



"I want everybody to get better because America gave us a chance that our country did not give us."

- Yodit Gulelat, owner, Van Dorn Pharmacy

The watch, the vaccine and the pharmacist

Yodit Gulelat's quest to honor her father's legacy through service

BY WILL SCHICK

At around 9 a.m. on Jan. 15, Yodit Gulelat, the owner of Van Dorn Pharmacy, found herself facing down a growing line of elderly patients eager to get their COVID-19 vaccinations. The pharmacy had just received its first batch of Moderna vaccine doses from the Centers for Disease Control and Prevention, and the line outside her door was ballooning.

Gulelat, who immigrated to the U.S. from Ethiopia in 1986, worked non-stop to process the winding line of patients.

"I didn't see her take a sip of water," Pamela Norton, director of business development for a local architectural firm who had been at the pharmacy throughout the vaccination process, said.

Norton had come to the pharmacy that morning to see if she would be eligible for a vaccination but said she found herself quickly volunteering to help Gulelat

get through her expanding line of elderly patients.

"She was there ... walking back and forth to the photocopier copying people's licensed healthcare cards, on top of administrating the vaccine. So, it was taking at least 10 minutes a person, and you know, it's cold and people are standing outside," Norton said.

Norton said she assisted Gulelat in answering questions from people in line and helping to move those

SEE **VAN DORN** | 8



PHOTO/ DOUG GUILER

Seen from Old Town, a National Guard ship cruises the Potomac River ahead of the inauguration.

Across the river

A look at Alexandria hotels in the days before the Inauguration

BY ALLISON HAGEMAN

In the past, presidential inaugurations for Alexandria were jubilant and filled with visitors.

People from all over the country would go into Washington D.C. during the day to see the President-elect get sworn into office and then come back to Alexandria hotels at night. This year, in the days leading up to the inauguration, the city's visitors were more National Guard than tourists. Both the Capitol riot on Jan. 6 and a virtual inauguration due to COVID-19 meant extra security and fewer guests at hotels in the city.

"Hotels in and around Washington D.C. are typically at capacity for presidential inaugurations, and it's a highlight that we look forward to every four years," Kate Ellis, the general manager of Hotel Indigo and president of the Alexandria Hotel Association, said in an email.

On the night of Jan. 6, after a mob of President Donald Trump's supporters stormed the Capitol, Alexandria hotels, much like their D.C. counterparts, faced attendees of the "Save America" rally spending the night.

In D.C., hotels received backlash on social media for hosting Pro-Trumpers and The Line DC, a luxury hotel in the nation's capital, issued a

SEE **INAUGURATION** | 6

INSIDE

Alexandria Celebrates Women

Learn the history of Alexandria's women as essential workers.

Page 4

Seniors

Hermitage Northern Virginia celebrates arrival of COVID-19 vaccine.

Page 11

Late night review board fight

Councilors emotionally debate options for civilian oversight of police

BY CODY MELLO-KLEIN

City Council voted to send a series of models for a civilian police oversight board to the community for

feedback during a contentious legislative meeting on Jan. 12 that stretched beyond 2 a.m.

Although council has been unified in the need for such an oversight body over the last year, the lengthy,

SEE **REVIEW BOARD** | 10

REAL. LOCAL. SAVINGS.

GEICO | LOCAL OFFICE 703-236-1366 | geico.com/alexandria-mccarthy | 4617 Duke Street





THAT'S RIGHT,
Your \$200 monthly
mortgage savings
could make you half
a million dollars.

Refinance today. Invest tomorrow.
Secure financial freedom in your future.

Find out how - call **703.216.9058**

ALEXANDRIA HISTORIC DISTRICT OFFICE | 400 KING STREET



LONG & FOSTER[®]
— REAL ESTATE —

WEEKLY BRIEFING

Sen. Warner commemorates MLK Day at Shiloh Baptist



PHOTO/THE OFFICE OF SEN. MARK R. WARNER (D-VA)
Sen. Mark Warner (D-VA) commemorated Martin Luther King Jr. Day on Monday by volunteering at Shiloh Baptist Church's drive-thru food distribution event. Alongside other volunteers, Warner assembled and handed out packages of food and supplies that would go toward helping 500 local families, according to a news release.

Police investigate serious car crash

Alexandria police are currently investigating a vehicle crash that occurred on Tuesday afternoon and left an Alexandria resident in critical condition and resulted in him losing both legs, according to a news release.

At around 2:30 p.m. in a parking lot in the 200 block of Van Dorn St. a 59-year-old Alexandrian was hit by a vehicle as he was walk-

ing across the parking lot, according to the release. The vehicle was driven by Catalin Filipeanu, a 52-year-old Alexandria resident, who remained at the scene of the crash until police arrived.

The victim was taken to a local hospital where, due to the crash, he lost both his legs and remained in critical but stable condition, accord-

ing to the release.

Filipeanu was arrested and charged with maiming of another resulting from driving while intoxicated. As police investigate the crash, those who witnessed the incident are encouraged to contact Investigator Jordan Young with at 571-414-8975 with any relevant information.

-cmelloklein@alextimes.com

Three candidates file for City Council race

Three candidates filed their paperwork to run for Alexandria's City Council this week, after two city council members announced they would not be running for reelection, according to Angela Turner, director of elections and general registrar.

The candidates will be running for the June 8 Democratic primary ahead of the general election in November.

The city council candidates are Abdel-Rahman Elnoubi, Alvia Gaskins, and

Richard Kirk McPike. Elnoubi is an engineering project Manager at Washington Metropolitan Area Transit Authority and vice-chair and precinct captain of the Alexandria Democrats. Gaskins is a member of the Alexandria Transportation Commission and Agenda Alexandria, and McPike is chief of staff to Congressman Mark Takano.

With two current council members - Councilor Del Pepper and Vice Mayor Elizabeth Bennett-Parker

- announcing they will not seek reelection, the race for council is wide open.

Pepper announced last year she would not be running for reelection, after spending 36 years on council. Bennett-Parker announced this past week that she has her eyes set on the Virginia House of Representatives and the 45th District seat, occupied by Del. Mark Levine, who announced he is running for lieutenant governor.

-ahageman@alextimes.com

Times launches 'Photo of the week'

A new element makes its debut on the first page in this week's Alexandria Times Opinion section: photo of the week. Some weeks, these photos will be about

timely topics in Alexandria, such as this week's image of National Guard troops on the city's waterfront. Other weeks, the photos will be of nature, schools, art and city

residents. Readers are encouraged to submit photos for possible publication to letters@alextimes.com.

-ddunbar@alextimes.com



Does Your Dog Need a Friend in the Middle of the Day?

15, 30 & 60 Min. Visits

Dog Walking, Pet Sitting & Overnight Options Available

Ask About Our Puppy Packages

Schedule A Consultation Today!
571-438-2323

Shop Apparel, Gifts & Pet Supplies at www.PassionatelyPets.com/Shop

ADOPTABLE PET OF THE WEEK



~ **Hooray for the Red, White & Blue** ~

2-year-old McGraw is all smiles. How could he not be, when everything makes this sweet Labrador mix so happy!

Long walks in cool weather? Amazing! Other dogs? The more the merrier! Treats? He'll take them all please. Cats? Well, he loves almost everything.

Meet McGraw online at: AlexandriaAnimals.org/Adopt-By-Appointment

THANK YOU

Diann Carlson
Weichert Old Town
Realtors
703-628-2440

"Because everyone deserves a home."



Alexandria Celebrates Women

Women have been essential workers since Alexandria's beginning

BY GAYLE CONVERSE
AND PAT MILLER

During the American Revolutionary War, an Alexandria woman who had raised eight children also raised what would amount to millions of dollars today to help sustain the Continental Army.

In a time when it was frowned upon for middle-to-upper-class women to work outside their homes, Ann Ramsay not only became one of the war's most successful fundraisers – she was also appointed treasurer of Alexandria and Fairfax County.

Two years after Alexandria was established in 1749, Ann Ball McCarthy (McCarty) married one of the city's founders: Scotsman William Ramsay who was the town's first postmaster and a merchant. Because her husband's shop was located on the ground floor of the Ramsay home, now the Alexandria Visitor Center at 221 King St., the 21-year-old bride was permitted to work there.

Through the years, when her friends and neighbors would enter the store, Ann would solicit funds to try to keep her distant cousin George Washington's troops in boots. She succeeded in collecting more than \$75,000 in 18th century currency. Ann's efforts

were praised by the likes of Thomas Jefferson and cousin George.

From Alexandria's beginnings to today, women have stepped up to serve as essential workers in times of crisis.

According to a 2020 New York Times analysis, "one in three jobs held by (American) women has been designated as essential." The majority of nurses, home care professionals, grocery, pharmacy and transportation employees identify as female, as do a growing number of law enforcement and additional public health and government first responders.

As documented throughout our nation's and city's history, nonwhite women are more likely to be performing essential jobs than anyone else. Indentured and enslaved women toiled as house and field laborers. During both the American Revolution and American Civil War, many women volunteered or worked as nurses while some disguised themselves as men to serve as soldiers or spies.

While women entered the workforce to sustain civilian and military jobs in times of war, pandemics and peace, most remained underpaid and undervalued. Today, benefits such as paid sick leave and child care are often not included. Last September, the Alexandria City Council approved a request from the

Department of Community and Human Services and the Alexandria Emergency Child Care Collaborative to utilize the Coronavirus Aid Relief and Economic Security Act to support emergency child care.

During the influenza pandemic of 1918 and World War I, women entered the previously male-dominated workforce and built airplanes at a new Alexandria factory and built seagoing vessels at a new shipyard at Jones Point.

As local women and men served in all branches of the armed services, Alexandria's women also worked at churches and civic organizations to raise money for war relief efforts. Virginia women worked as nurses and volunteered in medical facilities to stem the onslaught of the 1918 pandemic, much as they do on the front lines of the COVID-19 emergency today.

In a city with more women than men – The World Population Review reports that for every 100 females there are 93 males in Alexandria – there has been in recent years some good news regarding women's entrepreneurial endeavors. One example, according to Visit Alexandria, is the Old Town Boutique District, where 87% of the shops were owned by women in 2017.

The national picture remains disparate: a U.S. Bu-

EMPLOYMENT INFORMATION

If you are looking for employment:

The City of Alexandria's Workforce Development Center, a partner of the American Job Center network, offers staffing solutions that provide businesses with employees who are skilled and ready to work. It provides services and resources for job seekers including access to the WDC Career Center, career readiness workshops, career assessments and customized hiring events. Visit <https://www.alexandriava.gov/WorkforceDevelopment> or <https://www.vec.virginia.gov/alexandria>

If you are a business looking for employees:

The WDC provides a range of business services at no cost to businesses, including job placement, recruitment, labor market information and certified Business Services Specialists to assist in workforce planning. WDC operates the Virginia Initiative for Employment not Welfare Program, Workforce Innovation and Opportunity Act, Supplemental Nutrition Assistance Program Employment Training, TeensWork!, Refugee Employment Program, Disability Employment and Veteran Services. Visit <https://www.vec.virginia.gov/alexandria> or <https://www.alexandriava.gov/WorkforceDevelopment>

If you are looking for emergency child care:

The Alexandria Emergency Child Care Collaborative supports all families in need of child care and works to match them with open providers. COVID-19 Emergency Child Care: Information for Parents and Providers | City of Alexandria, VA

reau of Labor Statistics report from December 2019 revealed that three years ago, American women working full time earned 81% of what men earned.

While many Americans continue to champion equal pay, benefits and an unbiased work environment for women, Alexandria and the nation are once again depending upon our essential workers. Our city's women of the present and the past have sustained not only our community but our country.

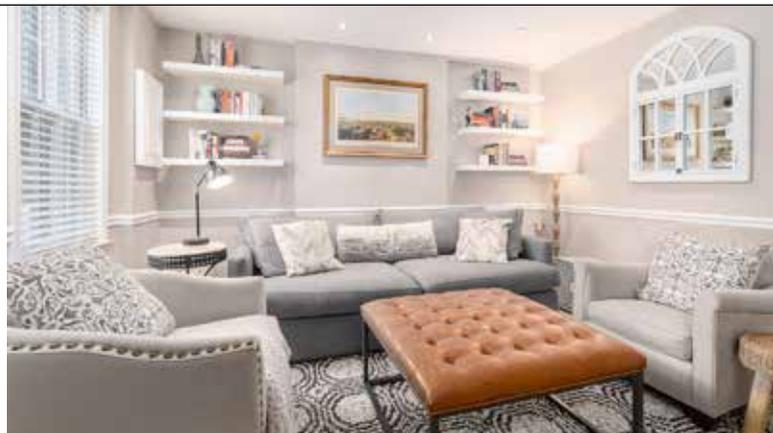
How might history have

played out if women like Alexandrian Ann Ramsay had not become an essential fundraiser? Could the currency she raised have been one of the deciding factors in the birth of the United States?

Women raise more than children.

The writers are founders of Alexandria Celebrates Women, a nonprofit that highlights influential women throughout the city's history.

Contact them at [Alexandria CelebratesWomen@gmail.com](mailto:AlexandriaCelebratesWomen@gmail.com).



Historic Home Polished to Perfection

923 Oronoco Street | Old Town Alexandria
2 Bedrooms | 1.5 Bathrooms | 1 Off Street Parking Space
Offered for \$775,000 | Contract Pending

This beautifully renovated historic home went under contract in only 4 days last week. Homes in our area across many price ranges are selling quickly. The median sold price for a home in the City of Alexandria was up 12.6% in 2020 and spent an average of 18 days on the market, according to Real Estate Business Intelligence, LLC. If you are interested in learning the current value of your home and how to make the most of this market, or if you are a buyer interested in learning strategies to best compete in this market, please give me a call. I would love to talk with you about ways to achieve your goals.

Old Town Brokerage 400 South Washington Street, Alexandria, Virginia 22314 | +1 703 310 6800



Nancy Perkins
 +1 703 402 5599

Nancy.Perkins@SothebysRealty.com
 Watch My Film: NancyPerkins.ttrsir.com

TTR | **Sotheby's**
 INTERNATIONAL REALTY





PHOTO/VISIT ALEXANDRIA

The lobby of the Embassy Suites by Hilton Alexandria Old Town. The week before the inauguration Alexandria hotels increased security.

INAUGURATION FROM | 1

statement saying Proud Boys had been removed, according to The Washington Post. In the days since, Airbnb has closed all reservations in D.C. and D.C. hotels have received pressure to close on Inauguration Day from ShutDownDC.

In Alexandria, pressure came from Vice Mayor Elizabeth Bennett-Parker, who shared a letter on Twitter asking Alexandria hotels to refuse reservations to Proud Boys. By denying these “violent and armed white supremacists” lodging, hotels would “send a message that there is no place for hate in Alexandria,” Bennett-Parker wrote.

When asked about her motivation, Bennett-Parker said in an email that she had heard from residents who had seen Proud Boys on Jan. 6 and were

concerned for their own safety. She said the city should do what they can to prevent another attack in D.C. and that this isn’t about political affiliation but domestic terrorism.

“Alexandrians were there, or knew people who were, and were fearing for their lives and those of their loved ones inside the Capitol,” Bennett-Parker said in an email.

One of the hotels she wrote the letter to, the Holiday Inn Alexandria Carlyle, said in an emailed statement that it did not receive a letter from the vice mayor’s office and declined to comment. Holiday Inn Alexandria Old Town, which was also singled out in Bennett-Parker’s letter, did not respond to a request for comment.

According to the Holiday Inn terms and conditions, a hotel can cancel reservations

that disrupt the normal operation or pose a security risk. The City of Alexandria Office of Human Rights does not include political affiliation as a protected class but can investigate discrimination at public accommodations such as hotels.

On Jan. 4, just two days before the attack on the Capitol, Grassroots Alexandria participated in the “No Room for Fascists” protest outside the Holiday Inn Carlyle. They were following in the footsteps of a D.C. group called the They/Them Collective who were lobbying hotels to close ahead of a Pro-Trump rally. One Grassroots Alexandria member even raised money to pay for hotel rooms, to take them from those who would attend the rally, according to Jonathan Krall, a member of the Grassroots Alexandria steering committee.

The group did not have any protests planned for the inauguration besides supporting other campaigns such as ShutdownDC. Krall also said he thought Bennett-Parker’s letter to area hotels was positive.

“Speaking up in public to support democracy is what’s



PHOTO/CODY MELLO-KLEIN

Alexandria Vice Mayor Bennett-Parker wrote a letter to two area Holiday Inns asking them to refuse reservations to Proud Boys.

needed right now,” Krall said in regards to supporting other campaigns.

IHG-branded hotels in the D.C. area, including Hotel Indigo, committed to staying open during the inauguration and keeping guests safe, Ellis said. This decision was made due to long term guests and members of the National Guard, military, law enforcement, media, government officials and others participating in the inauguration who were staying at area hotels.

Many hoteliers also condemn the violence in the U.S. Capitol and actions taken to undermine American democracy, according to Ellis.

Potential hotel vacancies are not the only thing that will be different about the inauguration this year. Added security is required for the event, due to the political climate and recent violence at the Capitol, Ellis said. Her hotel proactively engaged with police, added security action plans and hired additional security for inauguration week.

“Fortunately, Alexandria did not experience any of the violence that we saw on T.V. from the Capitol – I’m thankful for that and proud of our hotel community for continuing to keep safety first,” Ellis said.

The City of Alexandria has been preparing for activities around the inaugura-

tion for months, according to a news release. The Alexandria Police Department along with Visit Alexandria worked with hotels on information about preparations and how to report problems, according to the release.

Alexandria Police Chief Michael Brown recommended Alexandria hotels follow their “See something, say something” advice. If there are individuals who are not demonstrating peacefully then the police should know about it, Brown said.

For the inauguration, APD had a full deployment of officers who planned to handle any threats that arose. In past years, APD has lent a few officers to D.C. for traffic control and crowd management. The police also worked with federal, state and local partners to share information and monitor intelligence, Brown said.

Both hotels and the APD were working up to the inauguration to ensure safety the day of. Chief Brown hopes for a peaceful week and for things to get back to normal. Ellis is also looking forward to returning to normal.

“I’m looking forward to future inauguration days,” Ellis said. “When we can return to the celebration and high occupancy that typically marks this week every four years.”

-ahageman@alextimes.com

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



Alexandria Design Studio **Now Open**

We're thrilled to open our 4th design studio at the corner of Washington and King. Because during these times, home is more important than ever.

Always Alexandria

If you're looking to remodel a kitchen, add a bathroom, finish a basement, or build an addition, our proprietary CaseStudy® process delivers all of the information you need to make the best decisions for your own unique project. We'll virtually collaborate on ideas, develop three unique design options - with your dream design virtually rendered in 3D - and include budgeting information and timelines. Visit CaseDesign.com to set a virtual appointment or to learn more.



Architects & Remodelers

CaseDesign.com | 703.539.5000



Our commitment to providing a safe, healthy, and respectful worksite and experience.



DESIGN STUDIOS IN MD | DC | VA



PHOTOS/CODY MELLO-KLEIN

Top: People started lining up early on Tuesday at Van Dorn Pharmacy to get their COVID-19 vaccine.

Bottom: Even those who don't have insurance are able to get the vaccine at Van Dorn Pharmacy.



Left: Yodit Gulelat's father, Gululat Menberu (left) and his friend Dick Thornton (right) pose together for a picture during the Korean War.

Right: Colonel Menberu stands next to a military jeep marked with the Ethiopian flag in Korea.



COURTESY PHOTOS

VAN DORN FROM | 1

patients with disabilities and mobility issues up to the front. Several other people who had come by that morning also stayed to provide similar assistance.

By 2:30 p.m., Gulelat had run out of vaccines, having administered the shot to more than 80 customers. Despite the long waiting times, both Norton and Gulelat said no one complained.

According to Gulelat, the Van Dorn Pharmacy received its approval to open from the Virginia Board of Pharmacy in May of last year, but COVID-19 dealt them some minor setbacks and left them unable to fully open until a couple of months ago.

In the meantime, Gulelat said the pharmacy worked with the CDC to become a local COVID-19 testing site.

“Because of that, the CDC asked us to [help] vaccinate,” Gulelat said.

While it has only been open for a few months, the community has flocked to Van Dorn Pharmacy and created a network of support during a trying time.

As Gulelat was administering the vaccine, many residents stepped up by going to nearby stores and picking up coffee and food for Gulelat and her small staff and team of impromptu volunteers. Gulelat and her staff were also visited by doctors and nurses who said they would be more than happy to help with adminis-

tering the vaccines if needed, according to Gulelat.

Van Dorn Pharmacy employs a small staff of pharmacists and technicians, some of whom are Gulelat's sisters.

“A retired doctor came in. He said, ‘Let me help you. I am retired,’” Gulelat said. “And the nurses were like wanting to come and help. [It was] amazing, amazing. I mean, we really discovered things that I can say has brought a lot of people together.”

And to think, if it had not been for a watch, there would be no Van Dorn Pharmacy, and none of this would have happened, Gulelat said.

“My dad, when he was in the Korean War, he was

SEE **VAN DORN** | 9

Rani & Kiara

Twin sisters Rani and Kiara see with their hearts and have so much love to give.

Due to COVID-19 we are only doing adoptions by appointment. For more information contact King Street Cats: contact@kingstreetcats.org. Visit us at www.kingstreetcats.org

703-231-7199
25 S. Dove Street
Alexandria, VA 22314
A 501(c)(3) Nonprofit Organization
Federal CFC# 39989

R&B Heating & Air Conditioning Inc.
703-683-1996

Celebrating 40 Years in Alexandria

www.rbincorporated.com

Handyman Services
Division of Maid Services, Inc.

- Bathrooms • Painting
- Plumbing • Electrical
- Carpentry • Drywall Repair
- Kitchen • Power Washing

Maid Services Inc.

- Weekly • Apartments
- Bi-Weekly • Condominiums
- Monthly • Townhouses
- One Time • Single Homes

Office: 703-560-6243
Cell and Text: 703 629-9977
Bruce Elton Owner maidservicesinc.com



COURTESY PHOTO

Dick Thornton and his wife (middle) and daughter (left).

“I cannot give you anything, I don’t have anything to [pass on to] you. What I can give you is an education. Everything has been taken from me, even my Korean watch.”

– Colonel Gulelat Menberu

VAN DORN

FROM | 8

awarded a Korean watch,” she explained.

Gulelat’s father, Colonel Gululat Menberu, had been part of a contingent of Ethiopian troops who traveled to Korea starting in 1951 to fight in support of the United Nation’s mission during the war. After Menberu completed his service, he was awarded a Korean watch, which he took home with him to Ethiopia.

But in 1974, a socialist military junta toppled the country’s leader, Emperor Haile Selassie. The new government stripped Ethiopians of their private property. They took Colonel Menberu’s house – and his prized watch too.

“On his deathbed he said, ‘I cannot give you anything, I don’t have anything to [pass on to] you,’” Gulelat said. “What I can give you is an education. Everything has been taken from me, even my Korean watch.”

For the past four years, the seven sisters, six of whom are

pharmacists, have been trying to recover their father’s house in Addis Adaba but, ultimately, have been unable to secure it. Like the watch, the house too, became lost to memory.

“When they said ‘No,’ I said ‘Okay, I’m going to open a pharmacy, and [I’ll] make sure that I take care of the elderly people,’” Gulelat said.

According to Gulelat, the pharmacy offered them a way to fulfill their father’s legacy, something he had hoped to pass on through his house and his watch. She currently runs Van Dorn Pharmacy with the help of some of her sisters.

Around the time her pharmacy received its approval from the Virginia Board of Pharmacy, something surprising happened.

Gulelat heard from a long-lost friend of her father’s, a man named Dick Thornton. Gulelat said Thornton claimed he knew her father from the war in Korea and had even carried a picture of him in his wallet for more than 60 years. Thornton had

George Francis Gunning passed away on Jan. 6, 2021 at the Silverado Memory Care Community in Alexandria. He was 88 years old. He died as a result of COVID-19. George was an avid and adventurous world traveler who served his country, first as an officer in the U.S. Army, and then in a long and distinguished civilian career with the U.S. Navy. George had been a resident of Alexandria for more than 40 years.

George was born in Rome, New York on July 1, 1932. Hoping to find better economic conditions during the Great Depression, his family moved briefly to Ireland in 1940, before returning to New York City. George graduated from Cardinal Hayes High School in New York City. He attended Columbia University for a time but completed his undergraduate studies at the City College of New York. As a member of the Army ROTC, George was commissioned as a Second Lieutenant. He served at Fort Carson in Colorado and was promoted to First Lieutenant.

After leaving the Army, George returned to Columbia University where he earned a master’s degree as well as a professional diplo-

been trying to track down the family by asking around Korean and Ethiopian immigrant communities for the past several decades.

In the end, Menberu’s friend Thornton proved himself to be a more faithful keeper of time than the watch the Colonel had been awarded. Ultimately, it was Thornton, not the watch, which brought memories of Gulelat’s father’s wartime service tumbling into the present.

“So, I’m on the phone with this man I haven’t met. He’s

OBITUARY

George Francis Gunning



COURTESY PHOTO

ma from Teachers College.

George began his professional life working for the Prudential Insurance Company, first in Newark, New Jersey and then in Santa Monica, California. He then made a career move that would set the stage for the rest of his life when he became a personnel specialist with Douglas Aircraft and then with NASA’s Flight Research Center at Edwards Airforce Base. He then moved on to a role with the Navy’s Regional Office of Civilian Manpower Management at Pearl Harbor in Hawaii. This role took him on frequent personnel troubleshooting assignments in Guam, Japan, the Philippines, Thailand and Vietnam. He then served as the civilian personnel director for the U.S. Military Assistance Command in Bangkok, where he lived for five years during the

height of the Vietnam war.

In the late 1970’s, George returned stateside to Alexandria, continuing to provide direction and expertise on civilian personnel matters for the U.S. Naval Facilities Engineering Command and later for the U.S. Army until his retirement in 1990.

Throughout his career, George received numerous commendations for his excellent performance and contributions, including the Navy’s Meritorious Civilian Service award.

Following his long and exciting career, George remained an active member of NARFE, the National Active and Retired Federal Employees Association, and participated in many adult travel and education programs including Road Scholars.

George is survived by his nephews, Richard Magee of St. Louis, Missouri and Steven Magee of Short Hills, New Jersey, and by his niece, Ann Magee Peretzman of Princeton, New Jersey. George is also survived by his close friend Cris de Castillo of Alexandria.

Memorial contributions in memory of George Gunning can be made to the Alzheimer’s Association at www.alz.org.

92 years old. I have his phone number. He sends me [a picture of my dad and him]. And he was bawling. He was crying. And he said, ‘I’m glad I [met] my friend’s kids.’”

Just as Thornton had met Gulelat’s father during a time of calamity, he found himself now meeting Menberu’s daughter during a different kind of unprecedented crisis.

During the pandemic, Gulelat has driven out to local nursing homes to administer the influenza vaccine. She has done house calls for people on

occasion who can’t travel to her location, and she has honored the legacy of her father’s selfless wartime service in ways that no watch ever could. Gulelat also said that, unlike other pharmacies, when it comes to services, she is not charging her customers.

“Suppose they come here, and they say, ‘We don’t have insurance,’ I say, ‘I don’t care, I want everybody to get better’ because America gave us a chance that our country did not give us,” Gulelat said.

–wschick@alextimes.com

“One of the things that the community asked for is for this body to have certain investigative authority with subpoena power.”

– Councilor Mo Seifeldein

REVIEW BOARD FROM | 1

fiery conversation on the dais showed a council divided over what a police oversight board should look like in the city and how much power it should have.

Based on the four models for how a police oversight board could operate in that city staff presented to council, council voted 4-3 to send an ordinance for a hybrid investigative model to the community for input. The other three options would be presented alongside this option.

“One of the things that the community asked for is for this body to have certain investigative authority with subpoena power,” Councilor Mo Seifeldein said. “I think there’s a general consensus as to why we brought this forth, and this is what the community wants.”

In the aftermath of George Floyd’s killing at the hands of a white Minneapolis police officer and the protests that swept the country in 2020, City Council unanimously approved a resolution on June 9, 2020 directing city staff to bring a proposal for an oversight board to council.

When staff brought that proposal before council on Sept. 8, it included only a single option – a hybrid model with a civilian-led review board and independent auditor – and drew criticism from City Council members. Council ultimately sent staff back to the drawing board and directed staff to return to council with a more comprehensive presentation of various models.

On Jan. 12, Sarah Taylor,

the city’s legislative director, returned to present four options, which ranged from boards with advisory power to complete investigative authority.

The first two models Taylor presented included the poles of the oversight spectrum. One, model A, was a review-focused civilian oversight board that would provide recommendations based on reviewing investigations that had already been conducted by Alexandria Police Department internal affairs.

The second, model B, was an investigative-focused civilian oversight board that would, through an independent auditor, conduct investigations instead of APD and make binding decisions.

The last two options presented by Taylor, a model C and model C2, represented two variants of a hybrid investigative body and received the most support from council.

Model C would allow police to conduct internal investigations except in specific cases assigned to the oversight body under code, such as cases involving use of force or the death or serious injury to a person in custody. In those cases, an independent auditor would conduct their own investigation and present their findings to the board to render a decision.

This kind of hybrid oversight body would also provide feedback and direction for the police department’s policies, directives, programs, budgets and expenditures, allowing it to shape the police department outside of those individual cases.

In model C2, APD would continue to conduct all in-

vestigations, however, in any case where the oversight body deems it necessary, the hybrid oversight board could insert an independent auditor into the investigation. The auditor would sit in on the investigation and, if the result was found to be insufficient or questionable, the auditor would conduct their own investigation, issue findings to the board and determine discipline.

During the more than two-hour conversation on the virtual dais, members of council remained split over which variant of model C to push out into the community as a council-supported model. Even after Seifeldein put forward a motion, seconded by Pepper, prioritizing model C, members of council debated the value of both variants.

Throughout the conversation, Vice Mayor Elizabeth Bennett-Parker and Councilors Seifeldein, Canek Aguirre and John Chapman largely supported model C. Mayor Justin Wilson and Councilors Amy Jackson and Del Pepper remained skeptical of model C and supported model C2.

Bennett-Parker argued that model C provides the board independent investigative power while allowing council the flexibility to choose which kinds of cases it can exercise that power in.

“I think with model C it seems like you can assign it as much authority as you want to...” Bennett-Parker said.

Wilson spoke in support of model C2 and stated his discomfort with any investigative body that completely replaces APD’s investigative ability in specific cases.

“For me personally, I have concern about taking away the investigatory authority of the police department in those matters,” Wilson said.

Jackson echoed Wilson’s concerns and argued model C2 would allow the city to compromise between what the community and APD want.

“I’m also trying to find a compromise where I think we need something because the community has been asking for this, however, I don’t think we need something so intrusive as to feel the police are having their powers taken away because we don’t want that either,” Jackson said.

Aguirre asked Seifeldein to clarify what kinds of cases the oversight board would investigate in his proposed model C. Seifeldein specified that the board would be given exclusive investigative authority over use of force incidents, the death or serious injury of people in custody and abuse of authority and other serious misconduct cases. In all other cases, APD would continue to hold its own internal investigations.

Jackson proposed a substitute motion that would prioritize the model C variant, C2, in the information sent out to the community.

Jackson’s substitute motion ultimately died for lack of a second, and Bennett-Parker offered another substitute motion that would send both model C variants to the community as council-supported models.

In response to the proposed motion, Seifeldein fired back at his fellow members of council, accusing them of paying lip service to the fight against police brutality and watering down the concept of the police review board while ignoring what the community has stated it wants.

“At this point you might as well just table this thing because every time people of color in this nation try to do something to overcome a systemic, racist system, you have people who think they know what they’re talking about – they know what these communities are talking about – without having done an ounce or inch of research come substitute their opinion for

what those communities want,” Seifeldein said.

“This [model C] is what the community has asked for numerous times,” Seifeldein continued. “You’ve seen it since June. You’ve seen it here in this community. Most of you were at the rallies. Some of you even spoke at the rallies and fed people a bunch of lies and BS and now here [what] you’re trying to do is water it down and kill it. Right? This is not what the community has asked for.”

After a moment of silence passed among those on the Zoom call, Aguirre said he had no concerns with staff presenting both variants to the community.

“Even if staff brings us two proposed ordinances around C1 and C2, we have to vote on which one we’re ultimately going to decide on,” Aguirre said.

Shortly after, Seifeldein launched into a speech about the “miraculous, bloody and gruesome” history of the country and how easy it is for ostensibly good people to feel like they have no role to play in the fight against systemic injustice because they are “just one person” and need to support themselves and their family.

During Seifeldein’s comments, Jackson interrupted him and pushed council to vote on the substitute motion the vice mayor had put forward, resulting in a back and forth between Wilson and Seifeldein.

Bennett-Parker ultimately withdrew her substitute motion, and Pepper withdrew her second to Seifeldein’s initial motion. Without a way forward, Seifeldein eventually restated his motion, which was seconded by Aguirre and approved 4-3 with Wilson, Pepper and Jackson voting against prioritizing model C. Staff will return to council in March to present the results of the community outreach efforts.

–cmelloklein@alextimes.com

BETTER *with* AGE

INSIDE:

Fall prevention is for everyone.

Pg. 19



COURTESYPHOTO

Walgreens assisted the Hermitage Northern Virginia retirement community in administering the Pfizer BioNTech COVID-19 vaccine to staff and residents on Jan. 14.

Vaccine brings hope to Hermitage

Majority of residents, staff at Alexandria LTCF excited by inoculation

BY GODY MELLO-KLEIN

After weeks of waiting for word on when they would receive the COVID-19 vaccine, residents and staff at Hermitage Northern Virginia, a local retirement community, received a dose of hope on Jan. 14.

Through a partnership with Walgreens, Hermitage was able to administer the Pfizer BioNTech vaccine to 86 assisted living residents, 17 health care residents and eight staff members – or around 95% of residents and 85% of staff.

For Hermitage staff, the vaccine clinic held on Jan. 14 was a moment worth celebrating. Staff literally rolled out a red carpet, playing music and giving out special lunches, ice cream and candy to those who got the vaccine.

SEE **HERMITAGE**

| 12

SENIORS

Models Now Open

We are here for you and your loved ones. Visit Sunrise of Old Town for a one-on-one tour of our brand new models. You'll get a sneak peek of our community's amenities, activities, and dining program. We look forward to sharing our personalized approach to assisted living and memory care, coming to Alexandria in the spring of 2021.

- Highly trained, compassionate team of caregivers
- Community cleaning protocols are constantly reinforced, with professional deep-cleans performed as necessary
- Conveniently close to medical centers and hospitals

 © 2020 Sunrise Senior Living
All our team members are following COVID-19 infection control protocols, including wearing a mask. Number of visitors allowed inside is limited, to maintain appropriate social distancing.



**CONTACT US
TO SCHEDULE YOUR
PERSONAL TOUR**

703-454-9900
SunriseOldTown.com/Times

“We just want to get vaccinated and we just want to turn the corner, so it was just very exciting, personally, to get vaccinated. I took a picture of myself and sent it to a bunch of friends and everybody's really jealous. It's just the happiest thing that could possibly happen in the beginning of the year.”

– Debra Norberg,
director of marketing and admissions, Hermitage

HERMITAGE FROM | 11

“We just want to get vaccinated and we just want to turn the corner, so it was just very exciting, personally, to get vaccinated,” Debra Norberg, director of marketing and admissions at Hermitage, said. “I took a picture of myself and sent it to a bunch of friends and everybody's really jealous. It's just the happiest thing that could possibly happen in the beginning of the year.”

The past year has been challenging for long-term care facilities across the country, including Hermitage. The retirement community constantly had to adapt to the changing conditions around COVID-19, which, at times, required restricting visits for residents.

News that a vaccine was on the way could not come soon enough.

“Every week I kept hoping that we would hear that it would be our turn, and then finally it was,” Norberg said.

After hearing that Hermitage would receive doses of the Pfizer vaccine, staff set about preparing for Jan. 14. Staff not only had to make plans for how the vaccine would be distributed on the day itself but had to educate residents and their families about the vaccine.

Staff held information sessions with residents and team

members to provide clear information about the vaccine development process and any associated side effects or risks. However, staff said that most residents could not wait to receive the vaccine and get back to a sense of normalcy.

“I have a resident that I go to every morning and she would say to me, ‘Safi, our days are numbered [until we get the vaccine].’ I said, ‘Yeah, we cannot wait,’” Saffiatu Bangura, a nurse at Hermitage who helped administer the vaccine, said. “So, you can tell most of them want to be safe. They want to go back to normal, which I experienced the day of the vaccine. Some of them in the morning, they could not wait to step out of the door for me to call them out and say, ‘Hey, it's your turn.’”

“We just feel the higher the percentage of people getting inoculated possibly will allow us to open up the campus that more quickly and just go back to a sense of actually being able to be with each other,” Norberg said.

Norberg said she was impressed by how residents have responded throughout the pandemic. Their eagerness to get the vaccine was further proof of how level-headed many residents have been throughout a chal-

SEE **HERMITAGE** | 13

Real People Really Living with Memory Loss

At Silverado our focus is on our resident quality of LIFE providing personalized engagement programs in an open and thriving atmosphere.



Silverado has been leading the way in memory care for 20 years. Call today to learn how experience, innovation and compassion make us leaders in memory care.



S SILVERADO
lives enriched

memory care | communities
2807 King Street | Alexandria, VA 22302
(571) 388-8681 | silverado.com/alexandria

ADVERTISE WITH US

Don't miss your chance to advertise in the following special sections in the Alexandria Times! Contact us at 703.739.0001 for rates and more information.

- February 4**
Port City Flavor
- February 4**
Finance
- February 18**
Wedding

SENIORS

HERMITAGE FROM | 12

lenging year.

“My feeling is that people have been through so much in their lives – wars, the Depression, lots of different illnesses – and I just felt like there was this sense of calm that people had and just this belief that if we follow these precautions and we do the right thing, we’re going to be ok,” Norberg said. “No one was that fazed by all this.”

On Jan. 14, 12 Walgreens staff arrived at 9 a.m. to administer the vaccine to residents and staff. Hermitage nursing staff was assigned in groups to help vaccinate residents who had consented in specific areas of the facility, Bangura said.

The process was smooth and easy, as staff went floor-to-floor, room-to-room in the facility to make sure that every resident who wanted to receive the vaccine was able

to, according to staff.

Since the vaccine clinic on Jan. 14, the only complaints or side effects staff and residents have mentioned is some soreness on the arm where the vaccine was administered.

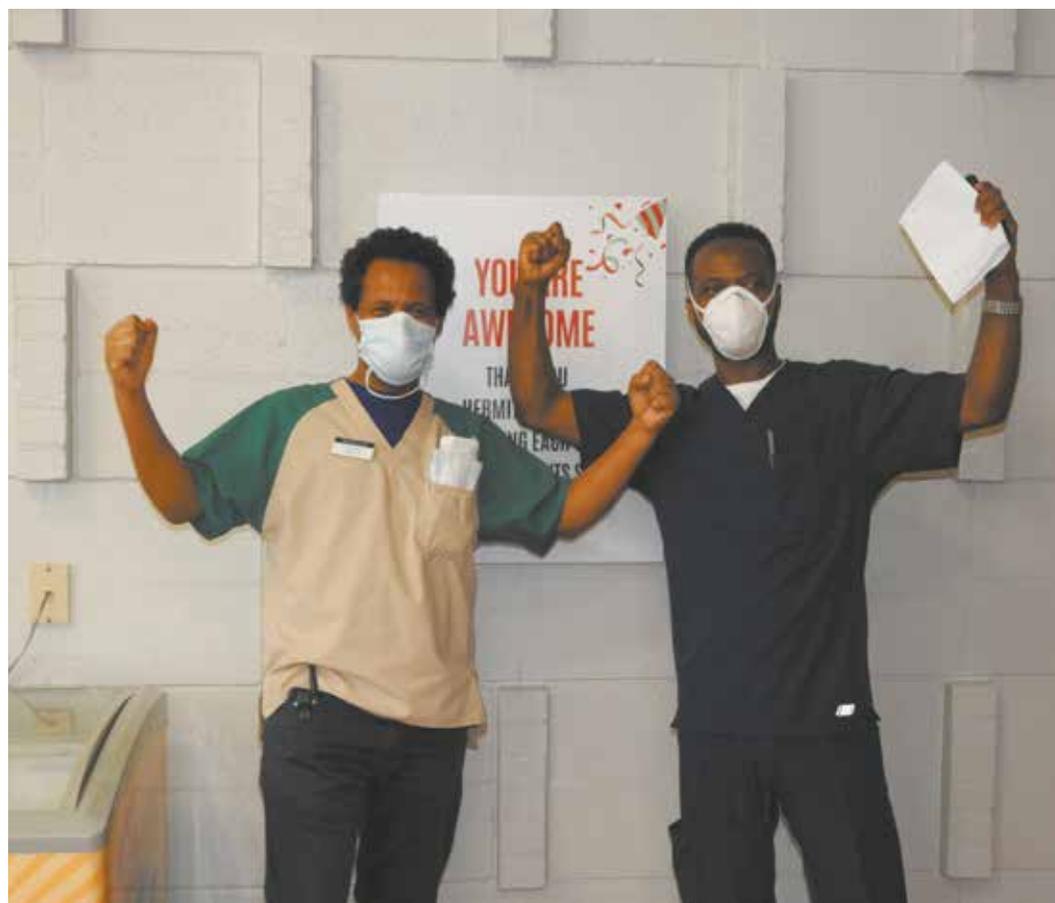
Residents are looking forward to seeing their family members in person soon, and nursing staff, like Bangura, said the vaccine has given them some peace of mind that, as frontline workers, they will be less of a risk to their families.

“I have family members that [have] cancer ... and I’m lucky to be in the frontline – I got it before them,” Bangura said. “I’m so happy for that.”

For Norberg, the vaccine is hopefully a turning point in an otherwise tough year.

“I feel better than I’ve felt all year. It was so monumental to me. I just could not wait for this to happen, so we’re really happy,” Norberg said.

-cmelloklein@alextimes.com



COURTESY PHOTO

Two Hermitage staff members celebrate the vaccine roll out.

Aging in place. How does thoughtful design help?

M & M designs kitchens to meet senior specific needs, even including ADA compliant appliances and cabinet sizes when appropriate. This means no extra walking, bending, or reaching when working in your kitchen. Every cabinet has a convenience feature that delivers real usefulness. Practicality and organization meet grace. Our resident expert, Rory Callaghan, has decades of kitchen planning experience. He will guide you through a truly enjoyable remodeling experience.

Please send all inquiries to
roryc@mandmappliance.com
 or call or text Rory’s cell 301-537-3515

WE ♥ ALEXANDRIA!

817 S. WASHINGTON ST.
 ALEXANDRIA, VA 23314
 (703) 299-0092



SENIOR PROFILE

To give and to get

Hermitage resident who used to administer vaccines happy to receive COVID-19 shot

BY CODY MELLO-KLEIN

Peg Bixler is no stranger to vaccines, so when doses of Pfizer BioNTech's COVID-19 vaccine became available at Hermitage Northern Virginia, her retirement community, Bixler hardly batted an eyelash.

"I wasn't hesitant. I just wanted to get it and get it over with," Bixler said.

Born in Clifton, New Jersey in 1926, Bixler was familiar with medicine: Disease and hospitals have long been at the forefront of her mind even before the pandemic.

Bixler's father had worked as a nurse practi-

tioner in charge of the communicable disease ward at Walter Reed Army Medical Center in Bethesda, Maryland. Despite her father's stories of death, food shortages and a lack of bed space – resulting in two men stuffed in a bed sometimes – at an early age, Bixler knew she wanted to work in the medical field.

"I always liked taking care of people," Bixler said. "Ever since I was 3 years old [my parents] said I told everybody I was going to be a nurse. You don't go into nursing unless you like it."

Bixler attended school in Upper Montclair, New Jersey and eventually was able to get the job she had dreamed of since she was 3 years old. Bixler began her eight-year

tenure as a nurse at Englewood Health, a hospital in Englewood, New Jersey, in 1944, right in the midst of World War II during a challenging time to be in the medical profession.

"It absolutely was difficult. We didn't have all the supplies we needed," Bixler said. "Our hospital was associated with Columbia Presbyterian [Medical Center in New York City] and if they could get some [supplies], we could."

When Bixler's husband returned from the war, like a lot of women who had been working during World War II, Bixler transitioned her role as a working woman to that of a mother and

SEE **BIXLER**

| 15



COURTESY PHOTO

Hermitage Northern Virginia resident Peg Bixler received the COVID-19 vaccine on Jan. 14.



Choose Senior Living at Ashby Ponds or Greenspring.

Here are 3 reasons why...

When you put your trust in the area's most popular senior living communities, you choose a life of 1. **financial stability**, 2. **care and connection**, and 3. **healthy peace of mind**. Because we're managed by Erickson Living®, a national leader in senior living, you are free to live your life with confidence and ease.

Learn more today. Call 1-800-746-1459 or visit RetirementVirginia.com for your FREE brochure.

 **Ashby Ponds** | Ashburn, VA
Greenspring | Springfield, VA

SENIOR PROFILE

BIXLER FROM | 14
housewife, Bixler said.

Even then, Bixler found a way to take care of people.

In 1952 and 1953, America was facing a different medical challenge: an outbreak of polio. The number of polio cases hit 58,000 and 35,000 in those years respectively, and while the number of deaths that occurred has been eclipsed by those caused by COVID-19, people were worried all the same.

When the first effective polio vaccination campaign commenced in 1955, Bixler was first in line to volunteer and administer the vaccine. Almost a decade before the vaccine became available, Bixler had contracted polio and spent three months in a communicable disease hospital.

"I can still hear the iron lungs running," Bixler said.

Administering the polio vaccine was a big moment for Bixler. It was also, for those now accustomed to injection-delivered vaccines, a very different experience than Bixler's recent experience with the COVID-19 vaccine.

"The first time I did it, I volunteered at the school my children were at, and the first vaccine was put on drops of sugar cubes," Bixler said.

The public sentiment around the vaccine was also quite different than it is today. Instead of the hesitancy and fear that some people have expressed when it comes to the COVID-19 vaccine, families were eager to get their children inoculated, partly because it was not administered via a needle.

"All parents wanted their children to receive the vaccine and feared polio," Bixler said. "... Parents

“All parents wanted their children to receive the vaccine and feared polio. ... Parents and children got vaccinated right away.”

– Peg Bixler

and children got vaccinated right away.”

In her 40s, Bixler returned to nursing, circulating between three hospitals in Passaic, New Jersey before moving down to the greater Washington D.C. area in 1975. Bixler volunteered in the Kennedy Center gift shop for 45 years after moving to the area.

After her move south, Bixler continued to give back to the veterans who had fought during World War II. She was one of more than a dozen men and wom-

en who volunteered at Fort Belvoir as part of the Honor Flight program run by the nonprofit Honor Flight Network. As part of the program, veterans are transported to Washington D.C. to visit the war memorial of their respective wars.

Bixler volunteered as an aide for some of the World War II veterans who were brought to the area to visit the World War II Memorial.

In the years since moving to the area and retiring from nursing, Bixler has lived her life to the fullest,

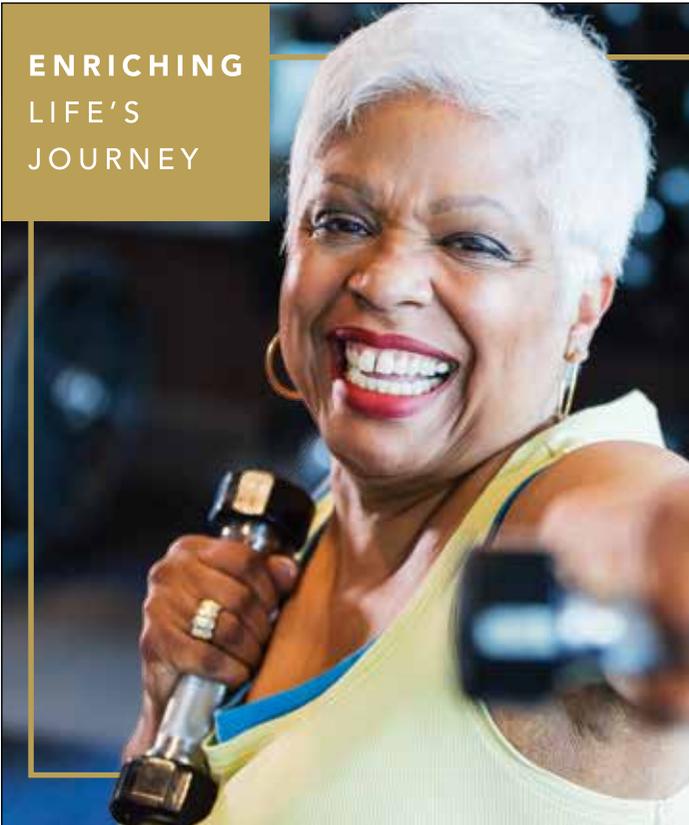
she said. She has travelled to every single continent, including Antarctica, although she plays down the accomplishment.

"I've been to 199 countries, so I've had a wonderful life. Sometimes I get annoyed but nothing much you can do about it," Bixler said.

With the COVID-19 pandemic still hitting new peak levels of infection, Bixler has a lot to be annoyed about, but, like many residents at Hermitage, she was excited to hear news that the vaccine would be coming to the local retirement community. Bixler was one of 103 Hermitage residents to get vaccinated on Jan. 14.

Although she's long since retired as a nurse and is now on the other side of the vaccine administering process, Bixler continues to help people.

-cmelloklein@alextimes.com



ENRICHING
LIFE'S
JOURNEY

LIVE ON YOUR OWN TERMS

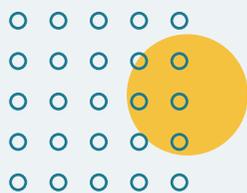
HERMITAGE NORTHERN VIRGINIA, a tree-lined senior living community in the heart of Alexandria, provides our residents with the tools necessary to live life on your own terms. We connect residents, families, and loved ones through a person-centered approach to senior living, ensuring support and services are tailored to your individual needs. Our emphasis on togetherness creates a dynamic and engaging retirement community that lets you thrive! Whether you live independently or require more assistance, Hermitage Northern Virginia is ready to help you enjoy a journey that you create.

HERMITAGE | NORTHERN VIRGINIA



LET'S TALK TODAY TO CONTINUE **YOUR** JOURNEY!

703 797 3800 | HERMITAGENOVA.ORG | 5000 FAIRBANKS AVENUE | ALEXANDRIA, VA 22311



Every Journey Is Different

No matter which direction you choose, Goodwin House will help you thrive

“I want to stay in my own home, and do it safely and affordably.”

You're not alone. 3 in 4 Americans aged 50+ hope to remain in their homes, according to the AARP.

That's why Goodwin House created **Goodwin House at Home**. This innovative program helps older adults in Northern Virginia stay in their homes and age safely and vibrantly with financial protection for future care costs.



How Can We Help You Find Your Way?

Our experienced team can help you and your loved ones safely and securely navigate your future. Call or email any time to start your journey with us.

Goodwin House Incorporated • 4800 Fillmore Ave., Alexandria, VA 22311
 info@goodwinhouse.org • 703.578.7201 • www.goodwinhouse.org

“Our friends in senior living communities have no homeowner headaches, more opportunities to learn and grow and health services right on campus. Those are wonderful benefits during a pandemic!”



Moving into senior living can mean more independence—not less, and more resources to keep you younger longer.

Our residential communities, **Goodwin House Alexandria** and **Goodwin House Bailey’s Crossroads**, support active lifestyles and are both within easy reach of Washington, D.C. And if needed, you can seamlessly transition from independent living to assisted living, memory support, short-term rehab or nursing care without the stress of moving to a new location.

“I need skilled nursing and therapy services at home.”



Goodwin House Home Health’s team of experienced therapists and nurses can provide customized, skilled intermittent care to older adults all across Northern Virginia, whether in their homes or other retirement communities.

Goodwin House Hospice offers end-of-life care to individuals 18 and older with terminal illnesses. We provide comfort and improve quality of life through pain management, symptom control, personal care, counseling and spiritual support, social work services and 24/7 on-call nursing support.

Sources: Binette, Joanne and Kerri Vasold. 2018 Home and Community Preferences: A National Survey of Adults Age 18-Plus. Washington, DC: AARP Research, August 2018.

SENIORS

Five tips to help seniors exercise during the pandemic

BY BRANDPOINT

A recent nationwide poll by Tivity Health, a national provider of senior fitness, nutrition and healthy lifestyle solutions, including SilverSneakers, a community fitness program designed for older adults, indicates many seniors are probably not getting the exercise they need to maintain optimal health.

A core challenge is reduced gym access, as quarantine proves problematic for many older Americans trying to continue exercise regimens. Exercise remains critical for seniors to maintain a healthy immune system that's able to fight off disease. Regular workouts can also increase balance and strength and help prevent falls.

Maintaining regular exercise during COVID-19 does not need to be difficult. If you're a senior wanting to maintain effective workouts each day, here are some tips you can follow even if you're practicing social isolation.

Start slowly

If you haven't been exercising, you'll want to ease into your new routine gradually. Studies indicate just two weeks of inactivity or a 75% reduction in daily steps can decrease your muscle strength by 8%, while dropping 1,000 to 1,500 steps each day can raise inflammation and blood pressure. Jump-start your new regimen with safe exercises like squats, wall push-ups, light weightlifting regimens and taking

socially distanced walks.

Subscribe to a digital exercise program

You do not need to leave your home to exercise each day. That's especially true if you sign up for a high-quality digital regimen that fits well with your exercise goals and preferences.

Instructor-led online exercise sessions are being offered to all SilverSneakers members. In addition, free Facebook Live classes led by SilverSneakers national trainers are broadcast multiple times a week. The national fitness membership organization designed the virtual series to help seniors stay in shape while still following precautions during the pandemic. For more information, visit silversneakers.com.

Avoid prolonged sitting

Even if you must set a timer to remind yourself, take frequent breaks from sitting and engage in rejuvenating strolls – or simply take part in activities that involve standing. The point is to avoid being sedentary for long intervals of time.

Use others as motivation

In the poll, 44% of responding seniors said they're motivated to return to their fitness centers to see and socialize with friends. If you feel more motivated when not exercising all by yourself, you might optimize FaceTime, Zoom or even a quick phone call to interact with fitness-minded others as you work out at home.

Check out local fitness centers

Before attending local gyms, learn what they're doing to keep their customers safe and to align with recommended CDC guidelines. If you feel safe enough to participate, exercise in open spaces where you can maintain six feet from others. You might also check out low-intensity options such as water exercise classes, yoga or Tai Chi.

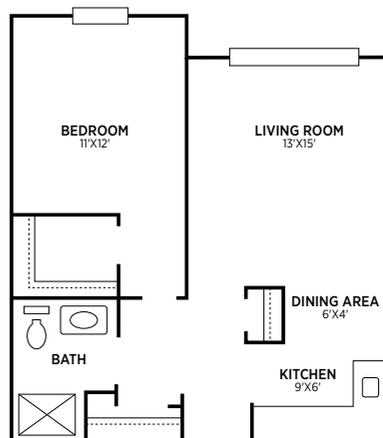
Whether you're staying at home or practicing safe social distancing while out and about, there's no need to give up the exercise that can help you maintain optimal health during the pandemic. Take steps now to ensure you're taking good care of yourself through age-appropriate workouts and movement.

MOVE IN NOW! ONE BEDROOM UNITS GOING QUICKLY!
CALL 703-768-0234 TO RESERVE YOUR UNIT TODAY!



**ONLY
A FEW
First Floor,
One BRs
left!**

ONE
BEDROOM
RANGING FROM
600-645 SQ FT



PAUL SPRING™

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

PURPOSEFUL LIVING

7116 FORT HUNT ROAD · ALEXANDRIA, VA 22307 · 703.768.0234
 WWW.RUI.NET/PAUL-SPRING · @PAULSPRINGRETIREMENTCOMMUNITY

SENIORS

Falls prevention is for everyone

BY SARA T. PAPPA



SARA T. PAPPA

Did you know that every 11 seconds, an older adult is treated in the emergency room for a fall-related injury, and each year, more than three million older adults are injured in a fall? That translates to more than 850,000 hospitalizations, 29,000 deaths and \$50 billion in annual health care costs, according to the Centers for Disease Control and Prevention.

While falls are the leading cause of injuries in people over age 65, falls are not an inevitable part of aging. Falls can happen at any age, but as we get older, the risk of a serious injury from a fall increases. This increased risk

is due to several factors, including decreased muscle strength, balance and reaction time.

Short and long-term implications from falls include potential disability from injuries, hospitalizations and reduced

SEE **PREVENTION**



FILE PHOTO

| 20 Plenty of natural light and bright light bulbs make for a safer home.



FALCONS LANDING
Common Bonds. Extraordinary Living.

settle for
More

Falcons Landing is delighted to announce the opening of our first Terrace Home, in February 2021. With the best features of apartment and cottage living, The Terrace Homes offer a new take on Independent Living for military officers who have honorably served and senior level federal employees. No matter how you spend your days, Falcons Landing gives you the freedom to enjoy all of the activities that define who you are. Only four remain in the first Terrace Home! Call us now to learn more.

ACT FAST! CALL (703) 260-8504 BEFORE THE LAST 10 APARTMENTS ARE RESERVED!

www.FalconsLanding.org | Falcons Landing is proud to be a non-profit Life Plan Community.



SENIORS



Now, more than ever, being part of a caring community helps us to stay connected and engaged with others. At Home in Alexandria is pleased to offer support, enrichment and fun to our Alexandria neighbors ages 55+

Connect with us to learn more about the practical and social support you'll get as a member of AHA.

www.athomeinalexandria.org
aha@athomeinalexandria.org
 703.231.0824



FILE PHOTO

Annual eye exams will help reduce the risk of falling.

PREVENTION FROM | 19

capacity for work and household duties. There is also the possibility of reduced independence and quality of life. After a fall, we can also see an increase in social isolation from self-imposed restriction of activity due to the fear of experiencing another fall.

The good news is that we can greatly reduce the risk of a fall by paying attention and taking action on the risk factors for falls. Some risk factors are internal to the individual and include age, having fallen previously, muscle weakness, gait and balance problems, poor or reduced vision, lack of sleep, changes in cognition, a fear of falling and decreased sensation in the feet. Taking multiple medications or changing medication are also risk factors.

Other risk factors are external to the individual. Examples include throw rugs, clutter, exposed electrical cords, lack of bathroom grab bars, small pets and children, lack of hand railings on stairs, poor lighting, uneven sidewalks, slippery surfaces and shoe choice.

So, putting this all together, it is important to make a plan for falls prevention.

Most falls are predictable and preventable, and not just the result of a single cause. Your plan should include:

Strength and balance exercises

- Join an exercise class
- Walk on a regular basis

Regular check-ups

- Get an annual physical
- Get an annual eye exam
- Ask for a medication review by a health care provider

A safe home

- Get rid of throw rugs and clutter
- Check for electrical cords
- Install grab bars
- Install hand railings
- Ensure natural light or brighter light bulbs

Here is a link to a great resource that walks you through your home to check for trip hazards: https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf.

For more information about falls and falls prevention programs, visit the Northern Virginia Falls Prevention Alliance webpage: <https://novafallsprevention.com/home>.

The writer is Northern Virginia Falls Prevention Alliance Coordinator.

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

ARTS

‘McCartney III’ is worthy of Sir Paul

BY ANDREW DUNBAR

In the twilight of the most harrowing year in recent memory, Paul McCartney chose to release the third and likely final installment in his self-titled album series. The former Beatle requires no introduction, but perhaps the “McCartney” albums do.

After John Lennon informed his bandmates that he wanted a divorce in September of 1969, McCartney withdrew from the public eye to his farm in Scotland, devastated. After a difficult two months, his wife Linda urged him to begin work on his first solo project.

Returning to London, McCartney recorded the album almost entirely in his home in St. John’s Wood on a four-track tape recorder without a mixing desk. He performed all the instrumentals and vocals on the record. A week after the official breakup of the Fab Four in April of 1970, Paul began his stellar solo career with the release of “McCartney.”

The album spent three weeks at number one on the U.S. Billboard before losing its spot to “Let It Be” – ironically the Beatles’ 12th and final studio album – and offered one of the finest hits by an ex-Beatle in “Maybe I’m Amazed.”

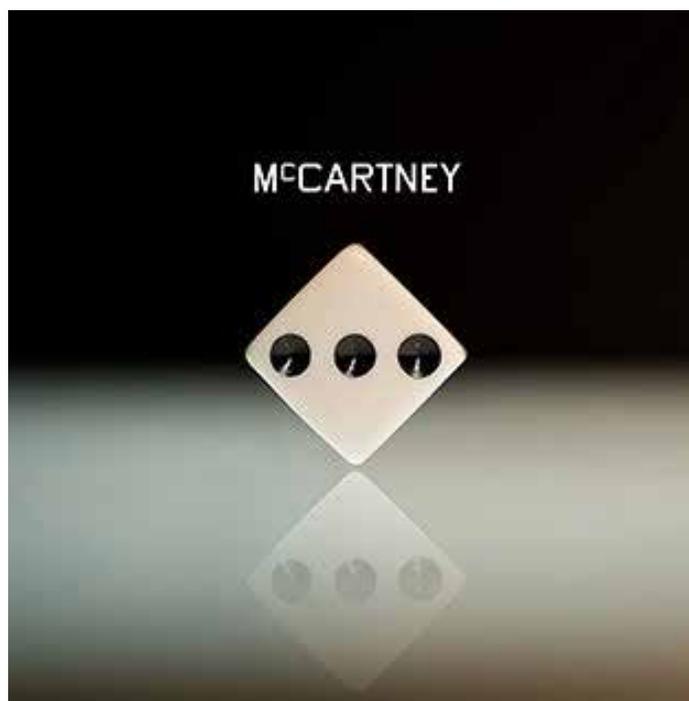
Although a commercial success, many critics at the time attacked the record’s homemade production and

lo-fi aesthetic. However, over time the album’s importance has been recognized, particularly among amateur musicians as a testament to individual musicianship and home recording.

Eccentric, synth-laden and humorous, many music historians have interpreted “McCartney II” as Paul’s acceptance of New Wave. Recorded at his farm in the summer of 1979, McCartney once again arranged, performed and produced the album on his own. The record peaked at number three on the U.S. Billboard, thanks largely to the danceable hit single “Coming Up” and the insidious yuletide ballad “Wonderful Christmastime.” “McCartney II” holds a firm spot among McCartney’s most polarizing work, yet it remains just as influential as its predecessor for its experimental compositions.

In that way, “McCartney III” continues the tradition of Sir Paul’s self-titled albums, mixing DIY production with the skill of a musician who has dominated popular music for 60 years. The result is his finest album since 2013’s “New.” McCartney spends much of the record’s 44 minutes with his guitars unplugged, setting the tone with somber acoustic opener “Long Tailed Winter Bird,” a standout instrumental lifted by McCartney’s hypnotic vocal riffing.

Other notable acoustic



Paul McCartney's "McCartney III."

PHOTO/CAPITOL RECORDS

tracks include “The Kiss of Venus,” a pleasant ballad reminiscent of the white album’s iconic “Blackbird,” and the optimistic closer “When Winter Comes,” a tune surely written with The Beatles’ “I’ll Follow The Sun” in mind.

However, Wings fans can rest assured – McCartney leaves plenty of room for overdriven rock ‘n roll on tracks like “Lavatory Lil” and “Slidin’.” McCartney’s compositional prowess has only increased over the years. “McCartney III” offers captivating instrumentals from front to back – with the exception of the trite “Women and Wives” – most notably in “Pretty Boys” acous-

tic arpeggios, the bassline of “Lavatory Lil,” the electric piano and harmonium combo found on “Deep Down” and the electric guitar arrangements on the chorus of “Seize The Day.”

Unlike its predecessors, “McCartney III” dabbles in melancholy, uncharacteristic for Paul, though fitting within the global context in which it was conceived. Unfortunately, a couple of McCartney’s attempts at crafting weightier songs fall flat, notably the underwritten, melodramatic “Deep Deep Feeling,” which boasts an impressive guitar and piano arrangement but overstays its welcome with an eight-

and-a-half minute runtime. The excellent piece of poetry in “Women and Wives” is also wasted on a bland, three minute reverb-soaked piano loop.

The record opts for minimalistic vocal performances, relying more on the quality of the instrumentals than the 78-year-old’s vocals, which are nevertheless effective, albeit a touch overproduced on a few occasions.

McCartney explores loss, fame and mortality in his verses. He recalls Beatlemania on “Pretty Boys”: “Strike another pose / Try to feel the light / Hey, the camera loves you / Don’t put up a fight.”

On “Seize The Day,” lyrics range from romantic – “I bless the day you came into my life / You helped me to realize / Love was the greatest prize” – to apocalyptic, “When the cold days come / And the old ways fade away / There’ll be no more sun.” McCartney’s lyrics are typically enigmatic.

Far more polished than its predecessors, “McCartney III” is the best “McCartney” installment in half a century. It’s difficult to express how inspirational this series is to aspiring musicians. It serves as a reminder that all the music maker truly needs is talent and a microphone.

Rock on, Paul.

The writer is a student at Providence College studying English and music.

HOMES

How you can help decrease plastic consumption

BY BRANDPOINT

The COVID-19 pandemic has increased the consumption of single-use plastic as disposable mask and glove usage has skyrocketed. Additionally, many businesses have eliminated the option to use reusable shopping bags at a store or to bring your own mug to a coffee shop.

These measures are important to help stop the spread of the virus, but there are simple steps to take to help reduce your single-use plastic consumption and achieve a more sustainable way of living, even during the coronavirus pandemic. Here are six ideas:

1) Buy local. If possible, get out to your local farmers

market or butcher for your grocery shopping. Farmers market vendors often use less packaging, and you can ask your butcher to wrap your meat in wax paper instead of plastic. Shopping local is also a great way to support your community.

2) Swap your cleaning tools. The leading spray mop uses single-use plastic pads. One greener choice, the O-Cedar ProMist MAX microfiber spray mop features a reusable, machine washable microfiber pad and a refillable bottle to cut down on plastic waste while removing over 99% of E. coli and Staph. aureus from pre-finished hardwood flooring and ceramic tile using tap water, as tested at an indepen-

dent accredited lab.

3) Plate over bowl, bowl over plate. If you're doing more cooking at home, you're likely finding yourself with leftovers. Ditch the plastic wrap and use your dishes as an easy, inexpensive food storage solution. To do this, place a plate or saucer over a bowl to cover its contents or, alternatively, flip any size bowl over leftovers on a plate. It's a simple solution using what you already have. You'll be protecting your food from drying out in the fridge while eliminating your plastic waste.

4) DIY cleaning solu-

SEE **PLASTIC**

| 23



COURTESY PHOTO

The O-Cedar ProMist MAX microfiber spray mop features a reusable, machine washable microfiber pad and a refillable bottle to cut down on plastic waste.

Wear a mask. Save a life.



You can proactively help rid Alexandria of the new coronavirus by wearing a cloth facemask when you must go out in public. By wearing a mask, you help prevent community spread of the coronavirus and help protect the most vulnerable in our community.



HOMES

PLASTIC FROM | 22

tions. With all the extra cleaning you're doing around the house, buying cleaning solutions in disposable bottles for your home can be expensive and result in additional plastic waste. The average household goes through 18 bottles a year of cleaning solution when using the leading disposable spray mop, calculated using consumer consumption data found in "Linkage Research Report: Spray Mop Habits & Practices Study, March 10, 2020." Instead use a refillable bottle and make your own cleaning solution using water and your choice of vinegar or castile soap.

5) Wear a cloth mask. Safety guidelines make it difficult to go anywhere without

wearing a face covering. But the popularity of disposable face masks has impacted the amount of plastic in the waste stream, according to a report by the L.A. Times. Do your part by opting to wear reusable, cloth masks – you can find them just about anywhere these days.

6) Avoid plastic when you can. When you're ordering takeout, be sure to ask the restaurant to leave out any extra disposable materials. For example, let them know you don't need disposable silverware. And although most coffee shops and cafes aren't accepting reusable drink containers, you can still bring your own reusable straw.

These tips make it easier to do your part in reducing plastic waste. For more information, visit <https://ocedar.com/swap-your-mop/>.



FILE PHOTO

When ordering takeout, let them know you don't need silverware. Use your own to avoid plastic waste.

HOME OF THE WEEK

Old Town home brings history alive on Prince St.

Steeped in Alexandria history, this boutique condominium is located in Swann Daingerfield, one of Old Town's most distinctive buildings.

Originally built in the Federal style in 1800 for Thomas Swann, the house served as the residence for three generations of the Daingerfield family, all notable Alexandrians, who remodeled it into its current second empire architectural style.

From 1899 until 1941 the house served as the location for St. Mary's Academy. During their tenure, the sisters of St. Mary's expanded the house with two large Second Empire-style annexes.



COURTESY PHOTOS

In 1943, the Alexandria Hospital School of Nursing purchased the building and converted it into a dormitory for nurses in training, a role it served until 1973. It was then converted into condominiums and has been one of Old Town's most cherished residences for more than 50 years.

The residence measures 1,690 square feet and has very high ceilings throughout and two wood burning fireplaces. The second bedroom, located off the living area, is perfect for a den or home office that can double as a guest room. A balcony off the kitchen, reminiscent of those found in Europe-

an towns, overlooks rooftops and the private garden below.

The master suite has plenty of room for a king size bed and a sitting area. An elevator, separate storage and assigned parking space are all included. This condominium is located on Prince Street in the heart of Old Town.

Left: This condominium is located in the historic Swann Daingerfield building.

Right: There are high ceilings throughout the residence.

AT A GLANCE

Location: 706 Prince

St. Residence 12,
Alexandria, VA 22314

Neighborhood: Old Town

Price: \$649,000

Square feet: 1,690

Contact: Heather Corey

and Sharon Wildberger, TTR
Sotheby's International Realty,
703.989.1183/703.597.0374
[hcorey@ttrsir.com/](mailto:hcorey@ttrsir.com)
swildberger@ttrsir.com

HOMES ADVERTORIAL



We're booking interior painting projects for the winter.
Want to get on our schedule? Call us now for a **FREE** estimate!

703-684-7702

ASK ABOUT
OUR WINTER
DISCOUNT!

CALENDAR

JANUARY 22

ALEXANDRIA WINTER RESTAURANT WEEK TO-GO

Enjoy Alexandria Restaurant Week at home this winter for an extended two-week period and show support for the city's large community of locally owned restaurants. For 17 days and three weekends, more than 60 restaurants will offer a \$49 takeout dinner for two. New this winter, more than half of these restaurants will also offer a \$25 takeout dinner for one. This event lasts through Feb. 7.

Time: Varies

Location: Varies

Information: www.visitalexandriava.com/restaurants/restaurant-week

JANUARY 25

THE ROOTS: UNPACKING RACE AND RACISM IN EVERYDAY TERMS

In ACT for Alexandria's virtual webinar, participants will explore key concepts and develop and enhance their understanding of race and racism as constructs and how these constructs are used as structural and societal barriers. Participants will be introduced to the historical, cultural and operational analysis of racism. Additionally, this session will examine how

individuals are socialized in racialized environments and how identity influences responses to benefits and consequences of racial-cultural social systems. Participants will be provided with a review of key racial equity grounding terms to aid in their understanding.

Time: 10 a.m. to 1 p.m.

Location: Virtual

Information: <https://bit.ly/3oFKqtK>

JANUARY 30

STORIES IN THE ARCHITECTURE

Venture behind the scenes, from the basement to the attic, and explore the history of the Lee-Fendall House through its architecture. Changes in style and home technology have all left their mark on the home, from when it was built in 1785 through its continued use as a home in the twentieth century. This tour will include parts of the house that are not regularly open to the public. Face masks are required, and the tour is limited to eight participants. Tickets must be purchased in advance and are \$10 per person.

Time: 2 to 3:15 p.m.

Location: 614 Oronoco St.

Information: www.leefendallhouse.org

FEBRUARY 1

HUNT FOR WASHINGTON Enjoy a fun and challenging game to uncover clues about Alexandria and George Washington. The hunt, which should take about 60 to 90 minutes to complete, will take hunters to places in Old Town associated with the general. Start by printing a clue sheet at home and bring it on a trip through the heart of Old Town and then use sleuthing skills to find answers to the clues. By Feb. 28, submit findings to GWBirthDayEvents@gmail.com to win prizes.

Time: All day

Location: Old Town

Information: www.washingtonbirthday.com

FEBRUARY 5

"AFTER EDWARD HOPPER: THEMES OF SOLITUDE AND ISOLATION" ART EXHIBIT

The "After Edward Hopper: Themes of Solitude and Isolation" exhibit challenged artists to present their interpretations of Hopper's imagery with perseverance, fortitude, diversity and an egalitarian spirit. The exhibit runs from Feb. 5 to Feb. 27.

Time: Opening from noon to 8 p.m.

Location: 2704 Mt. Vernon Ave.

Information: www.delrayartisans.org

FEBRUARY 6

17TH ANNUAL ALEXANDRIA WAREHOUSE SALE Deemed in the region as the longest-running boutique driven warehouse sale, the popular mid-winter event will convert to a walkable sale and will take place throughout Old Town with nearly 40 independent boutiques participating. The sale will take place in stores, pop-up tents and open retail space along King Street and select side streets following social distance guidelines and COVID-19 protocols. Peruse a variety of new boutiques and retailers not only located in Alexandria, but throughout the Metro region. Deal seekers will find the very best from Alexandria's and the region's finest retailers and indie brands with various brands of clothing, shoes, jewelry, home furnishings and more up to 80 percent off retail prices. Free parking will be available on both days. This event runs Feb. 6 to 7.

Time: All day

Location: Old Town

Information: www.oldtownboutiquedistrict.com/alexandria-warehouse-sale

CHRIST CHURCH COURTYARD TOUR

George Washington's church has one of the oldest graveyards in

Alexandria, dating back to 1766. Hear from Christ Church docents about the churchyard's unique history, Washington's connection with Christ Church and the Presidents who also worshipped there. Fifteen-minute tours will be given every Saturday in February.

Time: Noon to 2 p.m.

Location: 118 N. Washington St.

Information: www.washingtonbirthday.com

FEBRUARY 13

VIRTUAL GEORGE WASHINGTON BANQUET AND BALL

Join the likes of Mr. Gadsby, citizens of Alexandria and General Washington himself for a Birthnight celebration on a personal screen at home. Over Zoom, begin the evening with a video presentation full of dancing, conversations and toasts. Then, General Washington will be available live for questions. After the Q&A, enjoy English country dancing called by our expert dance master that attendees can do with one, two or four people at home. Period costumes of the 1790s are encouraged.

Time: 7 to 9 p.m.

Location: Virtual

Information: www.alexandriava.gov/GadsbyTavern

EDITOR'S NOTE:

The Times encourages residents to continue to follow Gov. Ralph Northam's "Safer at Home" guidance, to maintain physical distance from others and to wear masks in public.

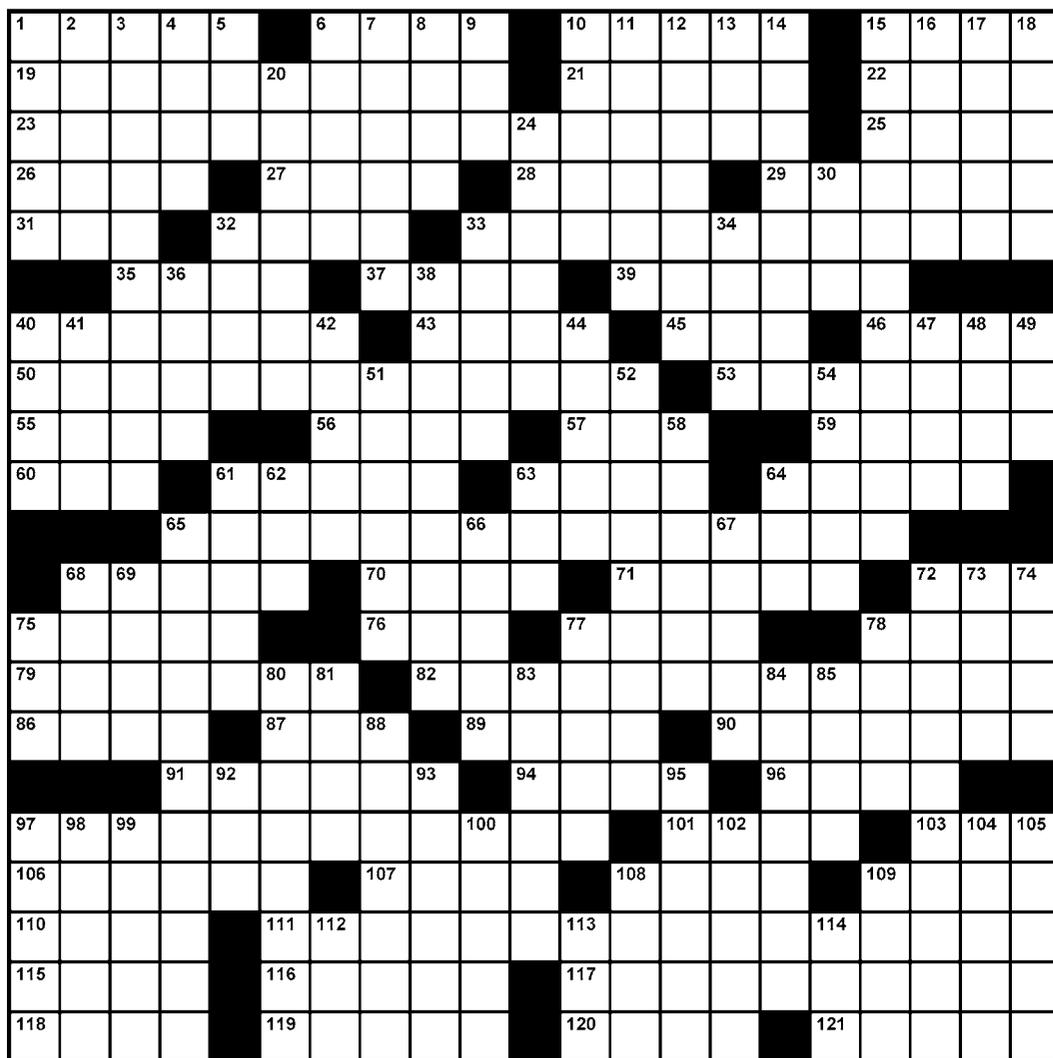
Give it a Shot!

Protect Yourself & Your Community.
The Alexandria Times encourages all residents to get the COVID-19 vaccine when available.

 #VaxALX



Weekly Words



IN HERE! by Matthew Stock, edited by David Steinberg

ACROSS

- 1. Streetcars travel on them
- 6. More than none
- 10. Blot gently
- 15. Male turkeys
- 19. "Scratch what I just said!"
- 21. Wombs
- 22. "Rain, rain, go ___"
- 23. God, while forming a major landmass?
- 25. Taproom barrels
- 26. Has another birthday
- 27. Unlike a lie
- 28. Currency in Italy
- 29. Blissful
- 31. "Neither snow ___ rain ..."
- 32. Curved
- 33. Wolf pack meetup gone horribly wrong?
- 35. "You gotta be kidding me!"
- 37. Big hunk of meat
- 39. What may be seen around a house?
- 40. "Rock Wit U (Awww Baby)" singer
- 43. "___ sesame"
- 45. Roofing goo
- 46. Palindromic Indian flour
- 50. Scaredy-cat's laundromat?
- 53. Unkind people
- 55. Horse/49-Down hybrid
- 56. Talk rudely to

- 57. Back muscle, for short
- 59. Runs in neutral
- 60. Finale
- 61. Clear sky's color
- 63. Bus payment
- 64. Fuss over your looks
- 65. Zoo's money manager?
- 68. Black key near C
- 70. Pinball cheater's move
- 71. Took a chance
- 72. Baker or banker
- 75. "A ___" (money-centric 2008 hit)
- 76. Resort with cucumber slices
- 77. Take courses?
- 78. Rum cake
- 79. Starts holding a subway strap
- 82. Certain evil spouses?
- 86. List that includes entrees
- 87. Pencil, after much use
- 89. "I loved it!" review
- 90. Uses to achieve greater success
- 91. GPS, for one
- 94. Mole or rat
- 96. Makes a knot in
- 97. Put the last touches on hockey items?
- 101. Postmortem notice, briefly
- 103. Pre-iTunes music purchases
- 106. New York or Kentucky, in Monopoly
- 107. Three-time Olympic track medalist Bowie

- 108. Its kernels are often used in burritos
- 109. Obnoxious kid
- 110. T. ___ Price
- 111. What a successful hat seller leads?
- 115. Limbs under sleeves
- 116. All-star lineup
- 117. Candy with a chew center
- 118. Goes blond, perhaps
- 119. Squad
- 120. "A Raisin in the Sun" divisions
- 121. Silences, as a Twitter troll

DOWN

- 1. Puerto ___ (San Juan resident)
- 2. Disco era suffix
- 3. Adult's playful side
- 4. Tons (of)
- 5. ___ Lanka
- 6. Prow's opposite
- 7. "Dagnabbit!"
- 8. "The Queen's Gambit" victory, familiarly
- 9. "... and so on" (Abbr.)
- 10. Next to appear
- 11. Classic consoles
- 12. "For sure!"
- 13. One who may not want a relationship, slangily
- 14. Blaze involving many wheels
- 15. Look, informally

DEATH NOTICES

- LILLIAN ACKERS** (82), formerly of Alexandria, Jan. 16, 2021
- DONALD DABNEY** (69), formerly of Alexandria, Jan. 7, 2021
- MAILE DUGGAN** (81), of Alexandria, Jan. 12, 2021
- JULIAN W. EVERLY** (89), formerly of Alexandria, Jan. 12, 2021
- ALAN GROSS** (83), of Alexandria, Jan. 7, 2021
- GEORGE GUNNING** (88), of Alexandria, Jan. 6, 2021
- JUDITH A. HARDER** (85), of Alexandria, Jan. 7, 2021
- CARLA L. HOMAN** (47), of Alexandria, Jan. 6, 2021
- KYLE KUBISCH** (37), formerly of Alexandria, Jan. 5, 2021
- GEORGE ODEN** (82), of Alexandria, Jan. 9, 2021
- DONALD PERKINS** (89), formerly of Alexandria, Jan. 11, 2021
- HEATHER REESE-GRAY** (47), formerly of Alexandria, Jan. 16, 2021

Solutions from last week



- 16. Olympian Jesse
- 17. Field with rabbits?
- 18. Food distribution giant
- 20. International understanding
- 24. Sandwich with sauerkraut
- 30. Racket
- 32. Cartoon hit sound
- 33. ___ lazuli
- 34. Dutch cheese
- 36. Spice from nutmeg
- 38. Sinkers of ships, in a saying
- 40. Tippy-top
- 41. Ostracize
- 42. "To recap ..."
- 44. ESPN personality Katie
- 47. Subway ___ (backsplash choice)
- 48. Many a quinceañera guest
- 49. See 55-Across
- 51. Ring weight measures?
- 52. Perfect places
- 54. Broadcasted
- 58. Renter
- 61. Short story writer Nin
- 62. Acne spot
- 63. Be the right size
- 64. Dessert at an eating competition
- 65. Like someone who doesn't mess around
- 66. Style
- 67. Inch (along)
- 68. Dreadful
- 69. Custardy dessert
- 72. Web language
- 73. Do as Simon says, say
- 74. Vocal part for Lance 74-Down
- 75. Palindromic studio
- 77. Plunges into a pool
- 78. Vitriol
- 80. Known, in a geographic sense
- 81. Convent figures
- 83. Place setting part that doesn't go in the dishwasher
- 84. TV executive's concerns
- 85. Judicial order
- 88. Intense competitions
- 92. Sun Devils' sch.
- 93. Medium-sized string instruments
- 95. Like soup you have to blow on
- 97. Capacitor unit
- 98. Creamy-white
- 99. Self-description after a life-style change
- 100. Supervillain's misdeed, often
- 102. Loo users
- 104. "At Eternity's Gate" star Willem
- 105. Parts of an IKEA manual
- 108. Shoe with holes
- 109. Veal cordon ___
- 112. "Who am ___ stop you?"
- 113. Zeta follower
- 114. That ram

Our View

In search of unity

Transformative leaders attempt to inspire and unite us.

Think John F. Kennedy and his call to service: “Ask not what your country can do for you. Ask what you can do for your country.” Think Ronald Reagan’s admonition to lead by example: “America is a shining city upon a hill whose beacon light guides freedom-loving people everywhere.”

President Joe Biden’s inaugural words were of that ilk: “We celebrate the triumph not of a candidate, but of democracy. ... We must put aside politics and face this pandemic as one nation.”

When leaders call us to be our best selves, they ask us to work with rather than demonize those who disagree with us.

Conversely, when people in positions of power resort to demagoguery or bullying or attempt to deny basic rights to those with whom they disagree, they appeal to our worst selves and deepen existing divisions.

Unfortunately, two members of Alexandria’s city council have recently fanned the flames of discord: Vice Mayor Elizabeth Bennett-Parker and Councilor Mo Seifeldein.

Bennett-Parker, who last week announced her candidacy for the state legislature, recently waged a campaign to pressure local hotels into denying rooms to supporters of former President Donald Trump during inaugural week. In a letter she released on Twitter, Bennett-Parker urged Alexandria hotels to refuse reservations to members of the pro-Trump group the Proud Boys, saying that by denying the “violent and armed white supremacists” lodging, hotels would “send a message that there is no place for hate in Alexandria.”

Perhaps Bennett-Parker genuinely fails to see the contradiction between this self-righteous statement and her refusal to condemn the actions of her own legislative aide, who was arrested last year for allegedly breaking through

a police barrier and assaulting a D.C. police officer during a protest that, like that of the Proud Boys, began peacefully.

Additionally, the words of Seifeldein during the Jan. 12 legislative meeting about models for a potential civilian police oversight board were like gasoline on the flames of racial discord.

Seifeldein launched into a rant about the “miraculous, bloody and gruesome” history of our country and accused his fellow councilors of paying lip service to the fight against police brutality. This came during a discussion about what kind of civilian police oversight board to establish, not whether one was needed in the first place, in a city where the police department does not have a history of egregious use of force incidents.

To his fellow councilors who dared voice support for models of the review board that differed from his own preference, Seifeldein pitched the equivalent of a City Council temper tantrum that at times left his colleagues in the virtual Zoom meeting speechless.

There’s currently a whisper campaign circulating in the city that Seifeldein is pondering a challenge to incumbent Mayor Justin Wilson in the upcoming Democratic primary. Perhaps Seifeldein believed he was leading with his outbursts, or perhaps his passion for the issue at hand simply got the better of him.

Seifeldein’s actions at the council meeting and Bennett-Parker’s campaign to deny lodging to Trump supporters are not what positive leadership looks like. In fact, at the council meeting, it was Wilson and Councilor Amy Jackson who tried to find middle ground and who showed actual leadership.

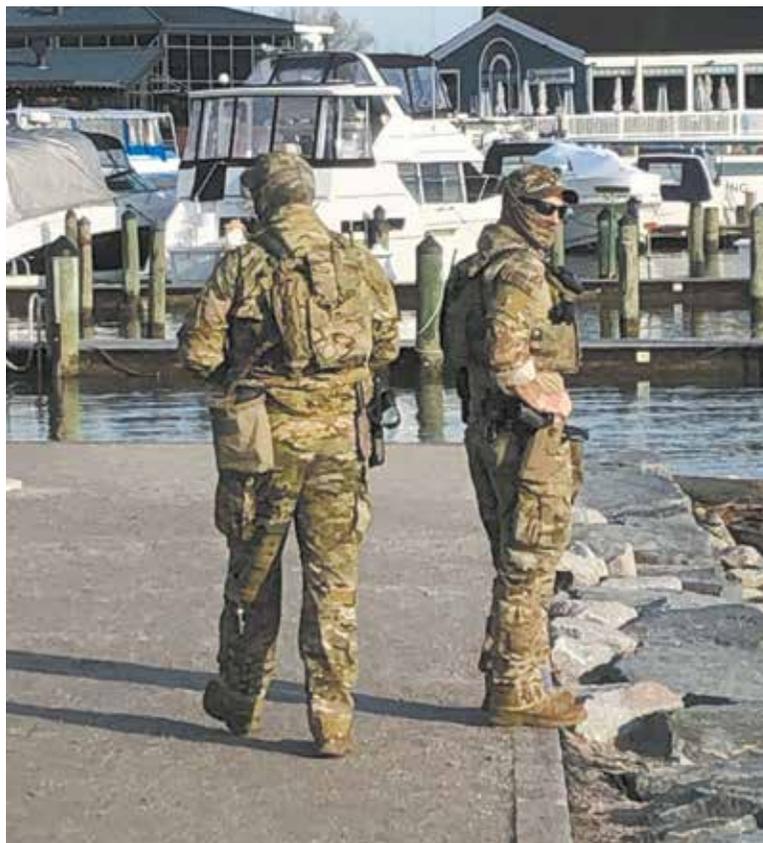
On Wednesday, President Biden told us, “Without unity, there is no peace, only bitterness and fury.” Amen.

Opinion

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

- Thomas Jefferson

Photo of the Week



PHOTO/WILL DUNBAR

Your Views

A half-baked stormwater plan

To the editor:

I’m not sure what was most astonishing about City Council’s discussion of the stormwater fee on January 12 – that not one city council member questioned the magnitude of the city’s nearly half-billion dollar stormwater construction proposal, or that no one asked what analysis was done to arrive at an exact doubling of the stormwater fee.

In any case, it seems that T&ES has once again been caught with its pants down. How out of touch can a public works department be when it has failed

to act on the threat of climate change both in terms of coastal and inland flooding? Many other cities with similar risks are well into development or even execution of their climate change “resilience” plans to harden their infrastructure against flooding.

While T&ES was focusing so much of its time on road diets, particularly Seminary Road, and stormwater projects intended to address pollution problems that don’t appear to exist, these issues were

SEE **STORMWATER**

| 29

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.

Popular Vote Interstate Compact is unconstitutional

The proponents of the National Popular Vote Interstate Compact say that they are supporting democracy and fairness. In fact, the result of their proposal would be quite the opposite.

The Compact would make changes the U.S. Constitution forbids. It would weaken the Electoral College and undermine our federal system of independent states as well as our representative democracy.

The U.S. Constitution provides for change through an amendment process. According to the U.S. Constitution, states may not enter compacts without the consent of Congress. The National Popular Vote does not ask for the consent of Congress (Article 1, Section 10).

Article II, Section 1 of the U.S. Constitution creates an Electoral College. The Electoral College is the formal body which elects the president and vice president. The Electoral College is composed of representatives from each state plus the District of Columbia and a few territories.

It was created by our country's founders to resolve the problem of how to elect the president and vice president. Suggestions that America elect the president and vice president by a vote of Congress or by a nationwide popular vote of qualified citizens were rejected.

Some say our current process is undemocratic. Why single out the Electoral College as undemocratic? Would they also say that the Senate and Supreme Court are undemocratic institutions? The Senate is composed of only two representatives per state. The

Supreme Court is composed of a small number of judges nominated by the president and confirmed by the Senate who serve for life.

Some say the majority, via the nationwide popular vote, should rule. But our government is a federation, a federation of states. It is based on the premise that the winner must build a coalition across the nation, state by state. Our government is representative of all the states, not just of the large urban centers.

Another problem with relying on a nationwide popular vote to elect our president and vice president is that in a presidential election, one candidate or ticket may not receive a majority of the votes. There may be many candidates, and each might represent one region or one issue. We would then get into run-off elections and all sorts of permutations of the present process.

America is a diverse nation, and we succeed best when we think in terms of all the states. The Compact proposes to change the vote of a state whose winner is not the national winner.

In practical terms, what it means is that, if in 2024 if President Joe Biden and former Vice President Mike Pence competed for the presidency, and Virginia's top vote getter was Biden but Pence was the winner of the national vote, all of Virginia's votes for Biden would be changed to votes for Pence.

This is unfair to the citizens of Virginia and unconstitutional as well.

*-Linda Greenberg,
Alexandria*

“America is a diverse nation, and we succeed best when we think in terms of all the states. The Compact proposes to change the vote of a state whose winner is not the national winner.”

My View | John Porter

Our best kept secret

“It’s the best kept secret in Northern Virginia.”

I have lost count of the number of times I have heard this statement made regarding Northern Virginia Community College. NOVA, as it is affectionally called, has been a mainstay educational institution in our region since its founding in a warehouse at Bailey’s Crossroads in 1964.

While much has changed at the college since that time, the “best kept secret” descriptor continues to be one that aptly describes the college for many in our area, even though it provides the best post-secondary opportunity available in the region, whether for the college-bound high school senior or the adult student seeking further education and skill development to advance in their chosen field or move to another.

With more than 70,000 students currently being served, NOVA is also one of the largest institutions of higher learning in the country. The expanse of courses and degree offerings makes it the perfect place to complete those important first two years of college at a fraction of the cost of attending a four-year college or university.

NOVA also provides an all-important support system for students transitioning from their relatively secure high school environment to the larger and sometimes less personal world of higher education. In my experience as an educator, the community college option has proven extremely valuable for many students, particularly those who are still determining their career focus and direction.

NOVA has nurtured partnerships with Northern Virginia’s public school divisions to increase the number of dual enrollment offerings for students, where they can earn both high school and college credit by taking designated courses. Currently, the college is working closely with these same school divisions to expand the dual enrollment program into a larger, more encompassing Early College opportunity, which could ultimately offer students the prospect of completing their associate degree at the same time

that they fulfill their high school graduation requirements.

While providing these amazing opportunities for high school students and graduates, NOVA also is a leader in workforce development and skill training. NOVA awards more information technology degrees than any other two-year college in the United States and was recently noted as producing the fifth highest paid cybersecurity talent of any college or university in the country.

Degree and certification opportunities are available in high demand fields from automotive technology to cloud computing, from medical sonography to information systems technology. Major national corporations in the area like Micron, Northrup Grumman and Amazon Web Services partner with NOVA to address industry needs in high-demand positions with students completing internships and stepping into these higher paying positions upon program completion.

The ability of NOVA to quickly adapt to the changing needs of local corporations makes for the “perfect wave” of opportunity for the businesses, the college and, most importantly, the students.

While there is no perfect answer to what is best for each student, the opportunities provided by Northern Virginia Community College, whether for the soon-to-be high school graduate or the out-of-school adult seeking to improve their employment picture, deserve strong consideration.

NOVA’s success over the past 50 plus years speaks to the value and importance of the college for our region and beyond. Having such a leader in the field of education in our own back yard is something of which we should all be proud. And while sometimes we do not want to share our good fortune, in this case it is important to let the rest of the world in on “the best kept secret in Northern Virginia.”

The writer is the former principal of T. C. Williams High School from 1984 to 2006. He currently serves as Alexandria’s representative to the Northern Virginia Community College Board.



JOHN PORTER

Achieve environmental goals by planting, not cutting, trees

To the editor:

We propose that city leaders consider achieving Chesapeake Bay pollution reduction credits through a major tree planting program rather than through the reconstruction of Taylor Run that is currently planned.

The program would not only help meet Alexandria's Chesapeake Bay pollution reduction obligations, but would also advance several of the city's other environmental goals, including its aspiration to be an "Eco-City" that in the words of the Eco-City Charter, "embraces natural beauty," "improves water quality," "clears the air" and "supports healthy living."

Tree planting can provide Chesapeake Bay pollution reduction credits. A 2018 report by the Forestry Workgroup of the Chesapeake Bay Program states that "forests are a less-intensive land use and well known to be the best for protecting water quality." The report states:

"By absorbing and processing water from rainfall and floodplains, forests reduce erosion, excess nutrients and sediments, other pollutants, and flooding risks. Along with forest retention, best management practices (BMPs) that establish new forests are a relatively easy and effective way to restore the Bay. In addition to water quality, we know that forest BMPs provide more co-benefits (fish and wildlife habitat, recreation, air quality, human health, etc.) than most other BMPs."

The report sets out the water quality benefits of forest retention and tree planting, including the value of urban tree planting and urban forest planting. It also provides an assessment tool that allows for the evaluation of the various tree planting scenarios. There are descriptions of the credits given for urban tree planting, urban forest planting and urban forest buffer planting. The report notes that forest development has much greater pollution reduction potential than standard tree planting.

The projected cost of the Taylor Run reconstruction is \$4.5 million, \$2.25 million to be provided by the city and \$2.25 million to be provided by the state of Virginia through its Department of Environmental Quality. The city can obtain and plant high quality 10-to-12-foot-tall native trees for approximately \$200 each.

In other words, the city could plant 5,000 substantial trees for \$1 million. If the DEQ matched the city, the number would be 10,000. Or, the city could use \$2 million for tree planting and if the DEQ matched again, could plant 20,000 trees.

The city can easily absorb this number of trees. Among the places that significant num-

bers of trees can be planted is along Four Mile Run all the way from Mount Vernon Ave. to the Route 1 bridge. This is a phosphorus and nitrogen-rich zone that could be planted with forest density.

Areas along Hooff's Run, another phosphorus and nitrogen-rich site, along Eisenhower Avenue, along Holmes Run and in Ben Brenman Park can all take hundreds of trees. Fort Ward should be able to accommodate hundreds more, especially as the planned playground relocation will open a large area where newly planted trees can fill out an existing forest. Several Old Town parks and paths could collectively take hundreds of trees without interfering with open space needs and views.

And the planting project would allow for retention of the portion of forest that is currently slated for removal as part of the Taylor Run reconstruction project. It would also enable the city to receive pollution reduction credits for trees that would otherwise be cut.

The tree planting would provide the multiple ecological, human health and climate benefits identified by the Chesapeake Bay Forestry Workgroup. It would help meet the tree canopy goals set out in the city's Environmental Action Plan 2040, which sets the goal of achieving a 40% tree cover by 2035. And, as mentioned above, it would help fulfill the vision of Alexandria as an "Eco-City."

A tree planting program should be cost competitive with the cost of the Taylor Run project, particularly if the estimated pollution reduction benefits of that project are too high, as we believe they are.

We ask that City Council direct the city arborist to develop a tree planting plan that could serve as an alternative to the Taylor Run stream reconstruction plan. The arborist should work with the DEQ and other appropriate expert bodies as appropriate to ensure the most effective plan feasible.

As far as we can tell, no other urban locality in the Chesapeake Bay watershed has undertaken a meaningful tree planting to achieve its Bay pollution reduction goals. But the realities of climate change and the need to ensure an ecologically sound and attractive quality of life in an ever-densifying city require that this option be given a hard look.

Alexandria has an opportunity to be a leader on this score and to provide a model for other localities to follow.

*-Russell Bailey, Carter Flemming,
Andrew Macdonald, Steve Milone,
Alexandria*

Efficient vaccine operation

To the editor:

Kudos to the Alexandria Health Department! My husband and I received our first doses of the vaccine Jan. 14 at T.C. Williams High School.

The online sign up was quick and easy. After registration we received emails offering us day and time slots. Confirmation was immediate.

On the day, the vaccination site was beautifully organized and extremely efficient.

Kudos also to the many volunteers who were there assisting. Every one of them was cheerful and friendly and helpful if one needed assistance of any kind.

The Alexandria Health Department should take a bow for a most impressive operation.

*-Jean M. Cecil,
Alexandria*

A needed message of hope

To the editor:

Readers, if you missed Annetta Catchings' essay in the Jan. 14 Alexandria Times, "Harmful messaging in Black slogans," please find a copy or go to <https://alexandriatimes.com/2021/01/my-view-harmful-messaging-in-black-slogans-by-annetta-catchings/> and read it. Her message of hope and encouragement is exactly what we all need to hear. Especially now.

What's impressive is how Catchings is telling us that we can all achieve if we believe we can and work hard. Her essay does not diminish the challenges many of us experience in life, whether it's discrimination, disabilities or lack of parental support.

What she is telling us is that instead we need to listen to those who tell us we can realize our dreams if we believe we can and then do the necessary work, whether it's education or skills training.

All of us need to diminish the words of naysayers, refuse to listen to the victim narrative, and instead listen to those who send us messages of hope: teachers, ministers, parents, grandparents and friends.

Catchings' story is one of empowerment that apparently began with grandparents and then her mother. She is successful and is now endowing that permission and guidance to her son.

As a professional career counselor, I have learned to listen to the stories of many successful people in our world and without exception, each credits someone who encouraged and supported them. Way to go, Catchings, and please keep reminding all of us of what is doable.

Each of us should send out this message of hope to others as you have.

*-Linda Couture,
Alexandria*

OUT OF THE ATTIC

The day a grandstand collapsed on a U.S. president

Given Alexandria's proximity to Washington D.C., it is no surprise that many presidents have come to our city for events. This, in addition to Alexandria residents George Washington and Gerald Ford, who lived here before and after being sworn into our nation's highest office.

However, did you know that a grandstand collapsed in Alexandria on one of our presidents?

As the Feb. 22, 1881, Baltimore Sun described it:

"The Birthday of Washington was celebrated here by the city authorities, the civic and military associations...The President of the United States and a number of visiting corps from abroad were the town's guests... Only one untoward incident

occurred, which was the falling of the platform on which President Hayes and one or two hundred persons sat."

The Alexandria Gazette's account noted that "nobody was even severely bruised, and only a few received slight scratches." The paper then commended Hayes, who was on a farewell tour, for a speech that was both "short, and full of common sense."

The Sun claimed Hayes joked that the collapse must have been punishments for past imperfections on his part.

Other papers, including Hayes' hometown paper, the Cleveland Plain Dealer, focused more on the platform collapse rather than the speech, with the headline "Hayes Tumbles."



PHOTO/LIBRARY OF CONGRESS
President Rutherford B. Hayes.

The New York City paper Truth ran with "President Hayes' Narrow Escape." It noted that while Hayes escaped injury, Sen. Robert E. Withers of Virginia was injured and had to be moved to his home without participating in

the rest of the celebration of Washington's birthday.

The next month, Hayes, who had not run for re-election, peacefully transferred the presidency to his successor, the ill-fated James Garfield, who was destined to become the second U.S. president to succumb to an assassin's bullet. Perhaps because of his role in ending Reconstruction, the local press was remarkably complimentary toward Hayes, despite his political party affiliation and reputation gained as a Union officer.

Luckily, more recent visits to our city by American Presidents have not put their physical safety in danger.

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

STORMWATER FROM | 26

creeping up on us. Adding to the looming crisis, city staff continued to approve massive increases in development density that promise to create more impermeable surfaces without regard to the effect on our stormwater capacity.

It was only a matter of time before something really bad happened. And it did. Major rain events exposed the outright neglect of our stormwater system and led to residents in Rosemont and Del Ray being flooded out as many as three times in one year.

What happened to those

homeowners is totally unacceptable, and residents let City Council know it. What was city management's response? Take no responsibility, blame climate change and quickly propose a half-baked solution simply to calm residents during an election year. Seems like they diverted blame for their shortsightedness and neglect by essentially telling residents that we haven't had the money to proactively address this completely unforeseen climate problem. Quite a narrative.

And the hubris continues with the amount they want taxpayers to fork over – \$484

million, really? That amount coincidentally reflects a 100% increase in the fee. Not approximately, precisely. Not sure I've ever seen an analysis of anything in business or government that led to a proposal for exactly a 100% increase. Have you?

City management would have been more credible if they had said, "We did a thorough analysis, and the cost of addressing this issue would be a 28.3% increase." But they didn't.

T&ES director Yon Lambert's plan also seems premature. No doubt, it would be wise to develop a long-term

plan to make city infrastructure more resilient to climate change. And taxpayers deserve a more thoughtful and thorough analysis of the funding that will be required.

For now, all the residents in Del Ray, Rosemont and across the city want is for city staff to do their jobs and maintain our stormwater system to protect their homes. If this requires additional funding from taxpayers, then staff and elected officials should justify those increases before arbitrarily imposing a 100% increase in the stormwater fee.

*-Bill Rossello,
Alexandria*

Weekly Poll

Last Week

Which vaccine category are you in?

- 31% I'm not sure
- 26% A later group
- 21% Group 1b
- 19% Group 1c
- 3% Group 1a

This Week

Take the poll at alextimes.com

Did you watch the inauguration of President Joe Biden and Vice President Kamala Harris?

- A) Yes, I watched on TV.
- B) Yes, I was able to attend in person.
- C) No, I didn't watch it.
- D) No, I couldn't watch it.

Alexandria Times

Denise Dunbar

Publisher & Executive Editor
ddunbar@alextimes.com

Cody Mello-Klein
Managing Editor
cmelloklein@alextimes.com

Margaret Stevens
Sales Director
mstevens@alextimes.com

Patrice V. Culligan
Publisher Emerita
pculligan@alextimes.com

Allison Hageman
Intern
ahageman@alextimes.com

Will Schick
Intern
wschick@alextimes.com

ADVERTISING

Margaret Stevens
mstevens@alextimes.com

Marty DeVine
mdevine@alextimes.com

Patrice V. Culligan
pculligan@alextimes.com

Chelsea West
sales intern
cwest@alextimes.com

Tina Franco
Office Administrator
tfranco@alextimes.com

ART DIRECTOR

Lyvian Sieg
graphics@alextimes.com

CONTRIBUTORS

Mara Benner
Alexa Epitropoulos
Kim Gilliam
Dawn Hoiem
Louise Krafft
Sarah Liu
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

Classifieds

AUCTIONS

ATTN. AUCTIONEERS:

Advertise your upcoming auctions statewide and in other 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

FARM EQUIPMENT

OWN LAND IN VIRGINIA?

Our Hunters will Pay Top \$\$\$ to lease your land. Call now for free info packet 1-866-309-1507 www.BaseCampLeasing.com / Ref# VA11721

HOME IMPROVEMENT

Vinyl Replacement Windows Starting at \$235* Installed w/ Free Trim Wrap Call 804-739-8207 Siding, Roofing, Gutters and More!

GENERAC Standby Generators. The weather is increasingly unpredictable. Be prepared for power outages. FREE 7-year extended warranty (\$695 value!) Schedule your FREE in-home

assessment today. Call 1-877-636-0738 Special financing for qualified customers.

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-877-614-6667

ATTN. CONTRACTORS: Advertise your business statewide and in other states. Affordable Print and Digital Solutions to reach Homeowners. Call Landon Clark at Virginia Press Services 804-521-7576, landonc@vpa.net

REAL ESTATE

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>.

HELP WANTED

Home & office Cleaners Wanted \$600/Weekly
Cleaning Position: Available
Working Days: Mon-Fri
Time Schedule: 11 AM - 2 P
Minimum Requirement
Email: henrya75312@gmail.com

JOB LISTING

St. Paul's Episcopal Preschool (SPEP) seeks a new Head of School to begin June 1, 2021. SPEP is a ministry of St. Paul's Episcopal Church serving children 18 months through 5 years old. The Head of School will build community between and among families, teachers, and programs, and between the school and church. This role is a 12-month, full-time position, and includes a competitive salary and benefits. Contact search@stpaulsalexandria.com for more.

PUBLIC NOTICE



ALEXANDRIA PLANNING COMMISSION & CITY

ROBERT BEATSON II ATTORNEY/ACCOUNTANT

Former IRS Attorney
Admitted to DC, MD, VA & NY Bars
All types of Federal, State, Local & Foreign Taxes Individual/Business.
• Trusts - Estates - Wills. •
Amended & Late Returns
Back Taxes - IRS Audits
Civil Litigation.
Business Law - Contracts
703-798-3590 OR 301-340-2951
www.beatsonlaw.com

COUNCIL FEBRUARY 2021

The items described below will be heard by the Planning Commission and the City Council on the dates and times listed below. NOTICE: Some of the items listed below may be placed on a consent calendar. A consent item will be approved at the beginning of the meeting without discussion unless someone asks that it be taken off the consent calendar and considered separately. The Planning Commission reserves the right to recess and continue the public hearing to a future date. For further information, call the Department of Planning & Zoning at 703.746.4666 or visit alexandriava.gov/dockets.

ALEXANDRIA PLANNING COMMISSION
TUESDAY, FEBRUARY 2, 2021
PUBLIC HEARING – 7:00 PM

ALEXANDRIA CITY COUNCIL
SATURDAY, FEBRUARY 20, 2021
PUBLIC HEARING – 9:30 AM

Due to the COVID-19 Pandemic emergency, the February 2, 2021 meeting of the Planning Commission and the February 20, 2021 meeting of the City Council are being held electronically pursuant to Virginia Code Section 2.2-3708.2(A)(3), the Continuity of Government ordinance adopted by the City Council on June 20, 2020 or Section 4-0.01(g) in HB29 and HB30, enacted by the 2020 Virginia General Assembly (Virginia Acts of Assembly Ch. 1283 and 1289), to undertake essential business. All of the members of the respective public bodies and staff are participating from remote locations through Zoom Webinar. These meetings are being held electronically, unless a determination is made that it is safe enough for the meetings to be held in person in the City Council Chamber at 301 King Street, Alexandria, VA. Electronic access will be provided in either event. The meetings can be accessed by the public through: Zoom hyperlink (below), broadcasted live on the government channel 70, and streaming on the City's website. Planning Commission Public Hearing: The Webinar will open at 6:30

PM to allow individuals to join while the Planning Commission hearing will begin at approximately 7:00 PM.

URL: https://zoom.us/join/zoom/register/WN_U4kqIxfzSHK8lUAJUie7jw

Zoom Audio Conference:
Dial in: 301-715-8592

Webinar ID: 936 7632 8486
Password: 898545

City Council Public Hearing:
URL: https://zoom.us/join/zoom/register/WN_zJ1vnfD6RSGk4mIrVZxngQ

Zoom Audio Conference:
Dial in: 301-715-8592

Webinar ID: 944 7918 4066
Password: 771787

Public comment will be received at the meeting. The public may submit comments in advance to Planning & Zoning staff at PlanComm@alexandriava.gov for the Planning Commission hearing, to the City Clerk at Gloria.Sitton@alexandriava.gov for the City Council hearing, or make public comments through the conference call on the day of either hearing. For reasonable disability accommodation for the Planning Commission hearing, contact Jackie Cato at jackie.cato@alexandriava.gov or 703.746.3810, Virginia Relay 711. For reasonable disability accommodation for the City Council hearing, please call the City Clerk and Clerk of Council's Office at 703.746.4550 (TTY/TDD 838-5056). We request that you provide a 48-hour notice so that the proper arrangements may be made.

Special Use Permit #2020-00080
300 North Fayette Street (Parcel Address: 1201 Queen Street) - Rooming House
Public Hearing and consideration of a request for a Special Use Permit to operate a Rooming House; zoned: CL/Commercial Low.
Applicant: Hazel Barksdale

Special Use Permit #2020-00091
3541 West Braddock Road - Office Building Monument Sign
Public Hearing and consider-

ABC
Virginia Alcoholic Beverage Control Authority • www.abc.virginia.gov • 2901 Hermitage Road • Richmond, VA 23220 • (800) 552-3200

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 9.

(Full name(s) of owner(s)) **MICHAEL GEBRE**
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.

Trading as: **ZEMA TRADING LLC**
(trade name)

512B S. VAN DORN ST
(exact street address where business will trade)

(city/town) **ALEXANDRIA** Virginia 22304
(county) (state) (zip + 4)

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a **BEER AND WINE ON-PREMISES & LIMITED MIXED BEVERAGE ON-PREMISES** license
(type(s) of license(s) applied for)

to sell or manufacture alcoholic beverages.
MICHAEL GEBRE/OWNER & MANAGER
(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 800-552-3200.

NSP-50 (rev. 8/2016). This is an official state document. All information contained or submitted therein is public information. Please refer to the state's official website for the most current regulations, rules, and instructions. Subject to the provisions of the state's official website. Retail License Application, page 11

Classifieds

ation of a request for a Special Use Permit to waive the sign requirements of Article IX of the Zoning Ordinance for the installation of a monument sign; zoned: CG/Commercial General. Applicant: Mohammed Omari

Special Use Permit #2020-00097 428 North Pitt Street – Parking Reduction and Lot Modifications Public Hearing and consideration of a request for a Special Use Permit for a parking reduction for two compact parking spaces and for modifications to the rear yard setback, open space, parking in a required yard, and vision clearance for the construction of a townhouse dwelling; zoned RB/Townhouse. Applicant: Stephen A. Banister, represented by Robert D. Brant, attorney

Rezoning #2020-00006 Development Special Use Permit #2020-10032 Transportation Management Plan Special Use Permit 2020-00084 416 South Alfred Street, 431 South Columbus Street, 901 Gibbon Street, 450 and 510 South Patrick Street, and 900 Wolfe Street - Heritage at Old Town Public Hearing and consideration of a request for (a) amendment to the official zoning map to change the zone for the site from RB/Townhouse zone and RC/High density apartment zone to RMF/Residential multifamily zone; (b) a Development Special Use Permit and site plan with modifications to construct three mixed-income multifamily buildings on three blocks with 750 units, including Special Use Permits to increase the floor area ratio to 3.0 in the RMF zone, the utilization of Section 7-700 for bonus density and height for the provision of affordable housing, (c) a Special Use Permit for a Transportation Management Plan (tier three); zoned: RB/Townhouse (Blocks 1 and 4) and RC/High Density Apartment (Block 2). Applicant: Heritage at Old Town PropCo LLC, represented by M. Catharine Puskar, attorney

Development Special Use Permit #2018-00030 1000 Saint Stephen's Road - St. Stephen's and St. Agnes School

Upper School Expansion Public Hearing and consideration of a request for: (A) a Development Special Use Permit with Site Plan to expand an existing private school by constructing a building addition, additional parking and other site improvements, including Special Use Permits to increase enrollment to 520 students and to allow temporary classroom trailers (amending SUP#2016-0103); zoned: R-8/Single-Family and R-12/Single-Family. Applicant: Church Schools in the Diocese of Virginia d/b/a St. Stephen's and St. Agnes School, represented by Duncan W. Blair, attorney

Master Plan Amendment #2020-00007 Rezoning #2020-00003 Development Special Use Permit #2020-10026 Transportation Management Plan Special Use Permit #2020-00082 Coordinated Sign Permit Special Use Permit #2020-00083 4898 West Braddock Road - Newport Village Public Hearing and consideration of requests for: (A) an amendment to the Alexandria West Small Area Plan chapter of the Master Plan to amend the land use designation for a portion of the property from residential medium-density to CRMU-H/Commercial residential mixed use (high) and to amend the height map for a portion of the property from 45 feet to 92 feet; (B) an amendment to the official zoning map to change the zoning designation for a portion of the property from RA/Multifamily zone to CRMU-H/Commercial residential mixed use (high) zone; (C) a Development Special Use Permit with site plan to construct a new multifamily residential building with modifications and Special Use Permits to increase the maximum allowable floor area ratio to 2.3, for a parking reduction, and for more than three mechanical rooftop penthouses; (D) a Special Use Permit for a Transportation Management Plan; and (E) a Special Use Permit for a Coordinated Sign Plan; zoned: RA/Multifamily. Applicant: UDR Newport Village, LLC, represented by Kenneth W. Wire, attorney

THE FOLLOWING ITEM WILL BE HEARD BY THE PLANNING COMMISSION ONLY AND BY CITY COUNCIL ONLY UPON APPEAL:

Subdivision #2020-00003 4300 King Street, 3101 Park Center Drive, and 4401 Ford Avenue - Park Center Public Hearing and consideration of a request for a Subdivision to re-subdivide three existing lots into two lots; zoned CRMU-H/Commercial Residential Mixed Use (High). Applicant: US Park Center Owner, LLC, c/o Lowe Enterprises Real Estate Group, represented by Kenneth W. Wire, attorney

PUBLIC NOTICE



Board of Architectural Review LEGAL NOTICE OF A PUBLIC HEARING

The Board of Architectural Review (BAR) will hold an Electronic Public Hearing on WEDNESDAY, February 3, 2021 beginning at 7:00 p.m. to review the following item(s):

Due to the COVID-19 Pandemic emergency, the February 3, 2021 meeting of the Board of Architectural Review (BAR) is being held electronically pursuant to Virginia Code Section 2.2 3708.2(A)(3), the Continuity of Government ordinance adopted by the City Council on June 20, 2020 or Sections 4-0.01(g) in HB29 and HB30, enacted by the 2020 Virginia General Assembly (Virginia Acts of Assembly Ch. 1283 and 1289), to undertake essential business. BAR board members and staff are participating from remote locations through Zoom Webinar. This meeting is being held electronically, unless a determination is made that it is safe enough for the meeting to be held in person in the City Council Chamber at 301 King Street, Alexandria, VA. Electronic access will be provided in either event. The meeting can be accessed by the public through: Zoom hyperlink (below), broadcasted live on the government channel 70, and

streaming on the City's website.

URL: [https://zoom.us/webinar/register/WN_Lf-b2CNyASoQmqz-A3G5xww](https://zoom.us/join/https://zoom.us/webinar/register/WN_Lf-b2CNyASoQmqz-A3G5xww)

The Board of Architectural Review Hearing will start at 7:00 p.m., while the Zoom Webinar will become available to join at 6:30 p.m.

Zoom Audio Conference:
Dial in: 301.715.8592
Webinar ID: 980 4682 8699
Password: 560241

Public comments will be received at the meeting. The public may submit comments in advance to Lia Niebauer at lia.niebauer@alexandriava.gov or make public comments through the conference call on the day of the hearing.

For reasonable disability accommodation, contact Jackie Cato at jackie.cato@alexandriava.gov or 703.746.3810, Virginia Relay 711.

For further information, call the Department of Planning & Zoning at 703.746.4666 or visit alexandriava.gov/dockets

BAR #2020-00626 OHAD Request to install small cell facility on a utility pole on public property adjacent to 400 South Washington Street. Applicant: Cellco Partnership dba Verizon Wireless

BAR #2021-00001 OHAD Request for alterations at 419 North Columbus Street. Applicants: Robert and Randeel Blume

BAR #2021-00003 PG Request for alterations at 634 North Alfred Street. Applicant: Dean Joseph Fajerski

BAR #2021-00004 OHAD Request for partial demolition/encapsulation at 414 North Union Street. Applicant: David L. Charney

BAR #2021-00005 OHAD Request for addition, alterations and waiver of rooftop HVAC screening at 414 North Union Street. Applicant: David L. Charney

BAR #2020-00598 OHAD Request to install small cell facility on a new standalone pole adjacent to 500 South Royal Street.

Applicant: Cellco Partnership dba Verizon Wireless

Review updated roof policy.

Old and Historic Alexandria District (OHAD); Park - Gray District (PG)

PUBLIC NOTICE



The Alexandria City School Board will hold an **online public hearing** on the FY 2022 Combined Funds Budget during the Virtual School Board Meeting on **February 4 at 4:00 p.m.**

Public comments regarding the FY 2022 Combined Funds Budget must be submitted by noon February 3, 2021 in the following ways:

Sign up to speak at the 2/4/21 virtual public hearing (4:00 p.m.) at:

<https://acpsweb.wufoo.com/forms/sign-up-for-the-public-hearing-on-the-budgets/>

• **Email written comments** to the Clerk of the Board at: boardclerk@acps.k12.va.us

• **U.S. Mail:** Clerk of the Board, Alexandria City School Board 1340 Braddock Place Alexandria, VA 22314

• **Telephone message:** 703-619-8316

For more information, please contact the Clerk of the Board at 703-619-8316 or at the email listed above.

To place a classified ad, call Margaret Stevens at 703-739-0001



lauren bishop
LIVING, LOVING, LISTING OLD TOWN



9 S Wilkes Street
FOR SALE
\$1,896,000



210 Jefferson Street
FOR SALE
\$1,295,000



708 Duke Street
FOR SALE
\$1,225,000



2611 Arlington Blvd #102
FOR SALE
\$295,000



525 N Fayette St #519
FOR RENT
\$2,725/MONTH

With Lauren's extensive hyper-local market knowledge and unique understanding of Alexandria real estate it is easy to see why even the most discerning clients trust her with their real estate transactions, demonstrated by successfully representing some of the most exclusive properties in Old Town.

Lauren Bishop

LICENSED IN VIRGINIA | 202.361.5079
LBISHOP@MCENEARNEY.COM | LAURENBISHOPHOMES.COM

109 S. Pitt Street, Alexandria, VA 22314 | 703.549.9292 | McEneaney.com | Equal Housing Opportunity

