on the list. The proposed budget has money set aside for continued translation services, especially for Alexandria’s Amharic-speaking community. Hutchings said that outreach to Hispanic families will hopefully improve graduation rates and chronic absenteeism, as the majority of students who drop out are Hispanic males.

School counselling is also a budgetary priority, since meeting the emotional needs of students is directly related to attendance and performance, according to Hutchings. This year, a program called Social, Emotional and Academic Learning was incorporated into three Alexandria elementary schools: Cora Kelly, Mt. Vernon and Ferdinand T. Day.

Examples of SEAL include a mood meter and in-class discussions surrounding emotions and trauma. Christine Scherrer, a teacher at Cora Kelly who has used SEAL in her classroom this year, gave an example of a quiet, positive student expressing negative emotions. The student later opened up to Scherrer and told her of trouble at home, which may not have happened without SEAL. The proposed FY2021 budget will allow the pilot to expand to three additional schools next year.

The school board will further discuss the FY2021 bud-

get at two school board work sessions later this month. City council, which will determine the amount of city funding ACPS will receive, is slated to begin its budget process in February.

Also at the meeting, Betsy Overkamp-Smith, CEO of BetsyOS PR LLC, presented findings of her firm’s audit of the ACPS Office of Communications to the board. The audit evaluated the department’s marketing and branding, internal communications and communications with parents and families and in times of crisis.

Overkamp-Smith’s team noted the communication department’s professionalism and commitment, as well as several departmental achievements. However, based on interviews, focus groups and surveys, they found that the department is perceived as difficult to work with. Overkamp-Smith provided a number of recommendations to help combat this issue.

One of the most urgent priorities Overkamp-Smith recommended was an overhaul of the ACPS website.

“A number of stakeholders, internal and external, noted the usability of the website as an area of needed improvement,” Overkamp-Smith said.

Last summer, a full-time communication specialist was hired to help enhance the functionality of the site. Overkamp-Smith said that the website currently meets accessibility standards, but she emphasized that this must be maintained.

Many of the communications department’s full-time employees are not being used as effectively they could be, Overkamp-Smith said. She suggested a time study to determine how employees work and manage time. Data would be collected to show what and how often factors prevent employees from per-

forming certain duties. The study would also help determine interdepartmental areas for improvement.

Other recommendations included increasing some part-time jobs to full-time, redistributing some of the receptionist’s responsibilities and hiring an assistant director or senior communications coordinator.

Overkamp-Smith applauded Hutchings’ plan to combine the Office of Communications and the Office of School Business and Community Partnerships, and she suggested translation services be placed under that department as well.

Regarding internal communications within the department, Overkamp-Smith suggested there was room for improvement.

“We found that staff spend significant time redoing or substantially revising communications materials,” Overkamp-Smith said. “While this may be required occasionally, miscommunication and a lack of process has created an environment



CINDY ANDERSON

where this occurs regularly.”

As a solution, she recommended implementing a project management system to facilitate communication between staff members and track the completion of requests.

This would put employees on the same page too, decreasing the amount of duplicate work performed and allowing staff additional time to maintain connections. During the audit, the department lost several opportunities to connect with schools due to the staff’s unavailability.

“Given the significant job responsibilities of a limited number of staff, one way to address this issue and to potentially provide better customer service is to utilize a beat system similar to the way

media cover a community’s news,” Overkamp-Smith said.

The beat system would designate certain staff members as points of contact for specific schools. For example, one staff member would be assigned to T.C. Williams, due to its size, while other staff members would be in contact with other schools based on size and support requirements.

According to Overkamp-Smith, customer service is also hindered due to the current routing process for incoming phone calls, most of which relate to human resources, student services, records and transportation. Overkamp-Smith suggested creating a portal to deal with complaints and requests, similar to the city’s Call.Click.Connect.

Board member Christopher Suarez supported the suggestion and requested that the customer service portal be expedited. Hutchings said that the portal is in the operating budget for FY2021.

-landerson@alextimes.com

THE CREST OF ALEXANDRIA

Clubhouse at Crest of Alexandria

FAIRFAX COUNTY AFFORDABLE HOUSING NOW AVAILABLE AT THE CREST OF ALEXANDRIA CONDOMINIUMS

4-Level Condominiums | 1-2 Bedrooms | 1-2 Bathrooms

5,000 sq. ft. clubhouse with a yoga studio and fitness center | On-site activities coordinator
Outdoor kitchen and firepit | Walking trails, parks, gardens, pickleball courts | Pet Friendly

CALL 703.268.1265 TODAY TO LEARN MORE!

Income and other financial restrictions apply. Must qualify through Fairfax County Affordable Dwelling Unit program. For further questions visit www.fairfaxcounty.gov/housing.

6107 Fairview Drive
Alexandria, VA 22315

CHRISTOPHER COMPANIES
QUALITY BY DESIGN

ENERGY STAR PARTNER

Council updated on legislative priorities

City supports gun legislation, marijuana decriminalization and affordable housing

BY CODY MELLO-KLEIN

During the 2020 Virginia General Assembly session, which commenced on Jan. 8, the city plans to staunchly support state legislation expanding gun control laws, while less firmly supporting legislation that would decriminalize marijuana.

City council received an update on Alexandria's priorities going into session during Tuesday's legislative meeting. City Legislative Director Sarah Taylor, fresh off the road from Richmond, said that about 5,500 bills have been proposed by members of the Democrat-majority State Senate and House of Delegates.

Of the proposed bills, the city has expressed support for legislation that would expand gun control laws to prohibit firearms on school and city property, ban unlawful discriminatory housing practices and repeal the statutory prohibitions on same-sex marriages.

Other bills, such as those

pertaining to the prohibition of assault weapons, comprehensive background checks for those wishing to purchase firearms and the decriminalization of marijuana, have been designated as "under watch" by the city. This designation is used to note legislation that the city has interest in or supports philosophically but still has practical and implementational concerns with, Taylor said.

Due to the sheer number of bills being proposed, Taylor said all of the city's previously determined priorities are being addressed.

"There are significant efforts to reform the redistricting process in Virginia, efforts to allow Virginia to take part in regional greenhouse gas initiative, efforts to transition the statewide electricity supply to carbon free sources and bills to allow undocumented immigrants to obtain driver's licenses or driver privileges cards," Taylor said.

"I do not think ... there is a section of our legislative principles that has not been touched, in some way, shape or form, by legislation filed this session," Taylor continued.



SARAH TAYLOR

Gun laws have become a dominant issue this General Assembly session, according to Taylor. In anticipation of a pro-gun rights rally in Richmond, Gov. Ralph Northam (D) declared a temporary emergency ban on all weapons from Capitol Square, while an abundance of legislation has been drafted granting localities the authority to ban firearms in government buildings, local parks and permitted events on public property.

City council unanimously adopted a resolution in June expressing support for the passage of gun safety legislation during this General Assembly session.

Considering that the Democrats took control of both chambers and the slew of proposed gun control legislation that has followed, Councilor Amy Jackson asked about the response from second amendment advocates in the state.

Taylor attended a Prince William County board meeting in December that drew hundreds of people in response to the board's decision to overturn a declaration that made Prince William County a "Second Amendment sanctuary." One of the public speakers thanked the board, claiming the new Democratic members of the board had helped organize a group of people that had previously been aimless.

"It is definitely something that is organizing and turning out people who might not have been organized or turned out before," Taylor said. "How long it lasts, what it really means, that's the long-game of how this all plays out."

Councilor Mo Seifeldein questioned the city's decision not to outright support legislation that would either decriminalize or legalize marijuana in Virginia.

"I know it's a big part of the criminal justice reform that's taking place, especially in Northern Virginia. And given some of the things that have been reported from courts in the beginning of January, I think this will help aid progressive prosecutors," Seifeldein said.

The city has expressed its support for the decriminalization and eventual legalization of marijuana, Mayor Justin Wilson said. However, specific aspects of the proposed legislation have given city officials pause.

According to Wilson, the commonwealth's attorney has expressed concern about the language used in the bill regarding expungement. Taylor cited the city's desire to find a fee schedule that is "deterrent without being punitive" and that better defines rules regarding driving under the influence.

"I think you're right, that big picture we support this direction. I think that's why we put it on watch," Wilson said. "There's some details about the legislation that need to be sorted out before we say that we support the legislation."

The first step of decriminalization is likely to pass during this General Assembly session, while, given the broader scope of its impact, legislation regarding legalization will go to the Virginia

State Crime Commission for study, Taylor said.

The city's limited ability to move or remove Confederate war memorials and statues has been a point of conversation for years. With a majority Democrat House and Senate, Taylor said the discussion is now moving forward. Half a dozen bills have been proposed, with more coming, that increase local authority over war memorials and statues. Some bills require affirmative votes of local elected bodies; others require a public hearing, Taylor said.

This year's session also involves action on Northam's proposed budget.

A proposed increase of At Risk Add-on funding for schools with students of low economic status to \$140 million is of particular interest to the city, Taylor said. As is an additional \$63 million in funding for the Virginia Housing Trust Fund, which brings the total trust fund to \$83 million dispersed over three years. It represents "a significant investment in affordable housing in Virginia," Taylor said.

Down in Richmond, the city is also expressing support for budget items that would benefit the region as a whole. A proposed \$41 million for the Northern Virginia Transit Authority gets the organization closer to full restoration of its original \$82 million in funding.

Vice Mayor Elizabeth Bennett-Parker made a motion, seconded by Councilor John Chapman, to approve the city's recommended positions. The agenda was approved unanimously.

The General Assembly is scheduled to adjourn on March 7. Most of the bills that are passed will go into effect on July 1.

-cmelloklein@alextimes.com

Polishing • Plating • Repair

Open Mondays 10am-4pm



Open: Monday, Martin Luther King Day

Let the experts restore your tarnished, worn and broken silver and brass heirlooms, tea sets, flatware, trays, candelabras, hollowware, tortoise shell combs, samovars, lamps, hardware, fireplace ... and tools.

Bel-Air House Of Silver
4101 Chainbridge Rd, Suite 108
Fairfax, VA
(703)691-4190
www.belairhouseofsilver.com



PHOTO/MISSY SCHROTT

THE BEST FROM | 1

that were varying ages and then basically when you're 22, you kind of age out of the system."

"When you age out, they don't automatically see their friends every day," Paola Pizzano said. "If you don't find a place to go ... they can often be somewhat isolated."

To continue providing programming for adults with disabilities, the Pizzanos came up with The BEST. Last year, they partnered with ServiceSource to begin organizing the program.

They launched a pilot program for The BEST in August 2019 with participants from ServiceSource's Edsall Road facility, where people with disabilities are involved in classes and other activities. Since August, four of the Edsall Road participants have been acting as a trial for The BEST at the Pizzanos' construction company, Pizzano Contractors.

Twice a week, four people with disabilities spend about four hours at Pizzano Contractors' Cameron Street office, stocking the kitchen, shredding papers and cleaning up.

"I do cleaning up, [stocking] the waters, chips, snacks in the kitchen. My favorite is the waters," Naimo Gabow, one of the program participants, said.

The group of four is ac-



PHOTO/THERESA PICCOLO

Top: The organizers of The BEST. **From left to right:** Paola Pizzano of JPMF, Theresa Piccolo of ServiceSource and Robert Pizzano of JPMF.

Bottom: Charlie Zeleya wipes down a railing at Pizzano Contractors.

companied by a supervisor from ServiceSource who helps divvy up tasks and ensure they're completed properly.

"It should not be taking any type of time away from their business to make sure that those tasks are done because the supervisor is the one that's doing it," Paola Pizzano said. "So that's a big plus as well. It's not like, 'Oh they're coming in. Who's going to watch them?'"

"It's good for the businesses. It's not like an act of charity," Theresa Piccolo, director of community relations at ServiceSource, said. "Yes, you're helping the disability community, but they're going to be providing you very quality services. They're very loyal employees."

Once construction is complete on The BEST's Prince Street headquarters, the pro-

gram will expand to 16 to 20 participants who will split time between training at the headquarters and working for businesses in the community, depending on demand.

As far as tasks, the work can be customized for the businesses involved. Possibilities include sanitizing equipment or folding towels at a gym, inserting daily specials into menus at a restaurant, setting up and cleaning up for events at Waterfront Park or walking dogs at a pet daycare center.

"It's customized," Piccolo said. "We really want it to be a win-win. We'll talk to [the businesses] to see what help they need."

JPMF and ServiceSource are working to make the services affordable for busi-

SEE **THE BEST**

| 8

R&B Inc.

Heating & Air Conditioning
703-683-1996

Serving your neighborhood since 1980



Winter Inspections Special

\$69.95 per system

- Alexandria, VA residents only.
- Cannot be combined with any other offers/coupons.
- Some exclusions may apply.

www.rbincorporated.com

Dunbar – Alexandria Olympic Boys and Girls Club

Youth development activities / college prep / homework help / leadership opportunities / open gym / summer camp / sports leagues / arts /stem

Open Weekdays 2 – 7:30 pm
401 North Payne Street | Alexandria VA 22314
BGGGW United Way #8047 / CFC #44919



BOYS & GIRLS CLUBS
OF GREATER WASHINGTON

Contact info: (703) 549-3077
phall@bgcgw.org
facebook.com/AlexandriaBGC

free membership for military – united health – anthem health keepers





Obituary

Garnett Williams Bow

Garnett Williams Bow, 85, of Williamsburg, Virginia passed away on Jan. 2 with her husband of 64 years, Joe, lovingly by her side. She died from Alzheimer's disease.

Garnett was born in Washington D.C. to Wash and Gladys Williams. She lived in the Washington area all of her life. She attended Holton-Arms School from kindergarten through high school, made her Debut to Washington Society in 1953, attended the University of Maryland where she majored in interior design, and was a member of the Kappa Kappa Gamma sorority.

Her passions were expressing her quick wit, animals and not only seeing, but creating great beauty with gardens and

antiques. She made many contributions of time and funding to charities such as the Florence Crittenton Home, Society for Crippled Children, Holton-Arms, Gadsby's Tavern Museum, Virginia Home and Garden Tour and the Colonial Williamsburg Foundation.

Garnett is survived by, and will be dearly missed by, her husband Joe, of Williamsburg, and her daughter, Cynthia "Cini" Garnett Bow, who lives in Fort Collins, Colorado.

To respect Garnett's wishes, there will be no funeral, nor memorial services. Those wishing to honor Garnett can do so by contributing to their local animal welfare society. Online condolences may be shared at www.nelsenwilliamsburg.com.



**Kingstowne
Cat Clinic**
5830 Kingstowne Center Dr.
Suite 120, Alexandria, VA 22315
(703) 922-8228 (9-CAT-CAT)
www.kingstownecatclinic.com



The Lamplighter
FINIALS

These little giants add the finishing touch to your lamp and show attention to detail in your décor! Come in today and see what they can do for you!

The Lamplighter
1207 King Street
Alexandria, VA
703-549-4040
www.lamplighters.com



PHOTO/MISSY SCHROTT



PHOTO/THERESA PICCOLO

Top: Participants in The BEST pilot program. **From left to right:** Naimo Gabow, Jarmar Wright, Chieko Duano and Charlie Zeleya.

Bottom: Naimo Gabow stocks a refrigerator at Pizzano Contractors.

THE BEST

FROM | 7

nesses. The BEST dispatches teams of three or four at a fee of \$11.25 per hour per participant. The supervisor, who is paid by ServiceSource, is free to businesses.

After small fees are subtracted for things like transportation and employment taxes, The BEST participants earn \$8.70 per hour.

"That seems to be what they really like to do, to be able to come here and make their own money," Supervisor Christina Edwards said.

"They don't take work for granted," Piccolo said. "In ways, we're very privileged to have the jobs that

we have, and individuals with disabilities don't get that opportunity as easily and naturally as others do. So once they do, that's why they're incredibly loyal, because they don't want to lose that job. They want to do well and work hard."

The BEST headquarters on Prince Street will be designed like an office environment, where program participants can practice the tasks they'll be doing once they're employed. It will also be a place where program participants can spend time when they're not dispatched to different job sites.

"Once we get certain things started and they're

part of the community, we want to use that," Paola Pizzano said. "The program ends at 3 or 4 [p.m.] Our vision would be to maybe use that space as a community center type thing. Maybe we start with bingo night. ... Maybe you do a seminar on silk screening and they learn how to do scarves."

Since its headquarters won't be completed until May or June, The BEST is yet to come to Alexandria. Construction is well underway, however, and The BEST has already received positive feedback from the community, Robert Pizzano said.

"This is, I think, just going to bloom into something that's going to be huge for the special needs population," Robert Pizzano said. "It's not just a great cause, a great idea, but at the end of the day, it is very special and just the right thing to do for this population."

The BEST is hosting a kick-off event at The Loop, a new coworking space located at 215 N. Payne St., on Feb. 12. To learn more about The BEST, visit www.jpmpf.org/programs/the-best. Businesses interested in partnering with The BEST can email jpmpfbest@servicesource.org.

-mschrott@alextimes.com

Mysterious lead cache found by waterfront

AlexRenew to take extra precautions during outfalls removal

BY MISSY SCHROTT

Research for the Combined Sewer Overflow remediation project uncovered a mysterious cache of lead along the waterfront.

Alexandria's combined sewer system has been a concern for decades. During heavy rains, a mixture of wastewater and stormwater runoff discharges through four combined sewer outfalls into the Potomac River. In April 2017, the Virginia General Assembly passed a bill requiring the outfalls be remediated by July 1, 2025 – a feat that will involve extensive excavation and reconstruction in Old Town.

Alexandria Renew Enterprises has taken the lead on the project through a program called RiverRenew. Since July 2018, the organization has been conducting a subsurface exploration program in preparation for constructing an underground tunnel system that will direct combined sewage to the AlexRenew wastewater treatment facility.

The subsurface exploration program has involved boring and collecting soil samples at 70 locations. It was during exploration at CSO-001, the outfall near Oronoco Bay Park, that RiverRenew came across the lead, according to Caitlin Feehan, program manager for RiverRenew.

After coming across the elevated levels of lead in the soil, RiverRenew conducted more borings to understand the size and scope of the impacted soil.

There are about 22,000 total cubic yards of soil – the size of about seven Olympic-sized

“When was it done, who did it and why? It's just kind of a very interesting speculative thing.”

– Yvonne Callahan, member, RiverRenew Stakeholder Advisory Group

pools – at the CSO-001 site that will need to be excavated to allow construction of the tunnel system. Of those 22,000 cubic yards, about 3 percent, or 660 cubic yards, is impacted by lead, Feehan said.

Because lead can be dangerous, RiverRenew is taking extra precautions to remove the impacted soil.

“When we found the lead-impacted soil, we took it a step further and are incorporating additional controls to handle the soil and further ensure that residents are not exposed to lead,” Feehan said.

The removal process for the band of lead will involve loading the soil into watertight soil bags, individually loading the bags into a lined truck bed, covering them with a tarp and tying down the tarp, Feehan said. The trucks carrying the impacted soil will go through two wheel-washes and be inspected before leaving the site. The trucks will then take the soil to a special landfill that will dispose of it.

It will take about one month and 75 truck loads to remove the impacted soil, Feehan said. Because RiverRenew would have been excavating the soil anyway, it does not impact the timeline of the CSO project.

RiverRenew informed the RiverRenew Stakeholder Advisory Group and the city council-AlexRenew workgroup of the lead discovery at meetings in December.

The information has

prompted discussions about the lead's origin.

“We got into a lively discussion about who would have done it? How long ago did they do it?” Yvonne Callahan, a member of the advisory group, said. “When was it done, who did it and why? It's just kind of a very interesting speculative thing. ... You don't bury lead unless you know it was dangerous.”

City spokesman Craig Fifer said the city's archaeology department has not been involved in the lead discovery.

Feehan said RiverRenew would need to do more research to understand its origin.

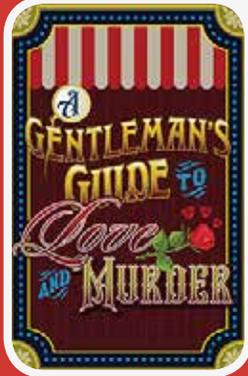
“It's something that we're trying to do more testing on to really understand what's there, but it's most likely from a previous manmade operation,” Feehan said.

Callahan said she is not concerned about lead exposure, especially after RiverRenew outlined its removal procedures.

“The fact that [RiverRenew has] number one, identified it and, two, knew pretty exactly how to get rid of it in a safe manner and where it needed to go, kind of took care of the problem. The issue is more 'who done it.' It's kind of an interesting mystery,” Callahan said.

Construction for the CSO project will start in 2021, Feehan said. This particular site will be under construction from 2021 to 2024.

–mschrott@alextimes.com

A Gentleman's Guide to Love and Murder
JAN 18-FEB 8, 2020

A distant heir to a family fortune sets out to speed up the line of succession by using a great deal of charm... and a dash of murder.

This Tony Award winning musical is not to be missed!

600 Wolfe St, Alexandria | 703-683-0496
WWW.THELITTLETHEATRE.COM



ALEXANDRIA CHAMBER OF COMMERCE'S
BEST IN BUSINESS
OVERALL BUSINESS OF THE YEAR

Making Alexandria business websites beautiful

 **Ironistic** www.ironistic.com 703.829.0809

CALENDAR

JANUARY 17 TO 26

WINTER RESTAURANT WEEK

For 10 days and two weekends, 70 restaurants in Alexandria will offer a \$35 three-course dinner for one or a \$35 dinner for two. Thirty-five restaurants will also offer lunch menus at \$15 or \$22 per person in addition to the dinner specials. Brunch lovers can enjoy brunch menus for \$15 or \$22 per person at more than a dozen restaurants. New Alexandria Winter Restaurant Week participants include Augie's Mussel House and Beer Garden, The Study at Morrison House, Rus Uz - Alexandria and Mai Thai. Returning participants include Columbia Firehouse, Del Ray Café, Jackson 20, The Majestic, Sunday In Saigon, Theismann's Restaurant and Urbano 116.

Time: All day

Location: Throughout Alexandria

Information: www.AlexandriaRestaurantWeek.com

JANUARY 18

"A GENTLEMAN'S GUIDE TO LOVE AND MURDER"

A distant heir to a family fortune sets out to speed up the line of succession by using a great deal of charm - and a dash of murder. This Tony Award-winning musical comedy is a murderous romp filled with unforgettable music, non-stop laughs and show-stopping performances. Shows run through Feb. 8.

Time: Wednesday through Saturday

at 8 p.m., Sunday at 3 p.m.

Location: Little Theatre of Alexandria, 600 Wolfe St.

Information: www.thelittletheatre.com

OLD TOWN MAKERS MILE Come out to Old Town to pick up a new skill for the new year. Experience everything from paper and paint to fabric, yarn and more. Start at Stitch Sew Shop to check in and pick up a tote bag, which will serve as the ticket at each location. Everyone with a tote bag will have the opportunity to create at the make and take stations. Participating stores include fibre space, AR Workshop, Penny Post and Stitch Sew Shop.

Time: 11 a.m. to 4 p.m.

Location: fibre space, 1319 Prince St.

Information: www.fibrespace.com

JANUARY 19

APOTHECARY MUSEUM GEEK TOUR: BEHIND THE SCENES

If the regular 30-minute tour of the Apothecary Museum just isn't enough, this tour should be perfect. Spend more time touring the museum with an expert guide, including the rarely open basement and third floor of the historic pharmacy. The tour is recommended for adults only. Advance purchase is recommended due to limited space.

Time: 11 a.m. to noon

Location: Stabler-Leadbeater Apothecary Museum, 105 S. Fairfax St.

Information: apps.alexandriava.gov/Calendar

HOPPY HOUR: MEDITATION WITH BUNNIES

Head to Lost Boy Cider along with a fluffe of Lion-headed Bunnies visiting from Tripple Springs Farm for Hoppy Hour, a 45-minute "bunny experience," which includes a short, guided meditation focused on extending peoples' love for their pets to themselves and one another. The session will also include bunny snuggling and education. Included in the ticket is a post-practice beverage, either cider or non-alcoholic, house-made apple juice. Space is limited. Sessions occur on Jan. 19 and 26.

Time: 10:30 to 11:30 a.m.

Location: Lost Boy Cider, 317 Hooffs Run Dr.

Information: www.lostboycider.com

JANUARY 23

THIRD ANNUAL CIVIL WAR LECTURE SERIES

The Athenaeum is holding its third annual Civil War lecture series exploring various facets of this tumultuous time for both Alexandria and the nation. The first lecture is "Stories of Triumph and Loss" from Executive Director of the Carlyle House Andrea Tracey. She will explore the histories of the nurses, doctors, stewards, soldiers and Alexandria residents who found themselves at the Carlyle House property and the Mansion House Hotel in what was known as the Mansion House Hospital during

the Civil War. Lectures also occur on Feb. 27 and March 26.

Time: 7 to 8 p.m.

Location: The Athenaeum, 201 Prince St.

Information: www.nvfaa.org

JANUARY 26

SWING GADJO CONCERT

Join The Athenaeum for a dynamic performance with Swing Gadjó, a gypsy jazz band that plays Belgian-French gypsy guitarist Django Reinhardt's world-famous tunes as well as wonderful pieces of the American Songbook. In either case, the music always swings and the melodies are haunting.

Time: 6 to 7 p.m.

Location: The Athenaeum, 201 Prince St.

Information: www.nvfaa.org

JANUARY 30

BIRTHNIGHT BALL DANCE CLASS

In preparation for George Washington's Birthnight Ball on Feb. 15, learn 18th-century English country dancing from expert dance instructors. Those planning to attend the ball should attend and complete at least one dance class to become familiar with the figures and language for the ball. Classes will be held Jan. 30, Feb. 6 and Feb. 13.

Time: 7:30 to 9:30 p.m.

Location: Gadsby's Tavern Museum, 134 N. Royal St.

Information: www.alexandriava.gov/

GadsbysTavern

FEBRUARY 5

MEET THE AUTHOR: BOB LEVEY

During this month's Hooray for Books! adult book club meeting, read "Larry Felder, Candidate" by Bob Levey, who will be there to discuss and sign the book. "Larry Felder, Candidate" offers penetrating insights into the contemporary worlds of journalism and politics. The book traces the personal and professional challenges of a career newspaper columnist who decides to leave his comfort zone to pursue a more meaningful calling. Little does he know what lies around the corner.

Time: 7 to 8 p.m.

Location: Hooray for Books!, 1555 King St.

Information: www.hooray4books.com

FEBRUARY 8

JOHN CARLYLE 300TH BIRTHDAY CELEBRATION

Wish a very happy 300th birthday to Alexandria town founder, Col. John Carlyle. Festivities will include 18th century dancing, live music and a birthday treat. Admission is free, but donations are welcome.

Time: Noon to 4 p.m.

Location: Carlyle House, 121 N. Fairfax St.

Information: www.novaparks.com/parks/carlyle-house-historic-park

ENRICHING LIFE'S JOURNEY

Quiet, comfortable living minutes from the beltway and our nation's capital. Hermitage Northern Virginia offers rooftop views of Washington, D.C. surrounded by seven acres of beautifully landscaped gardens. Free yourself from the hassles of home ownership, and spend time exploring your passions or finding new ones. At Pinnacle Living, our team works closely with residents, families and loved ones to fulfill our mission of Enriching Life's Journey. We are here for those who seek independence, combined with a secure plan for the future.

HERMITAGE

NORTHERN VIRGINIA

PINNACLE LIVING

5000 FAIRBANKS AVENUE, ALEXANDRIA, VA 22311

P: 703 797 3800 | HERMITAGENOVA.ORG

facebook: HERMITAGENOVA

INDEPENDENT LIVING
ASSISTED LIVING
HEALTH CARE
SHORT-TERM RESPITE



BETTER *with* AGE

INSIDE:

A guide to talking with your doctor

Pg. 14

Ways for seniors to stay fit this winter

BY DARLINE BUCHANNON

Age is in the mind of the beholder. Anyone who chooses to move their body can get fit and stay physically active.

Getting and staying physically fit doesn't necessarily mean having a gym membership or spending long hours on a treadmill. Physical fitness is something that everybody can achieve, and it has no age limits. However, starting and staying physical is challenging during the winter months. Here are a few tips to help you find fitness during the winter.

Schedule it

Every day is the perfect day to get started. Pick your day and put it on your schedule at the beginning of the week. This way, you can plan around it. If a friend invites you to lunch, you'll be prepared to say, "Sorry, I'm busy on that day."

Proceed with caution

Even though age is in the mind of the beholder, our bodies need a little more convincing.

Age increases the risk of injury and amount of recovery time. Because of this, seniors are often told, "Don't push yourself, listen to your body and make realistic goals to achieve."

That's sound advice, but challenging yourself can be a more motivating way to think about making small improvements in your fitness.

Challenge yourself to do a 10-second wall sit three times a day. After completing that challenge three days in a row, give yourself another exercise challenge.

Remember, age is just a number that you should consider when determining how to approach the fitness challenge of your choosing, but don't let it be a barrier to the goals you set for yourself.

Prevent the doldrums

Variety is the spice of life

SEE SENIORS

| 13



DARLINE BUCHANNON

FILE IMAGE

Learn why our unique memory care could be the right fit for your loved one



Silverado Alexandria provides our signature blend of compassion and clinical excellence.

Please join us for an open house, treats and a chance to get to know the community and its leadership team.

Open House
January 22, from
4:00pm – 6:00pm

For more information or to RSVP contact Jane Hughes, jane.hughes@silverado.com

(703) 215-9110
silverado.com/alexandria



2807 King Street | Alexandria, VA 22302



live confidently.

DISCOVER LUXURY OF A DIFFERENT KIND

Introducing The Mather in Tysons, Virginia—a forward-thinking destination for those 62 and better projected to open in 2023.

Forget what you thought you knew about senior living. Inquire today.

(703) 348.3752 | themathertysons.com



SENIORS FROM | 11

and fitness.

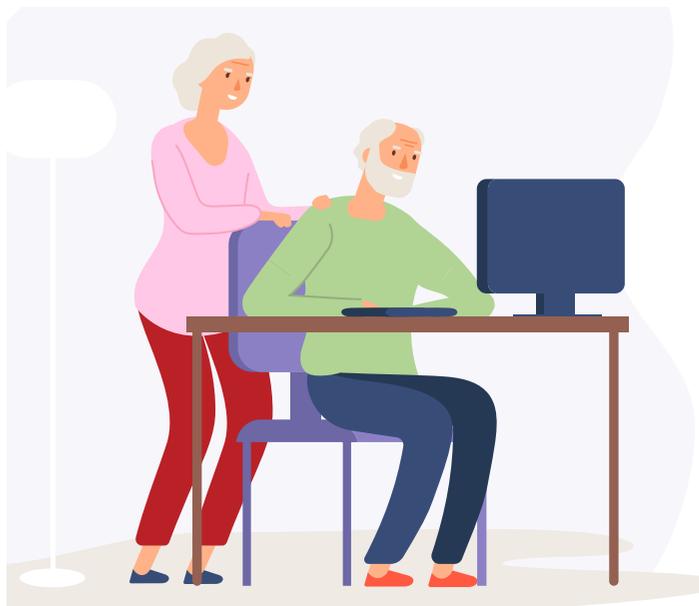
People tend to fall off their fitness commitment because it becomes monotonous and dull. Therefore, alternating your routine between aerobic, strength, flexibility and balance exercises from day to day will keep the boredom away with the added bonus of giving you well-rounded results.

Strategize your fitness

Consistency is the most important component to any fitness program, but consistency often falls off the rails while excuses settle in during the winter months. Write down back-up plans so that when the weather doesn't cooperate, you are already set to fight off the excuses.

Use your imagination and make it fun.

Put fitness into your daily routine



FILE IMAGE

Do 20 standing leg curls while brushing one side of your teeth and then switch legs when you switch sides of your mouth.

Keep a step stool around

When putting things away, do them one step at a time, literally. Instead of put-

ting everything up on a higher shelf all at once, step up and down with each item.

FaceTime with the grandkids

Take advantage of technology and do fun fitness activities with the grandkids while you video chat with them.

Work your shoulders by doing arm circles. Increase flexibility in your spine by doing side to side bends. Increase your leg strength with seated leg extensions and gain upper chest strength by doing exaggerated clapping. These are all silly fun things that your little grandkids will have get a kick out of doing with you.

Join a gym

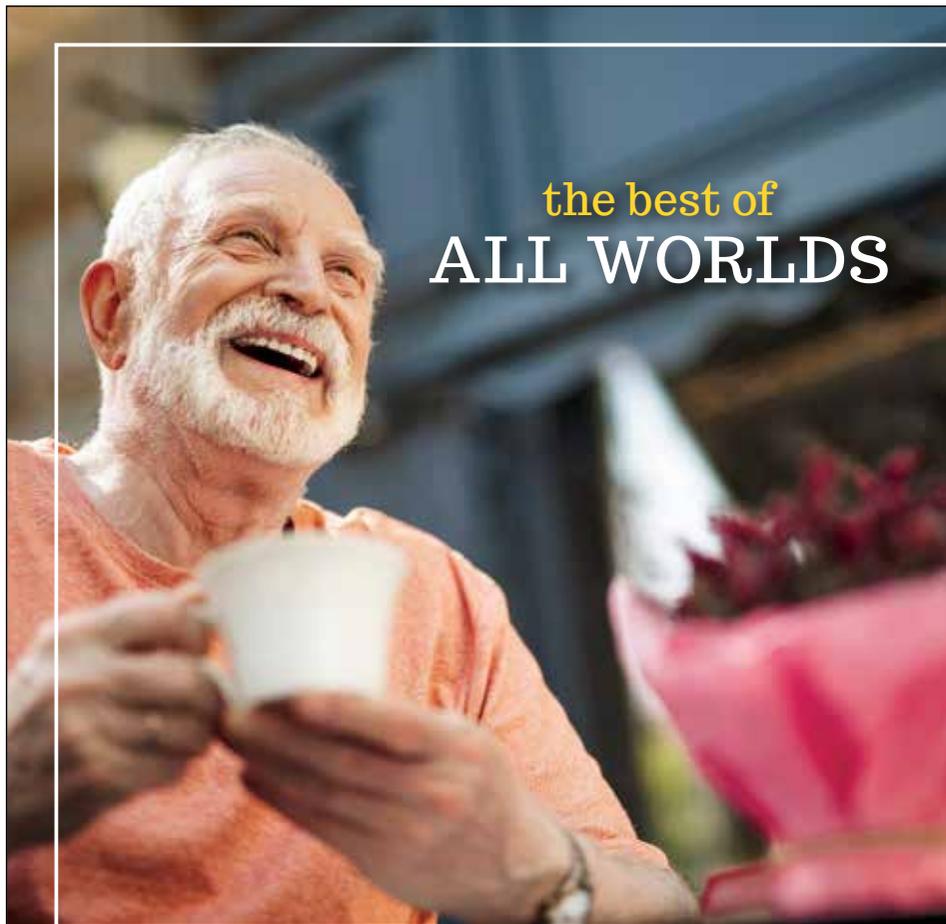
Keep in mind that although fitness can be achieved outside a gym environment, a gym membership can provide you with professional advice and oversight to assist and motivate you as you begin and maintain your winter fitness endeavor.

The writer brings her expertise in group fitness training to Old Town at Sport & Health. She is a certified personal trainer and group fitness instructor.

Want to get your news a day before everyone else?

Subscribe to Alexandria Times E-edition to get your news delivered to your email Wednesday night.

www.alextimes.com/sign-up-to-receive-e-edition



the best of
ALL WORLDS



The Johnson Center
AT FALCONS LANDING

Cheers to the worry-free retirement you always wanted.

The Johnson Center at Falcons Landing is home to an Assisted Living community, a beautiful new Memory Care neighborhood, Garden View Terrace and our five star Skilled Nursing unit. In nursing, we also offer Short Term Rehabilitation stays and Long Term Care. Our Johnson Center residents enjoy restaurant-quality dining, abundant activities and social engagement. All areas have licensed nurses and certified nursing assistants assigned 24 hours a day to provide the outstanding care residents need to enjoy their best quality of life.

Call (703) 688-8050 to schedule a tour of The Johnson Center!



A guide to talking with your doctor

BY CAROL DOWNS

Taking an active role in your health care means working together as a team with your doctor, along with nurses, physician assistants, pharmacists and other healthcare providers. As you get older, it becomes more important to talk often and comfortably with your doctor, partly because you may have more health conditions and treatments to discuss.

To make the most of your appointment, make a list of what you want to discuss. This can include medications; any new physical symptoms or issues; changes in your appetite, weight, sleep, energy level or memory; everyday living, including falls, transportation, diet, exercise and living situation;



CAROL DOWNS

and recent hospitalizations or emergencies.

Take a list of your current medications, both prescriptions and supplements. Ask about the possible side effects of any medication you are taking. Sometimes physical or emotional symptoms may be connected to specific medications.

Consider taking a family member or friend with you to the appointment and tell

them ahead of the visit what you want to discuss with the doctor. Having another person with you can be helpful to remind you about the things you want to ask the doctor, as well as record any notes or instructions regarding what the doctor has recommended. If you are alone and have a mobile phone, ask if it is possible to record the conversation.

If blood or other lab tests are indicated, ask what the tests are meant to determine. Request a copy of the test results. Also, ask if the results need to be shared with any of your other healthcare providers.

Much of the communication between a doctor and patient is personal. Therefore, it is important to talk about sensitive subjects, including depression, grief, sex, alco-

“ Having another person with you can be helpful to remind you about the things you want to ask the doctor, as well as record any notes or instructions regarding what the doctor has recommended.”

hol use, incontinence, fear of falling, memory problems, feelings of isolation and mistreatment by family members or caregivers.

If there is something that was discussed during your visit that you are unsure of, you might repeat what you think the doctor said in your own words to make certain you are understanding it as she or he described.

Also, if you are not sure of the doctor's instructions after

you get home, call the office. A nurse can check with the doctor and call you back, or you can ask if there is an email address or online health portal you can use to send questions.

The writer is Virginia state president of AARP. Note: Information for this article was provided, in part, from the National Institute on Aging's "A Guide for Older People Talking With Your Doctor."

Get the facts about

ACTIVE RETIREMENT LIVING.



Request your **FREE BROCHURE** written by the retirement experts.

These comprehensive brochures are packed with information about the carefree lifestyle at Ashby Ponds in Loudoun County and Greenspring in Fairfax County.

Request a brochure for the community nearest you!



Call **1-800-746-1459** or visit **RetirementVirginia.com** today!



Ashby Ponds | Ashburn, VA

Greenspring | Springfield, VA



RetirementVirginia.com

FLAVOR

— PORT CITY —

Find health and happiness through intuitive eating

As diet trends come and go, it's important to develop a healthy, sustainable relationship with food.

BY ELIZABETH M. HOLM

Healthy eating has become America's obsession.

Paleo, keto, gluten-free, vegan, plant-based, clean eating and intermittent fasting currently are all the rage. No one can deny that being healthy is a good thing, but are all, or any, of these diets really healthy?

As a registered dietitian, nutritionist and columnist for the Alexandria Times Foodie section, I am passionate about food and eating. Throughout my 40 years in the field, I have seen diets, food trends and fads come and go. Although marketed as the key to ultimate health, most of these diets are designed to help people lose weight. That has become the hallmark of

FILE IMAGE

PORT CITY FLAVOR

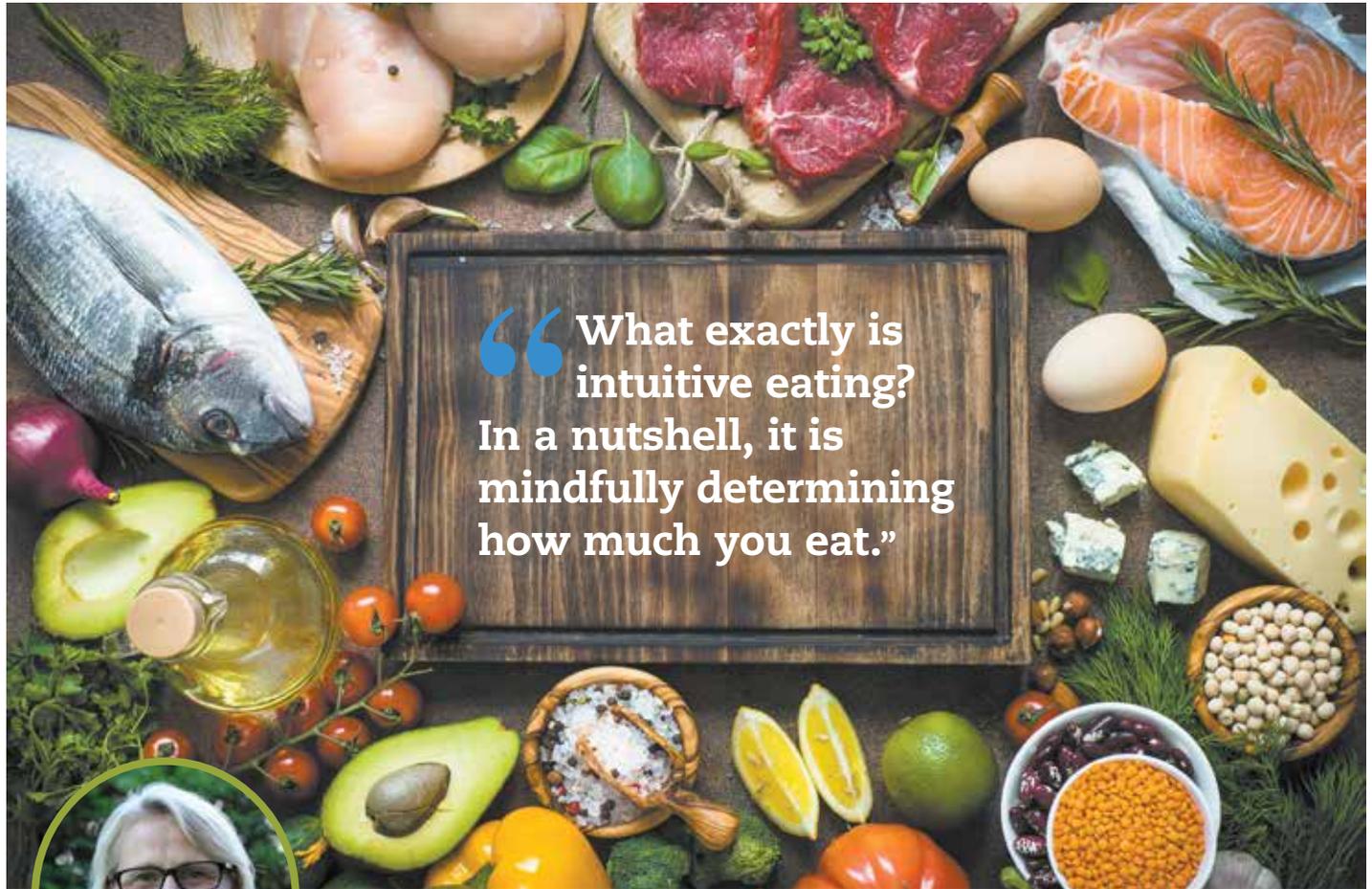
INTUITIVE FROM | 15

success rather than a healthy, happy relationship with food and the goal of longevity.

Along with the hype, there is a downside to this obsession with healthy eating and weight loss. We feel virtuous for denying ourselves the foods others enjoy or for not eating when hungry, but we do so by creating rules in our head that rob us of the pleasure of food and good living.

Sometimes we feel guilty for craving and eating the foods we love. Sometimes we judge others for what they choose to eat. Sometimes we binge on the foods we are trying to avoid eating. Sometimes we lose too much weight and develop an eating disorder. Sometimes we develop nutrient deficiencies which make us even less healthy. Sometimes eating out at restaurants causes agony and stress. Sometimes we avoid social events out of fear there will be no “healthy” foods that we can eat.

Is there a way out of this quagmire of rule-based eating? Is there another way that can lead to a sound mind and body without a constant internal dialogue of food and body shaming? The good



“What exactly is intuitive eating? In a nutshell, it is mindfully determining how much you eat.”



ELIZABETH HOLM

news is, the answer is “yes.”

Intuitive eating is a way of life that can create a healthy

and peaceful relationship with our food and bodies. It is a mindful alternative to strict, dietary rules and rigid food restrictions that emphasizes trusting our bodies and ourselves.

The concept has been around since Evelyn Tribble and Elyse Resch wrote the first book on intuitive eating in 1985. Now, 35 years later, Christy Harrison, a registered dietitian and well-known podcaster, has released a new book, “Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating.” The book promises to enlighten readers on why obsessing over what you eat is bad for your health.

Nutritionists have known for decades that dieting is problematic. In 1985, Polivy and Herman published a landmark article in the *American Psychologist* proposing that dieting causes

binge eating. Until then, people thought they simply needed more self-control to stick to a diet.

However, research on dietary restraint consistently identified the inevitability of overeating and regaining weight after dieting. At the same time, there was more and more research on dietary intake of fat, carbohydrate and protein.

Each new study suggested ways to modify diets: Eat less saturated fat, eat more mono- and poly-unsaturated fats, eat fewer trans-fatty acids, eat more omega-3 fatty acids, eat more carbohydrate, eat less sugar and fewer starches, eat more fat and protein, eat less protein, eat less animal protein, eat only plant-based protein, eat fewer processed foods, eat the Impossible Burger – the list goes on.

Over time, intuitive eating got lost in a mirage of conflicting dietary recommen-

dations that ended with food trends and diets designed to create weight loss under the guise of healthy eating.

But, the idea of intuitive eating was not lost. Organizations, articles, podcasts and blogs emerged advocating self-care, body positivity, body kindness and health at every size. Celebrity chefs and cooking shows became popular and restaurant eating became more adventurous. There was a renewed passion for wholesome food that tasted good and was enjoyable.

All these things emboldened the anti-diet movement and the desire among many to have the ability to eat freely while staying healthy; the essence of intuitive eating.

What exactly is intuitive eating? In a nutshell, it is mindfully determining how much you eat.

Mindfulness is essen-

Serving French Cuisine since 1983

Le Refuge

Now accepting reservations for Valentine's Day

CHECK OUT OUR WEBSITE FOR SEASONAL SPECIALS
www.lerefugealexandria.com
127 N. Washington St.
703.548.4661

PORT CITY FLAVOR

INTUITIVE FROM | 16

tially a misnomer. We are mindful when we are fully present and experiencing the taste, texture, temperature and flavors of food. It is not thinking about what we are eating. Instead it is sensing what we are eating and the pleasure that comes from eating. It enables us to notice any unpleasurable sensations, which allow us to stop eating a food that is no longer enjoyable or even choose not to eat a food that is unpleasant.

We are a Zen master at mindfulness when we are fully aware of what we are eating through our senses of taste, smell, touch, sight and even hearing.

Intuitive eating is using mindfulness as well as our sensations of fullness, satisfaction and satiety to decide how much we eat. It is intuitively noticing we are comfortably full and ready to stop eating even if we know we could eat more. It is noticing we have eaten enough of one food to feel satisfied and would like more of another food. It is saying yes to a food because our senses desire it and saying no to a food because we are satisfied and comfortably full.

Intuitive eating is consuming enough food for our bodies and minds to be healthy. It is trusting our

bodies to send us messages without us having to cognitively decide how much to eat or whether or not to eat something. When we eat intuitively, our bodies achieve and maintain a weight that is healthy and right for us.

What isn't intuitive eating? It is important to know that intuitive eating is not eating only when you are feeling hungry. Lots of things can prevent us from feeling hunger. When we wake up in the morning, our bodies are still burning calories at a basal metabolic rate. We may not feel hungry until we are up, dressed and begin eating breakfast. This increased activity and breaking of the fast stimulates our metabolic rate and we find we are hungrier than we realized.

In addition, caffeine, stress and anxiety can suppress hunger and paradoxically make us feel even more anxious and stressed when we skip a meal. Thus, we do best to eat meals and snacks following a general schedule in the same way it is helpful to have a schedule for sleeping. We can then intuitively decide how much to eat at each meal and snack.

As a product of the diet culture of the 50s and 60s and having struggled with my own issues with food and weight as a teenager and young adult, I came to embrace intuitive eating as a way to achieve freedom

around food.

When I had my own children, I realized I had to trust them to intuitively consume the breastmilk I was feeding them because there was no way I could determine how much they were eating.

When my own daughter was in college, she called one day to ask what I did that enabled her to develop her way of eating. She said her friends have told her she is the only person they know who has a healthy relationship with food, but she had no clue how it happened. I told her that I followed two simple principles of feeding kids that allowed her to eat intuitively.

These principles originated with Ellyn Satter, a dietitian and social worker who is considered the guru of feeding children and published her first book, "Child of Mine," in 1983. After many more books based on her research, she is considered the go-to authority on feeding children.

Her principles are: 1) parents decide what, where and when kids eat and 2) kids decide how much.

The caveat is there are no forbidden foods and no restrictions on how much a child eats at a meal or snack. Parents provide three balanced meals a day, served family-style so kids can choose how much food they put on their plates, along with regular, planned snacks that

“ Our bodies need protein, fat and carbohydrates along with vitamins, minerals, fiber, phytochemicals and water to function optimally. ”

– Elizabeth Holm, dietitian and nutritionist

include a variety of foods. It is a joy to feed our children in this way and our kids experience the freedom they inherently desire around food.

By now you may be asking yourself, "But what should I eat?" Intuitive eating by both adults and children requires a balance of foods. Our bodies need protein, fat and carbohydrates along with vitamins, minerals, fiber, phytochemicals and water to function optimally. We best get these macro and micronutrients by eating a diet that includes fruits, vegetables, grains, legumes, beans, milk, cheese, yogurt, eggs, fish, poultry and even red meat.

We also eat food for enjoyment. Desserts and sweets add pleasure and satisfaction. They also ensure children will eat enough calories. As parents, if we provide a balance of foods to our children through regular meals and snacks, following

the principles of Ellyn Satter, they will intuitively eat what their bodies need to grow and be healthy. The balanced meals we serve ourselves and our children are models for what they will prepare for themselves as adults.

In addition, including vegetables and fruits at most meals and snacks helps us learn to eat and enjoy them. If you have been avoiding specific foods, you may need to intentionally add fruits, vegetables, starches, protein or fat to create a balanced meal.

You can then learn as adults to intuitively eat all foods to achieve a healthy and joyful relationship with food. Your bodies and minds will thank you.

Elizabeth M. Holm, DrPH, RD is a registered dietitian and nutritionist in private practice in Alexandria. She can be reached at emholmrd@gmail.com.

SONOMA Cellar
A Taste of California

Join us for Restaurant Week!
Jan 17th-26th

This winter, experience Sonoma Cellar
and the best of California cuisine,
wine and hospitality!

See all of our events mysonomacellar.com

207 KING STREET ALEXANDRIA VA

EXTRA PERKS
British and American Fare

Breakfast, lunch
and weekend brunch

Customers love
our British breakfast,
pancakes, coffee,
and latte

Only 7 blocks from King St.
& one block from the river.

822 N. Fairfax St. | 703-706-5886
www.ExtraPerksCoffeeShopAndCafe.com



PORT CITY FLAVOR: RECIPE

Vola's mango spinach salad



COURTESY PHOTO

This recipe was contributed by Alexandria Restaurant Partners, the restaurant group behind Mia's Italian Kitchen, Lena's Wood-Fired Pizza & Tap, the Majestic, Vola's Dockside Grill, Hi-Tide Lounge and Theismann's.

Ingredients

Mango salsa

- 1 cup ripe mango, diced
¼ inch
- ½ cup ripe tomato, diced
¼ inch
- 2 green onions, diced
- 2 tbsp cilantro, chopped
- 1 lime, juiced
- 1 lemon, juiced
- 1 tsp kosher salt
- ½ serrano pepper,
minced (substitute red
bell pepper for no heat)

Key lime dressing

- 2 tbsp key lime juice
- 2 tbsp fresh lime juice
- 4 tbsp fresh lemon juice
- ¼ cup granulated sugar
- 1.5 cups canola oil
- 2 egg yolks
- 1.5 tsp kosher salt
- 1 pinch cayenne pepper

Mango spinach salad

- 8 cups baby spinach
- 4 tbsp toasted pumpkin seeds
- Mango salsa
- Key lime dressing

Directions

- Combine all the mango salsa ingredients in a bowl and let sit for 30 minutes before using.
- Combine all dressing ingredients but the oil in a blender, and run on medium speed while slowly drizzling the oil in. It will be creamy when done.
- Combine the dressing and the spinach and toss to coat.
- Divide spinach onto four plates, and then divide the salsa onto each.
- Top with toasted pumpkin seeds.

Fontaine's split pea soup



FILE IMAGE

This recipe was contributed by Fontaine, a French bistro located at 119 S. Royal St. that specializes in crepes, galettes and more.

Ingredients

- 1 qt dry split peas
- 4 medium potatoes,
peeled and diced
- 4 medium carrots,
peeled and diced
- 2 large yellow on-
ions, diced
- 2 cups celery, diced
- 2 tbsp chopped
parsley
- 5 qts cold water
- ¼ cup olive oil
- ½ tsp crushed red
pepper flakes
- 2 tbsp salt
- 1 tsp black pepper

Directions

- In a large soup pot on medium heat, add olive oil, onions, celery and red pepper flakes. Sauté until the onion is soft, approximately five minutes.
- Add split peas, carrots and water. Add salt and pepper and bring to a boil, then simmer for 30 minutes.
- Add potato and parsley. Add extra water as needed to cover the soup.
- Bring to a boil and reduce to simmer until potatoes are soft. Stir to prevent from burning the bottom and do not overcook.
- Correct the seasoning.
- Garnish with chopped parsley.

PORT CITY FLAVOR: **FOODIE**

Embrace “healthy-ish” eating with Spike Mendelsohn’s açai bowls

BY CHEF SPIKE MENDELSON

From burgers to beets to everything in between, my culinary journey has been focused on simple, fresh ingredients.

As plant-based eating continues to gain momentum, I often say that eating “healthy-ish” is a movement that is not just good for the individual, but it’s also good for the planet. Right now it’s all about balance — yes, you can indulge some days — but people are focusing on shifting toward eating foods that fuel them and make them feel good.

When I became a father, I started to pay even more attention to the healthy dining options, or lack thereof, in the Northern Virginia area. I wanted to create a place where families could go for good, healthy food. The culmination of this goal is Vim & Victor, which I like to call a “healthy-ish” restaurant.



FILE IMAGE

People often ask me what inspires my twist on classic dishes. One thing that inspires the dishes that I create and add to the menu is travel, and one of my favorite places on Earth is Hawaii.

When I’m there, I gain a lot of inspiration from the fresh ingredients on the islands.

My trips to Hawaii inspired the açai bowl featured on the Vim & Victor menu. A well-rounded bowl

is always my go-to “apres surf” and workout meal. These light, refreshing dishes, including açai, coconut and pitaya bowls, represent freshness and wellness.

The signature açai bowl



SPIKE MENDELSON

has fresh açai, strawberries and blueberries. For a tropical punch, I add pineapple juice and banana. It’s topped with house-made granola, fresh-cut strawberries, blueberries, bananas, cacao and maple syrup.

It’s a perfect way to start your day, or have as a mid-day pick me up.

Spike Mendelsohn is chef and partner at Vim & Victor in Springfield. At Vim & Victor, Mendelsohn works to elevate balanced, well-crafted meals through healthy twists on familiar favorites.

FONTAINE

Where the Locals Eat

Breakfast, brunch, lunch and dinner: fabulous cuisine in a cozy setting

FIND OUT FIRST HAND!

Join us this winter!

119 South Royal St, Alexandria, VA 22314
703-535-8151 • www.FontaineCaffe.com

Dishes OF INDIA

Innovative Indian Cuisine

Experience our popular lunch buffet, or join us for dinner any day of the week!

Visit us during Restaurant Week!

Belle View Shopping Center, 1510-A Belle View Blvd., Alexandria
703.660.6085 • www.dishesofindia.com

SUSHI, TACOS AND MORE ON THE AVENUE

Coming soon: Breakfast!

What could be better than fresh kolaches to start your day!

Enjoy Swings Coffee too!

1909 Mount Vernon Avenue, Del Ray
703.836.1212 • www.kaizenlavern.com

PORT CITY FLAVOR: RECIPE

Toastique's chia pudding



COURTESY PHOTO

This recipe was contributed by Toastique, a boutique gourmet toast and juice bar located at 1605 King St.

Ingredients

- 1 cup non-dairy milk (full fat coconut milk lends to the creamiest result)
- 4 tbsp chia seeds
- ½ tsp vanilla extract
- 1 tbsp maple syrup (optional)
- ½ tsp lime juice

Directions

- Add all ingredients to a mason jar or other sealed container and shake it up. You can also blend all ingredients except the chia seeds in a high-speed blender and then stir in the chia seeds. The blender option works best if using full fat coconut milk.
- Let the mixture sit for one hour and shake or stir it again. Then let it sit overnight, or at least four to six hours. Enjoy the next day topped with granola, fresh fruit, nuts, nut butter and more.
- The best part about this recipe is that it can easily be modified by adding different spices and powders. Try adding protein powder, collagen, cinnamon, pumpkin, peppermint extract, cacao nibs, peanut butter or something else to create fun, seasonal alternatives. Don't be afraid to experiment. It is very hard to go wrong.



DEL RAY

Where Main Street Still Exists



Celebrate Alexandria Restaurant Week in Del Ray!

January 17 - January 26

Enjoy special three-course menus or dinner-for-two specials at top restaurants in the area, including:

- CHEESETIQUE •
- DEL RAY CAFE •
- HOPS 'N SHINE •
- LENA'S WOOD-FIRED PIZZA & TAP •
- LIVE OAK RESTAURANT •
- NECTAR COFFEE & WINE BISTRO •
- PORK BARREL •
- SUSHI BAR •
- SPICE KRAFT •
- NORTHSIDE 10 •
- RT'S RESTAURANT •

WWW.VISITDELRAY.COM



Pork Barrel's Smackin' Big Daddy sandwich



Sushi Bar's Dream Roll



Spice Kraft's Salmon and Pineapple dish

For menu information and reservations, visit alexandriarestaurantweek.com

 **Out of the classroom**
Education section

Immanuel Lutheran School eighth graders present 'A Christmas Carol'

In December, Immanuel Lutheran School eighth grade students took to the stage to bring to life "A Christmas Carol," by Charles Dickens for an audience of parents and younger students. Written, directed and performed by the class, the dramatic tale was a delightful final project for the eighth grade students as they finished reading the classic Christmas tale.

Throughout their eighth grade year at Immanuel, students focus on the theme of redemption in their literature class. Starting with re-reading "The Lion, the Witch, and the Wardrobe," by C.S. Lewis, and encompassing other classics



COURTESY PHOTO

The cast of Immanuel Lutheran School's production of "A Christmas Carol."

including "Lord of the Flies," "Animal Farm" and "Water-ship Down," students explore this theme in their reading, discussions and projects.

The performance of "A Christmas Carol" is one of a number of opportunities students at ILS have to share their dramatic talents. Many

individual ILS Upper School students are preparing for the annual school talent show on Jan. 31, and 26 students in fourth through eighth grades have also begun rehearsals for group numbers from the hit musical, "Newsies." The group will perform "Seize the Day" and "Carrying the Banner."

A new tradition at Grace Episcopal School

Grace Episcopal School's kindergarten through fifth grade students started a new Christmas tradition this year in studio art.

Working with potter's clay, each student created a baby Jesus as the first piece of a clay nativity set that they will continue to build upon through the years. Grades two through five

also made the Virgin Mary. The pieces were painted, fired and glazed and sent home as a gift just before Grace's holiday break.

As an Episcopal School, the birth of Jesus is a sacred moment in time and each nativity figure is meant to symbolize the faith, love and peace that we are reminded of at Christmas.

Festival of Lights



COURTESY PHOTO

Students at Burgundy Farm Country Day School celebrated traditions and customs from around the globe at their annual holiday Festival of Lights. The performance for families and friends took place on Dec. 20.

School Profile

Burgundy Farm Country Day School

A one-of-a-kind independent school can be found right off the Beltway at Burgundy Farm Country Day School.

Nestled on 26 acres of partially-wooded land in Alexandria, Burgundy focuses on being an inclusive, creative and nurturing environment that engages the whole child. Burgundy's innovative, hands-on approach to education cultivates independent thinking, promotes academic excellence, instills respect for diversity and teaches responsibility for self, for others and for the natural world.

The campus includes fields, a pond, a barn with farm animals and ample space to rove and explore. Buildings are designed so that natural light pours in and each classroom opens directly to the outdoors.

The curriculum is inspired by hands-on activities, integrative subjects and local natural resources. The progressive school boasts small class sizes, a focus on well-rounded academics and the development of responsibility and maturity in each student. Students are active partners in their education.

This is advertorial content.



PHOTOS/CHELSEA NICOLE ART AND DESIGN



AT A GLANCE

- School name:** Burgundy Farm Country Day School
- Address:** 3700 Burgundy Road
- Phone:** 703-960-3431
- Year founded:** 1946
- Grades:** Junior kindergarten through eighth grade
- Number of students:** 266
- Organization/Church affiliation:** None
- Mission or tagline:** Grow beyond the boundaries.
- What differentiates your school:** As a progressive school, Burgundy believes children learn best in an inclusive, creative and nurturing environment that engages the whole child for the whole world.
- Website:** burgundyfarm.org

SPORTS

ALEXANDRIA SPORTS ROUNDUP

This winter, the sports included are boys' and girls' basketball. We will also be running photos with captions from games and encourage readers to send timely photos for submission to mschrott@alextimes.com. We will also continue covering games from various sports, as well as running sports features about Alexandria athletes.

BOYS' BASKETBALL

School	Record
Bishop Ireton	8-7
Episcopal	7-3
SSSAS	13-2
T.C. Williams	8-3

Scores this week:

Jan. 7	Jan. 10
B.I. W 93-75 @ St. Mary's Ryken	Episcopal L 78-58 @ SSSAS
Jan. 8	T.C. Williams L 48-46 @ Hayfield
SSSAS W 82-66 vs. Landon School	Jan. 12
T.C. Williams W 61-56 vs. Westlake	B.I. W 93-75 @ St. Mary's Ryken
Jan. 9	Jan. 13
B.I. W 95-82 vs. Bishop Denis J. O'Connell	Episcopal L 74-68 vs. Bullis

GIRLS' BASKETBALL

School	Record
Bishop Ireton	8-8
Episcopal	6-3
SSSAS	6-4
T.C. Williams	7-5

Scores this week:

Jan. 9
B.I. W 55-52 @ Bishop Denis J. O'Connell
SSSAS W 62-42 @ Potomac
Jan. 10
Episcopal L 62-49 vs. Stone Ridge
T.C. Williams W 59-53 vs. Hayfield
Jan. 10
B.I. W 67-34 vs. Archbishop Carroll
SSSAS W 60-44 vs. Washington Liberty



Out of the classroom

Education section

New program joins English and Spanish families at MVCS

"The will to become friends has always been there," parent liaison Rosa Landeros said of the English and Spanish speaking families of Mount Vernon Community School.

But finding a way to genuinely bring these communities together has proven challenging over the years.

The differences in language, culture, social opportunities and schedules has often meant families simply did not know where to start — and felt overwhelmed by the prospect of reaching out to one another.

But now a program that has been in the pipeline for years has blossomed and the results are tangible.

Neighbors to Friends, which began as a pilot last year, brings together Spanish- and English-speaking families to talk, support and learn from one another.



PHOTO/ACPS

Participants of Mount Vernon Community School's Neighbors to Friends program.

Every Tuesday morning a group of 30 or so mothers of past and present students meet in the elementary school's cafeteria.

Parents pair off with a partner of the other language and with the help of prompt cards and subject areas, conversa-

tions begin which often don't end at the culmination of the gathering. In the room, there is laughter, embraces and the collective care of toddlers.

Most important, the group's existence sends a message: Everybody is equally welcome and valued at this school.

The Scholarship Fund of Alexandria hosts Transition to High School Planning Night

Are you wondering about high school life? Not sure what steps to take to be college-ready? Join the Scholarship Fund of Alexandria and other middle school families for Transition to High School Planning Night on Jan. 22 at T.C. Williams High School's Minnie Howard campus.

For middle school families, high school is right around the corner, and it is never too early to start thinking about college. Learn about classes

to take in ninth grade, steps to take now in order to be college-ready and how to access college-planning resources at T.C. Williams.

The planning night will offer three identical sessions: sessions in English in the auditorium from 5:30 to 6:30 p.m. and 6:45 to 7:45 p.m. and a session in Spanish in the media center from 5:40 to 6:40 p.m.

This program is open to all ACPS middle school families who are looking to gain

a better understanding about navigating the differences between middle school and high school.

Register at <https://contacc/36pBwHg>. Free pizza, interpretation and childcare will be provided with registration.

For more information, contact Melissa Harrington or Darien Waters, College Advisers with the Scholarship Fund of Alexandria at college@acps.k12.va.us or darien.waters@acps.k12.va.us.

Support us by supporting them!

Our advertisers are our partners in bringing you the news every week. Please show them your thanks by patronizing their businesses.

Times Living

HOMES



PHOTO/VERSACE HOME

Designer Sasha Bikoff channeled the postmodernism of the Italian Memphis movement for a multipatterned rug she designed for an installation at the Versace palazzo during Salone del Mobile in Milan.

What's on-trend at the dawn of a decade

BY ELAINE MARKOUTSAS

Reporting on home decor encompasses a lot of real estate, including furniture, lighting, accessories, textiles, wall and floor coverings, kitchen and bath appliances, cabinetry, hardware, housewares and building products.

For a global perspective, part of my routine the last decade or so has been tracking what's new at expositions in Paris, Frankfurt, Milan, Dublin and Bologna, as well as High Point, North Carolina; Chicago; New York and Miami – always with an eye to new prospects and design summits.

HOMES



Ward's
REMODELING
INCORPORATED

Additions and Alterations
Interiors and Exteriors

- Kitchens • Baths • Basements
- Roofs • Windows • Siding
- Handyman

Call Us Today
703-533-2423
for a no obligation
discussion about
HOW WE CAN HELP YOU!

Class A Builder ~ License #2705 057273A
kenwardhomes@gmail.com | www.wardsremodeling.com



PHOTO/PAOLA LENTI

Master textile artist Paola Lenti created this room divider out of small samples of her fabrics with stitchery showing a range of her extensive color palette.



ON-TREND

FROM | 23

Viewing thousands of introductions from year to year is a daunting task. And though some products are almost universally celebrated, deciding what to spotlight is a little like falling in love. Certain features resonate more to some than others. It could be a color or pattern or shape. It could be a concept, a texture, a technological marvel.

So much technology has changed in the last decade. LED lighting has fostered design creativity because it's smaller, more flexible and conducts less heat. Because it can be shaped, lighting can be more sculptural, especially eye-catching when it's designed for outdoor use. Pendant lights have morphed from tiny designs to a range of sizes and are now a go-to in decor because of their versatility and impact from hanging in multiples.

Digital printing has made a huge impact on textiles, wallcoverings and porcelain tile, with amazing fidelity to imagery.

“LED lighting has fostered design creativity because it's smaller, more flexible and conducts less heat. Because it can be shaped, lighting can be more sculptural.”

– Elaine Markoutsas

Travel and culture continue to inspire, either in motif or techniques. Textile artist Alike van der Kruijs, for example, was fascinated with the texture and pattern of antique Japanese kimonos, and she played with them dimensionally – on pots – to develop VEER, a grid dimensional weave for Wolf-Gordon.

At Kohler Co., kimono patterns depicting organic elements, such as waves, were translated into natural stone, both honed marble and limestone. The material was etched using a 15th-century Italian technique called aquaforte, and the artisanal result is beautiful.

Handmade, or the look of craft versus machine, still holds enormous appeal. Stitching, imperfections in

glassware and uneven edges on pottery all lend charm.

Many design cues come from fashion runways, especially those brands that also create product for the home. When New York-based interior designer Sasha Bikoff was tapped by Donatella Versace to create a present for the brand's new home collection at its storied palazzo in Milan during Salone del Mobile, she designed patterned carpeting in candy colors in a Memphis style to perfectly suit the furnishings.

Bikoff's touch also graced the Versace boutique in Miami, and she orchestrated an installation featuring three pieces she

SEE **ON-TREND**

| 25

Planning to spruce up your home's interior this year or next?
Call us now for a FREE estimate, and take 10% off if the work is performed between December 2019 and March 2020.

703-684-7702
techpainting.com




HOMES

ON-TREND FROM | 24

designed – chandeliers, a bed and a shapely chair, all inspired by the book "South Beach Stories," published by the family in 1993. It added to the excitement of Design Week during Art Basel.

When the red-hot Virgil Abloh, artistic director for Louis Vuitton menswear, who recently had a retrospective at the Museum of Contemporary Art Chicago, collaborated with Baccarat, chief executive Daniela Riccardi made no promises.

"He wanted to create a chain in crystal," Abloh said.

She pretty much told him, "We'll see," but to everyone's pleasant surprise, it worked. His new crystal chandelier features a crystal chain, and



PHOTO/HERMES

Above: Perimetre porcelain is graced with chevron, brick and palisade patterns, bringing elements from the urban landscape into play in this line of four vases and four trays.

Right: DuraSquare is a slender, minimal, rectangular, matte black, metal framed vanity that houses a washbasin from Duravit.



PHOTO/DURAVIT

it's pretty cool. Small accessory pieces are also part of the capsule collection.

The next installation will

explore turn-of-the-decade home décor trends inspired by nature, art exhibits and lifestyle trends.

HOME OF THE WEEK

Brand new Belle Haven custom home

With pronounced beauty and modern refinement, this custom home was newly completed in fall 2019.

Situated on a large flat lot, this residence boasts approximately 7,200 square feet of finished space, including six large bedrooms, five full and one half baths.

With custom designed living spaces, wide plank oak floors, elegant millwork and top of the line windows, cabinetry and appliances, the home features careful attention to detail throughout.

The home is minutes to Old Town, the new Amazon HQ2 and D.C.



COURTESY PHOTOS



AT A GLANCE

- Location:** 2211 Windsor Road, Alexandria 22307
- Neighborhood:** Belle Haven
- Price:** \$2,495,000
- Size:** 7,200 square feet
- Bedrooms:** 6
- Bathrooms:** 5.5
- Year built:** 2019
- Contact:** Melissa Shelby, 703-627-0074
McEearney Associates, Old Town
mshelby@mcenearney.com
melissasellsvirginia.com

HOMES ADVERTORIAL



HOMEOWNERS! Cold weather and the holidays will be here before you know it! Call us today to schedule your free estimate for interior painting! 703-684-7702 | techpainting.com

Our View

New Times initiatives for 2020

We're excited to announce two noteworthy initiatives at the Alexandria Times, which we believe will significantly contribute to civic understanding in our city.

The first, which will launch on Jan. 29, is the inaugural episode of Speak Easy, the Times' new monthly podcast series. These will be in-depth – but still fairly short at around 20 minutes – interviews with interesting Alexandrians.

Times reporter Cody Mello-Klein will take the lead in conducting the interviews and producing the podcasts, though various members of our staff will also be involved. Our interviewees will be Alexandrians involved in noteworthy pursuits. Civic leaders, entrepreneurs and enthusiasts of various stripes will join us on Speak Easy to discuss their ventures and their contributions to Alexandria.

To add to the fun, we won't reveal the name of each interviewee until the day before the podcast is released. So check our website at alextimes.com or look us up on Facebook or Twitter on Jan. 28 to learn the identity of our first Speak Easy guest.

Our second 2020 initiative isn't entirely new like Speak Easy, but rather an amplification of our investigative reporting efforts. The Washington Post's motto, "Democracy dies in darkness," is a reflection of that publication's commitment to closely watching government operations.

Investigative reporting is the *raison d'être* for all serious newspapers. It's something we've always done at the Times, but we plan to do more of in 2020.

Requests for documents under the Freedom of Information Act, commonly called FOIAs, are essential to investigative reporting. These documents are often email communications between city employees, but they can also be requests for minutes from old meetings or documents pertaining to land use decisions.

Many people are under the false impression that FOIA requests are free for media companies. In fact, while the federal government is not allowed to charge media companies for FOIAs, our state and local governments are allowed – but not required – to charge the media for information.

The City of Alexandria generally works well with media companies on information requests. City spokesman Craig Fifer is responsive and tries to steer requests toward free sources, while Assistant City Attorney Adrienne Fine, who is in charge of FOIA requests, works with the media to narrow requests and limit costs.

Despite their efforts, FOIA costs add up quickly, and many media companies simply can't afford them. Even those that can are constrained by cost.

Given that greater government transparency – that democracy dies in darkness bit – benefits everyone, we think the City of Alexandria should consider a policy of providing 10,000 pages of documents in a given year free to media companies.

While 10,000 pages seems like a lot, it's really not. The FOIA request done by the Seminary Road Association that fueled Frank Putzu's adjacent My View column consisted of 626 pages, mostly of emails, and cost more than \$500. So if 626 pages is average, 10,000 would be 15 to 18 FOIA requests in a given year. That doesn't strike us as excessive.

The Seminary Road Association has shared those FOIA documents with the Alexandria Times, and we will be running stories based on them, stories that are important to understanding planning for the Seminary Road road diet.

But if the SRA hadn't footed the cost, those documents would lie in darkness.

Opinion

"Where the press is free and every man is able to read, all is safe."

- Thomas Jefferson



Your Views

Proposed legislation is troubling

To the editor:

It is difficult to estimate how many proposals will ultimately succeed in becoming law, but Alexandrians should be aware that there are bills being filed in the Virginia General Assembly to: legalize casinos; eliminate single family zoning statewide; facilitate voter fraud by eliminating voter ID requirements and allowing same-day voter registration; take away the 'right to work' – allowing union membership to be mandated for employment – and criminalize self-defense training if deemed by the state to be intended for civil disorder.

There are bills to: block parental knowledge and control over their minor children's healthcare with respect to vaccines and abortion, force closure of privately-owned gun ranges, replacing them with state-owned ranges, and abolish the death penalty for even the most heinous of criminals. There's also a bill to negate the outcome of Virginia's presidential election voting by requiring that our Electoral College votes be cast in accordance with the results from other more populous states.

We are also likely to see renewed interest in a proposal for the late-term

abortion of innocent human life.

There are numerous bills proposing limits on Second Amendment rights that go far beyond simply requiring background checks. When legal guns become illegal, gun confiscation inevitably becomes a real thing, just like in Nazi Germany.

Radical legislation is not where the legislators should focus their attention. Virginia needs transportation solutions, clean waterways, college cost containment – and free speech on campus – workforce training and jobs for central, southwest and southeast Virginia. And we need a balanced budget that addresses the needs of our state and ensures our AAA bond rating.

Fortunately, residents can track what's happening in Richmond via the Virginia Legislative Information System (<https://lis.virginia.gov/>). It provides the status and text of all bills, as well as information about patronage. Everyone should pay attention to what they are planning in Richmond before it's too late.

-Linda App,
president, Commonwealth
Republican Women's Club

The opinions expressed in letters and columns are those of the writers only and do not reflect the views, nor receive the endorsement, of the Alexandria Times.

My View | Frank Putzu

Fire Department lacked input on Seminary Road

This is the first of three My Views that will examine the role of the Alexandria Fire Department in planning prior to city council's Sept. 14 vote to implement a road diet on Seminary Road. Seeking transparency, the Seminary Hill Association submitted a Freedom of Information Act request for all communications between the Fire Department and city staff regarding Seminary Road.

After reviewing more than 600 pages of emails from the FOIA request, we have discovered the following disturbing facts:

- The AFD was not asked by city staff for its opinion on whether Seminary Road should be narrowed in the leadup to the June 24 Traffic and Parking Board hearing. It was the TPB chair who alerted the fire department what was afoot.

- The AFD was not involved in any meaningful way in the development of the Complete Streets program.

- The FOIAed emails make clear that staffers from the Department of Transportation and Environmental Services were preoccupied with presenting a unified city voice at the Sept. 14 public hearing on Seminary Road.

All materials referenced in this series have been shared with the Alexandria Times.

FOIA records reveal that T&ES staff did not consult with AFD about the potential road diet, despite the fact that Fire Station 206 houses heavy rescue equipment for the entire city, and all emergency services providers potentially need to use Seminary Road for emergency transport of patients to Alexandria's only city hospital.

In a June 10 email sent shortly before the TPB's hearing on the Seminary Road reconfiguration, TPB Chairman Bill Schuyler emailed Deputy Fire Chief Michael Cross asking whether he was aware of the city's proposal and what feedback they had received. In response, the

deputy chief said it was the first time AFD had heard about it and added that it raised serious concerns.

Two days later on June 12, Cross submitted a detailed department analysis, remarking that reducing the road by 50 percent would "negatively impact emergency responses along a heavily used emergency route for hospital and fire station travel." The AFD strongly recommended maintaining all four travel lanes. The report cited city code as defining an emergency vehicle easement as "22" for the purpose of providing two 11-foot lanes for emergency vehicles to safely pass.

The analysis also objected to median islands, noting that such obstructions would create unacceptable "pinch points" that would prohibit "traffic from yielding and emergency vehicles from safely passing during emergency responses."

Schuyler thanked AFD for its comprehensive and objective report – recognizing that department input could assure that "no preventable mistakes are made." Yet instead of responding appropriately to these serious concerns, records show that city traffic planners at T&ES instead asked for a face-to-face meeting.

While there are no notes from the discussion itself, T&ES officials sent a follow-up email to AFD on June 19 in an apparent attempt to affirm that the department had "no issue" with the Seminary Road lane reconfigurations, and that AFD was one of the key proponents of the Complete Streets plan more broadly.

The AFD response was fast and furious. On June 21, then Interim Fire Chief Corey Smedley emailed back, complaining that T&ES mischaracterized the department's views from the meeting, adding that "concerns were not satisfied ..." Smedley's email notes that T&ES told AFD that it had removed the road diet from consideration at the request of Alexandria INOVA Hos-



**FRANK
PUTZU**

My View | Michael Maibach

How to make city hall more responsive

Did you know Alexandria's first city council – elected in 1780 – was bicameral? That in 1804 we established our first council wards? That from 1780 to 2009 city elections were never held in November to avoid the huge distraction of federal elections? All of this is gone now, as is a city hall responsive to its citizens. Their plans don't include yours anymore. We see this every day.

Many Alexandrians feel Mayor Justin Wilson and council no longer care about their views and know they cannot be held accountable in our current election system. This is because three local election laws now

work together to eliminate choice: 1) At-large elections, 2) held in November 3) every three years. These together have created one-party control with no end in sight.

We powerlessly watch as motorized scooters turn historic Old Town into an amusement park – a place where neither the mayor nor anyone on council lives. We watch stunning, hyper-development on South Union Street show how a city destroys an historic neighborhood.

Wilson seeks densification at every opportunity to increase tax revenues. Densification multiplies cars on the road even as the mayor demands road diets on King and Seminary.

Twelve civic associations opposed removal of lanes on Seminary Road. Wilson and the council ignored them. A Seminary Road Facebook protest now has 1,400 members – you know, 1,400 taxpayers, homeowners and voters. But the mayor and council know what is best for them.

We love competition in sports and choices in airlines, phones and cars. Yet we no longer have competition or choices in city elections. Our two-party system – once robust – is now dead. Republican former Vice Mayor Bill Cleveland served on council for 18 years.

This changed in May 2009 af-

ter Frank Fannon (R) and Alicia Hughes (I) defeated Councilors Wilson and Tim Lovain. Two days later Wilson and Lovain led the charge to move city elections to November. They knew the huge 2012 presidential election turnout would defeat Fannon and Hughes. They were right. Wilson and Lovain were returned to office

and we have had one-party rule since. City election laws must be returned to what we had before "massive resistance" eliminated wards.

At-large elections mean we vote for six city council members. What happened to "one person-one vote?" From 1804 to 1950 – except from 1921 to 1931 – Alexan-

dria had wards for the same reason Congress and the legislature have districts. At-large elections create one-party rule by their nature. At-large elections were adopted in 1950 as part of Virginia's "massive resistance" to school integration. This ensured minority neighborhoods were not represented. If you want your neighborhood represented, we must return to council wards. Alexandria had six wards until 1950.

From 1804 to 1950, Alexandrians elected their mayor and council every two years. Massive resistance gave us three-year terms. No other Virginia city uses three-year terms because local elections are then constantly thrown into and out of federal and state election cycles. We must move to two-year council terms in odd numbered years to align with Virginia state legislative races, not presidential and congressional races.

On the eve of the Constitutional Convention of 1787 James Madison wrote, "The central problem we will face is one of representation." How does one design a government responsive to the will of the majority and yet respectful of minority rights, an electoral system that represents the varied interests among citizens as well



**MICHAEL
MAIBACH**

Denise Dunbar
 Publisher & Executive Editor
 ddunbar@alextimes.com

Missy Schrott
 Editor
 mschrott@alextimes.com

Margaret Stevens
 Sales Director
 mstevens@alextimes.com

Patrice V. Culligan
 Publisher Emerita
 pculligan@alextimes.com

EDITORIAL

Cody Mello-Klein
 Reporter & Photographer
 cmelloklein@alextimes.com

Luke Anderson
 Intern
 landerson@alextimes.com

ADVERTISING

Margaret Stevens
 mstevens@alextimes.com

Deb Riley
 driley@alextimes.com

Marty DeVine
 mdevine@alextimes.com

Patrice V. Culligan
 pculligan@alextimes.com

Tina Franco
 Office Administrator
 tfranco@alextimes.com

GRAPHIC DESIGN

Lyvian Sieg
 graphics@alextimes.com

CONTRIBUTORS

Mara Benner
Alexa Epitropoulos
Kim Gilliam
Elizabeth Holm
Sarah Liu
Louise Krafft
Jim McElhatton
Dr. Vivek Sinha
Jordan Wright

ALEXTIMES LLC

Denise Dunbar
 Managing Partner

The Ariail family
Suzanne Brock
William Dunbar

HOW TO REACH US

110 S. Pitt St.
 Alexandria, VA 22314
 703-739-0001 (main)
 703-739-0120 (fax)
 www.alextimes.com

OUT OF THE ATTIC

The George Washington Memorial Parkway

The grandiose dreams of Alexandria Treasurer M.R. Harlow in 1886 called for a roadway running from the Mall in Washington, across a bridge to Arlington then through Alexandria and parts of Fairfax County to Mt. Vernon. In response to enthusiastic local backing, the Virginia General Assembly chartered what was known as the Mt. Vernon Avenue Association in 1887, and the War Department surveyed routes.

The head of the survey was the Army's Peter Hains, who would soon supervise the dredging and filling of what would become the Tidal Basin, Potomac Park and the Lincoln Memorial site – thus giving his name to Hains Point. Around the turn of the 20th century, plans called for the highway to be “about 17 miles in length ...

divided into sections, one for each state ... on which are to be built by the several states splendid permanent buildings with trees and flowers indigenous to each state.”

The highway was to accommodate automobiles, electric cars, carriages, bicycles and even horses along a bridle path. It would be “an Apian Way and a Westminster Abbey combined ... a speedway that will rival the boulevards of the world.”

An 1890 report to congress put the cost estimate of the highway between \$1.2 and \$2 million, a cost that Sen. Leland Stanford of California thought was appropriate, saying, “No matter what it cost, the American people can never do too much to honor the name of Washington.” Despite the grand plans, actual construction plans languished for years.



PHOTO/OFFICE OF HISTORIC ALEXANDRIA
 Site of the future George Washington Parkway in the 1930s.

Movement started with the construction of the Arlington Memorial Bridge in the early 1900s, which linked the area to Washington, D.C. across the river. The impending arrival of Washington's 200th birthday spurred congress to authorize the parkway in May 1928.

Designed and constructed by the Bureau of Public Roads in the Agriculture Department, the parkway would later come under the National Park Service. The design from the 1920s called for paving

the section through Alexandria with brick, and from the never-built memorial circle in the southern end of Alexandria near present-day Hunting Towers to Mt. Vernon would be concrete.

While the dream and the reality of the parkway don't completely match, the proponents' goal was of a road that “would provide a pastoral, inspirational, and patriotic automobile route to Mt. Vernon,” creating a “contemplative mood to encourage reflection on George Washington and his significance to our nation.” Whether the project was “one of the most patriotic ever suggested,” the parkway has “afforded endless pleasure” to many of the people who have driven it.

Out of the Attic is provided by the Office of Historic Alexandria.

PUTZU

FROM | 27

correct the record. Despite the obvious discord between city agencies, T&ES representatives tried to spin the public about the fire department's position. At the June 24 TPB hearing where Seminary Road was discussed, T&ES Director Yon Lambert and Complete Streets Program Manager Christine Mayeur told the TPB in its presentation that AFD “signed off on our Complete Street Design Guidelines, which is [sic] being used to develop these alternatives and the staff recom-

mentation.” Lambert also testified that AFD preferred the road diet over the other alternatives. FOIAed documents show that the T&ES presentation and testimony on this point was incorrect. No representatives of AFD were present at the hearing and TPB members raised concerns about the conflicting interpretations of the department's position. After expressing disapproval of these so-called “jamming” tactics, and considering the over-

whelming opposition from residents and civic associations, the TPB ultimately voted to maintain four lanes on Seminary. In the next installment, we will examine the reluctance of the local firefighters' union to take a public position on the road diet and city staff's repeated attempts to portray the AFD as supporting Complete Streets.

The writer is Representative of Area 8 of the Seminary Hill Association designated to review the FOIA.

Weekly Poll

Last Week

What is your favorite high school sport to follow?

35% Football

23% Other

14% Basketball

14% Soccer

9% Baseball

5% Lacrosse

This Week

[Take the poll at alextimes.com](https://www.alextimes.com)

Do you listen to podcasts?

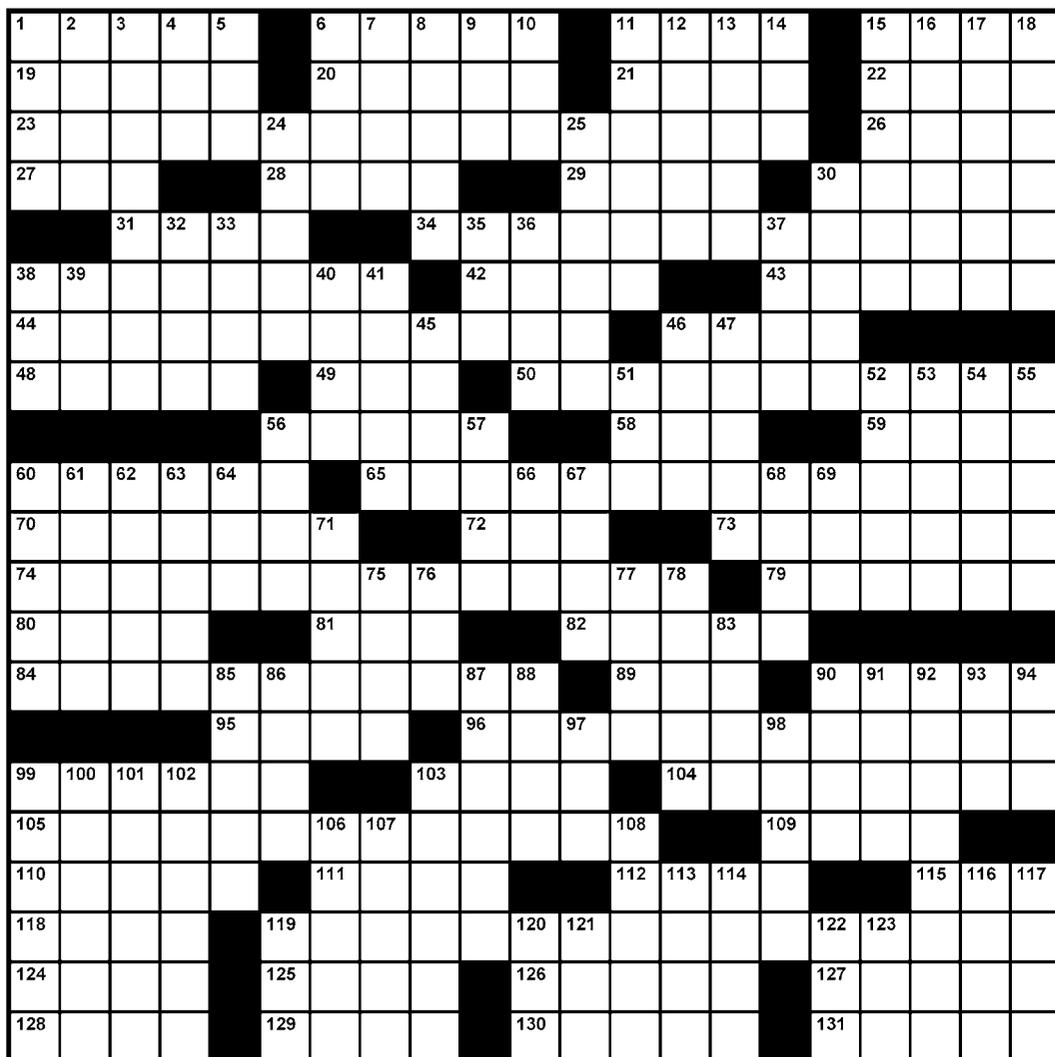
A) I listen to multiple podcasts each week.

B) I listen to about one a week.

C) I listen occasionally.

D) I have never listened to a podcast.

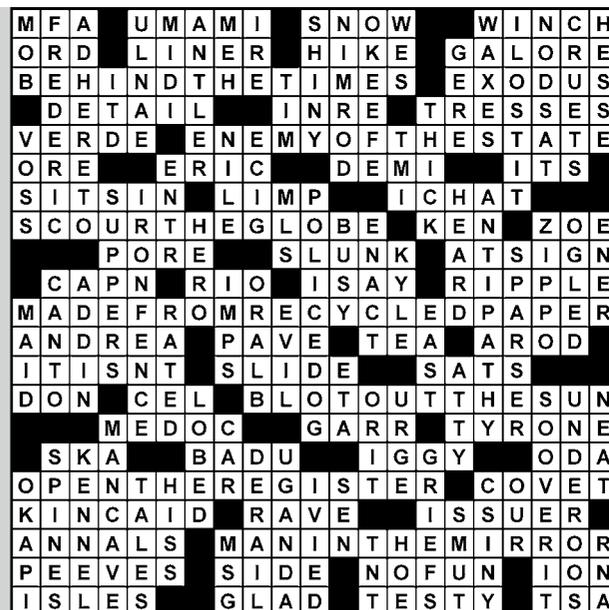
Weekly Words



DEATH NOTICES

- GARNETT WILLIAMS BOW** (85), formerly of Alexandria, Jan. 2, 2020
- FLORENCE S. CLAY** (93), formerly of Alexandria, Jan. 10, 2020
- EDWINA CORNS** (80), formerly of Alexandria, Jan. 10, 2020
- FREDDIE FRAZIER** (90), formerly of Alexandria, Jan. 10, 2020
- LOIS LAWSON** (82), formerly of Alexandria, Jan. 11, 2020
- DONALD MCMINN** (76), of Alexandria, Jan. 2, 2020
- JANE OLMSTED** (91), of Alexandria, Jan. 4, 2020
- DENNIS PORTER** (59), of Alexandria, Jan. 7, 2020
- CHARLES SHEFFIELD** (91), formerly of Alexandria, Jan. 6, 2020

Solutions from last week



POSTAL CODE by Michael Schlossberg, edited by David Steinberg

ACROSS

1. "Cool!"
6. Church doctrine
11. Landlocked African country
15. Truth's counterpart
19. Where vows are taken
20. Goofed
21. One may beep when it's ready
22. Employs
23. [] AL, [] AK, [x] AR, [] AZ
26. Popular pens
27. Binary digit
28. YouTuber's journal
29. Jai ___
30. Lecterns
31. Aswan Dam river
34. NJ or N.J.
38. Salon fiascoes
42. ___ Might Be Giants (rock band)
43. Common people, with "the"
44. ... IX) OR, X) PA, XI) RI ...
46. Vaccination
48. They get more annoying as they grow up
49. Disapproving cluck
50. Went hog wild at mealtime
56. Drug cops
58. Joker
59. "And there you have it!"
60. 1988 No. 1 hit for The Beach

- Boys
65. MO \$\$\$
 70. Textbook example
 72. Ram's sound
 73. Watergate, e.g.
 74. ... CT, DE, ??, GA, HI ...
 79. Origami fold
 80. Sass, slangily
 81. Take a stab at
 82. Gabbana's partner
 84. Like jeans and a blazer
 89. Uncommon bill
 90. Christmas dinner birds
 95. Poet Pound
 96. Second item in this list: o NM, o NV, o NY
 99. Goddess of wisdom
 103. Friend in battle
 104. Junk email senders
 105. Choice between OK and not now
 109. Period of time
 110. Land parcel
 111. Tilt
 112. Miami squad
 115. Uber driver's aid, briefly
 118. Big sandwich
 119. NY = MA = DE = NC = VA
 124. Harvey ___ College
 125. John, in Russia
 126. ___ Hawkins Day

127. Twirled stick
 128. Church recess
 129. Gambling mecca near Tahoe
 130. Minds, as advice
 131. Oozes
- DOWN**
1. Inverse of giga-
 2. Panache
 3. Partygoer
 4. T, on frat row
 5. Bruins legend Bobby
 6. Small valley
 7. Thereabouts
 8. Shorthand inventor
 9. ___ B, aka Scary Spice
 10. Fruity drink suffix
 11. Like a ragtag crew
 12. Related to birds
 13. Fourth of 13 same-named popes
 14. Rustic lodging
 15. Author W.E.B.
 16. Remarks to the audience
 17. Quote from memory
 18. You may write them on books
 24. Declares
 25. Rhythmic, like drumbeats
 30. Jabber
 32. Apple tablet
 33. Webcam part
 35. Off-roader, briefly

36. Perlman of "Cheers"
37. Run ___ (go berserk)
38. Present topper
39. Whiz
40. Like a clue about clues
41. Disparaging remarks
45. Engrave
46. Blinds segment
47. Some weather forecast extremes
51. She-sheep
52. Make amends
53. Chinese animal with zebra colors
54. Notions
55. CBS anchor King
56. Longtime pitcher Hideo
57. Weeps
60. "Hyperion" poet John
61. Poppy product
62. Somewhat, informally
63. Furry aquatic mammal
64. Sun. follower
66. Cry from a baby monitor
67. Minute ___ orange juice
68. Behold, in Latin
69. Deface
71. Spanish 101 verb
75. ___ Major
76. Big Apple sch.
77. Punishment for binge-watch-

- ing, perhaps
78. Cary of "The Princess Bride"
83. Part of BBC (Abbr.)
85. Core belief
86. Business mogul
87. At an angle
88. Spirited song
90. Fictional Forrest
91. Isle of Napoleon's exile
92. Stretch out
93. Filming location
94. Vulcans or Klingons, for short
97. Strong cleaner
98. Moisten, as poultry
99. Reason to use an inhaler
100. Ripped to shreds
101. Stockpiles
102. Make a cryptogram, say
103. Deeply regretful reply
106. Spared garnish
107. Aired again
108. ___ Island
113. Oklahoma city
114. Matures
116. Small splash sound
117. Figs. on some wallet cards
119. Fragrant evergreen
120. Burnt residue
121. Fannie ___
122. NFL passers
123. Dubai's place, for short

Classifieds

AUCTIONS

PACK ESTATE JAN. 25, 10 AM.
POWHATAN, VA. TRACTORS,
'15 GMC2500 DIESEL, ZERO
MOWER, BEEF CATTLE,
TRAILER, HAY EQUIP. WWW.

CARWILEAUCTIONS.COM
VAAR392 (434)547-9100

ATTN. AUCTIONEERS:
Advertise your upcoming
auctions statewide or in other



POWER DESIGN NOW HIRING ELECTRICAL APPRENTICES OF ALL SKILL LEVELS!

about the position...

Do you love working with your hands? Are you interested in construction and in becoming an electrician? Then the electrical apprentice position could be perfect for you! Electrical apprentices are able to earn a paycheck and full benefits while learning the trade through firsthand experience.

what we're looking for...

Motivated D.C. residents who want to learn the electrical trade and have a high school diploma or GED as well as reliable transportation.

a little bit about us...

Power Design is one of the top electrical contractors in the U.S., committed to our values, to training and to giving back to the communities in which we live and work.

more details...

Visit powerdesigninc.us/careers or email careers@powerdesigninc.us!

states. Affordable Print and Digital Solutions reaching your target audiences. Call this paper or Landon Clark at Virginia Press Services 804-521-7576, landonc@vpa.net

EDUCATION/CAREER TRAINING

AIRLINES ARE HIRING - Get FAA approved hands on Aviation training. Financial aid for qualified students - Career placement assistance. CALL Aviation Institute of Maintenance SCHEV certified 877-204- 4130

FARM EQUIPMENT

GOT LAND? Our Hunters will Pay Top \$\$\$ To hunt your land. Call for a FREE info packet & Quote. 1-866-309-1507 www.BaseCampLeasing.com

HELP WANTED/ DRIVER

Need CDL Drivers?
Advertise your JOB OPENINGS statewide or in other states. Affordable Print and Digital Solutions

to reach truck drivers. Call Landon Clark at Virginia Press Services 804-521-7576, landonc@vpa.net

REAL ESTATE FOR SALE

ATTN. REALTORS: Advertise your listings regionally or statewide. Affordable Print and Digital Solutions that get results! Call Landon Clark at Virginia Press Services 804-521-7576, landonc@vpa.net

SERVICES

DIVORCE- Uncontested, \$395+\$86 court cost. WILLS \$195.00. No court appearance. Estimated completion time twenty-one days. Hilton Oliver, Attorney (Facebook). 757-490-0126. Se Habla Espanol. BBB Member. <https://hiltonoliverattorneyva.com>.

PROFESSIONAL SERVICES

Professional Organizer in Alexandria, Virginia.
I am a hands-on professional

organizer, I sort through and declutter by donating, recycling and organizing the keeps. A clutter free home is very important to the mind. Keep Calm & Just Organize; Call/text me now @ (304) 320-5595. www.lavenderorganizes.com

HELP WANTED

A 25 year old McLean based and family owned small business that provides financial services to local governments is looking for the right person to fill a part-time position for an administrative assistant for our managing director. You will have the flexibility to create a schedule that works for you, but we do expect you to work 4 or 5 days a week during business hours for a total of 25-30 hours. Work just in the morning, or maybe 10AM-3PM, or maybe 1PM-5PM, whatever fits your schedule. This position is perfect for someone looking to get back into the workplace without committing to full-time. The candidate should have excellent computer skills related to Microsoft Office and QuickBooks, have good organization and time management skills, be able to manage an executive's schedule, and have good experience with online research. If you are interested, please send a resume to taxserv@taxserv.com with a subject line of Admin Assistant. TaxServ is an equal opportunity employer.

LEGAL NOTICE



The Alexandria City School Board will hold a public hearing on the FY 2021 Combined Funds Budget during the regular School Board Meeting held at 7 p.m. on Thursday, January 23, 2020, in the School Board Meeting Room located at 1340 Braddock Place, Alexandria. For more information or to register to speak at the public hearing, please contact the Clerk of the Board at 703-619-8316 or email boardclerk@acps.k12.va.us.

FREDERICKSBURG BOAT SHOW

Fredericksburg VA

JANUARY 17-18-19, 2020

Fredericksburg Expo & Conference Center

Use as \$1 OFF COUPON at the Door!

Friday, Jan 17
1:00 pm - 7:00 pm

Saturday, Jan 18
10:00 am - 7:00 pm

Sunday, Jan 19
11:00 am - 4:00 pm

Adults: \$9, Seniors: \$8
Kids under 12 Free
Seniors: \$5 (Friday Only)

See the newest:
Ski Boats, Bass Boats,
Pontoon Boats,
Jet Boats,
Personal Watercrafts
& much more!

BOATING SEASON STARTS HERE!

WWW.FREDERICKSBURGBOATSHOW.COM

Virginia Alcoholic Beverage Control Authority • www.abc.virginia.gov • 2901 Riverchase Road • Richmond, VA 23228 • (800) 552-3296

RETAIL LICENSE APPLICATION—PART 2 (POSTING AND PUBLISHING)

PUBLISHING NOTICE

Please publish the following item in the legal notice section of your newspaper. Please refer to the instructions provided on page 3.

(Full name(s) of owner(s)) HSJY Inc <small>If general partnership, enter partners' names or name of partnership. If LP, LLP, LLC or corporation, enter name as recorded with the State Corporation Commission. If association or tax-exempt private club, enter name. Only if a sole proprietor, enter first, middle and last name.</small>	
Trading as: Hinata <small>(trade name)</small>	
909 N Saint Asaph St <small>(street address where business will trade)</small>	
Alexandria <small>(city/town)</small>	
Alexandria <small>(county)</small>	Virginia 22314-1531 <small>(state) (zip + 4)</small>

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine and Beer on Premises license
(type(s) of license(s) applied for)

to sell or manufacture alcoholic beverages.

Hyun Su Kim President
(name and title of owner/partner/officer authorizing advertisement)

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3296.

88 (Rev. 10/2019) This is an official state document. All information contained or submitted therein is public information. Please refer to advisory document 03a. If regarding sensitive information, Reference Instructions (printed separately) with questions. Retail License Application, page 13

Classifieds

LEGAL NOTICE



CITY OF ALEXANDRIA, VIRGINIA
FINANCE DEPARTMENT/PUR-
CHASING DIVISION
SUITE 301 - BANKER'S SQUARE
100 NORTH PITT STREET
ALEXANDRIA, VIRGINIA
22314

Sealed proposals for the City of Alexandria per specifications will be received in the office of the Purchasing Division until the date and time designated as follows:

Title: Request for Qualifications No. 838, Landover Park and Warwick Pool ADA Connection Ramp Design

Closing Date and Time: February 21, 2020 at 4:00 p.m., prevailing local time.

For general inquiries contact Sarah Adan, Purchasing Analyst at sarah.adan@alexandriava.gov.

The City of Alexandria reserves the right to reject any and all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. **THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS.**

PUBLIC NOTICE

Notice is hereby given that Greyhound Lines, Inc. intends to apply for a federal grant for operating assistance to provide Intercity Bus Transportation of a non-emergency ambulatory nature for the FT 2020 program year. The application for assistance is pursuant to the Non Unurbanized Area Formula Program (Intercity Bus) of 49 CFR 5311(f). Services will operate between 6:00 AM and 10:40 PM, 7 days per week in the area encompassing New Orleans – Lafayette with intermediate stops to the Louis Armstrong New Orleans International Airport, Raceland, Houma, Thibodaux, Morgan City, and New Iberia; with continuing service to Ruston with intermediate stop in Opelousas, Monroe, Alexandria, Jonesville, and Grambling. Also,

daily service between New Orleans and Baton Rouge with intermediate stops in Gonzalez, and La Place. Written comment on the proposed services may be sent within 15 days to the attention of Lephon Quach, Greyhound Lines, Inc. 350 N. St. Paul Street, Dallas, TX 75201 and Mr. Casey Lewis, Public Transportation Division, Department of Transportation and Development, P.O. Box 94245, Baton Route, LA 70804-9245. Comments must be received by 5:00 PM CST Friday, January 31, 2020.

LEGAL NOTICE



ALEXANDRIA PLANNING & ZONING DEPARTMENT NOTICE OF ADMINISTRATIVE REVIEW

The following requests have been received for administrative review and approval.

For information on the following applications or to comment, visit the City's website at www.alexandriava.gov/planning or call 703.746.4666.

Special Use Permit #2019-00115
 2900 Potomac Avenue
 Administrative Special Use Permit request for a new use for a temporary parking lot greater than 20 vehicles; zone CDD #10/Coordinated Development District #10.
 APPLICANT: Jim D'Agostino
 PLANNER: Max Ewart – Max.Ewart@alexandriava.gov

In accordance with section 11-500 of the zoning ordinance, the above listed request may be approved administratively by the Director of Planning & Zoning. If you have any comments regarding the proposal above, please contact Planning & Zoning staff at 703.746.4666 or email the planner listed no later than February 5, 2020.

LEGAL NOTICE



Board of Architectural Review LEGAL NOTICE OF A

PUBLIC HEARING

A Public Hearing will be held by the Board of Architectural Review on WEDNESDAY, February 5, 2020 beginning at 7:00 PM in the City Hall Council Chambers, second floor of City Hall, 301 King Street, Alexandria, Virginia 22314 on the following applications:

BAR #2019-00535 OHAD
 Request for alterations at 105 King Street
 Applicant: Dewey Investment Associates

BAR #2020-00006 OHAD
 Request for partial demolition/capsulation at 128 North Pitt Street
 Applicants: Martin O. Kamm & Eva M. Martorell Gil

BAR #2020-00007 OHAD
 Request for addition and alterations at 128 North Pitt Street
 Applicants: Martin O. Kamm & Eva M. Martorell Gil

Old and Historic Alexandria District (OHAD); Parker – Gray District (PG)

For reasonable disability accommodation, contact Graciela.Moreno@alexandriava.gov or 703.746.3808, Virginia Relay 711.

Information about the above item(s) may be obtained from the Department of Planning & Zoning, City Hall, 301 King Street Room 2100, Alexandria, Virginia 22314, or at 703.746.3833 www.alexandriava.gov/dockets.

MAIBACH

FROM | 27

as our unique regions, e.g. neighborhoods?

America's Founders were greatly influenced by Montesquieu's "Spirit of the Laws," 1748. He wrote that pure democracies become "tyrannies of the majority," that Republics must adopt "checks and balances" so that majority power never becomes tyrannical. Thus, our bicameral congress, an independent executive and supreme court, as well as federalism among the states.

Alexandria's City Council no longer has the checks and balances of neighborhood wards and locally focused elections. Returning to council wards and two-year elections in odd numbered years will return the accountability to city hall that too many of our citizens feel has been lost.

The writer, an Old Town homeowner since 1997, was the first American elected to public office under the age of 21 in U.S. history. Today he is the director of The Center For the Electoral College.

TEACHER JOB FAIR

Saturday, January 25, 2020
 Salem Civic Center, Salem VA
 Filling 2020 - 2021 Teaching Vacancies
 21 VA School Districts hiring in Southwest Virginia

REGISTER TODAY • www.wvpec.org

Lifetime METAL ROOFING

by VA CAROLINA BUILDINGS, INC.

**40 YEAR WARRANTY ON THE FINISH - ENERGY EFFICIENT
 SUPERIOR DURABILITY - SENIOR CITIZEN DISCOUNT
 FACTORY DIRECT - WE FINANCE - CALL NOW!**

WWW.METALROOFOVER.COM 1-800-893-1242

OUTER BANKS, NC - VACATION RENTALS

Over 500 vacation homes from S. Nags Head to Corolla's 4x4!

Brindley Beach
 VACATIONS & SALES

877-642-3224
www.brindleybeach.com

Want to get your news a day before everyone else?

Subscribe to Alexandria Times E-edition to get your news delivered to your email Wednesday night.
www.alextimes.com/sign-up-to-receive-e-edition



make your move

THINKING OF BUYING OR SELLING?

Let Kristen Jones, top local agent, guide you step-by-step and put her expertise to work for you.

KJ
KRISTEN JONES

ALEXANDRIA SPECIALIST

703.851.2556 | kristen@kristenjones.com | kristenjones.com

Kristen pictured with her dog, Daisy Jones, 2007 graduate of Olde Town School for Dogs.