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MAY 21, 2020



Surviving COVID-19 Life after the coronavirus.

BY JEANNE THEISMANN
GAZETTE PACKET

In early March, 18-year-old Ana Murphy came down with a sinus infection. But as her symptoms persisted, her parents, Gregg and Monica Murphy, both became ill. It was then that the family began to suspect that this was not a normal seasonal virus.

"We became concerned that it wasn't just a sinus infection or cold that Ana was experiencing," said Gregg Murphy. "By March 14 we self-quarantined, not knowing what we really had. As it turned out, the week before the schools shut down Ana had been sitting next to a classmate who was subsequently diagnosed as having had the coronavirus. But we knew none of this at the time."

As Ana began to recover, Gregg and Monica Murphy's symptoms worsened.

"During those three weeks, we had the typical flu-like indicators such as chills and body aches, followed by a slight fever," said Gregg Murphy, who additionally had a persistent cough. "My fever started to spike over the cautionary limit of 101.4 degrees and Monica had sweats at night, while all three of us lost the sense of taste and smell and suffered from extreme fatigue."

As Gregg Murphy's blood pressure dropped, it was Ana who decided it was time to take action. On March 23, she drove her father to the Inova Alexandria Hospital emergency department for a COVID-19 test.

"With testing kits in short supply, I was first tested for the other viruses with similar, severe symptoms," Gregg Murphy said. "When those proved negative, I was given the COVID-19 test, which involved inserting a swab into each nostril into the upper sinuses where the virus apparently hangs out."



Gregg and Monica Murphy, along with 18-year-old daughter Ana, all tested positive for the coronavirus in early March.



Bags of plasma donated by COVID-19 survivor Gregg Murphy await collection at Inova Alexandria Hospital.

Gregg Murphy described the test as "the most excruciating 20 seconds of pain I could have imagined because it felt like a baseball bat with a Brillo pad on the end being driven through my nose into my brain."

As he was sent home to await the results from the CDC, his symptoms began to subside. By the time his diagnosis was confirmed on April 3 – 11 days after his test

-- both he and Monica had recovered.

Unlike Gregg Murphy, funeral home director Nelson Greene Jr. sought out testing as soon as he began experiencing mild symptoms in mid-March.

"I was in the hospital for about 7-8 days in isolation and on oxygen," said Greene, whose wife Donita and family have not been infected. "It turned out my case was not that bad. I did not have the severe symptoms that others have experienced – no high temperatures or trouble breathing. I had some mucus and congestion, which is why I saw my doctor."

Following his release from the hospital, Greene was instructed to quarantine at home for another 10 days.

"The people at the hospital were fantastic," Greene said. "They kept me informed on everything they were doing. I'm impressed with the way they handled this situation and am very appreciative of how blessed I have been."

After three weeks of being



Local attorney Gregg Murphy was infected with the coronavirus, as was his wife and daughter. He has recovered and is seen donating plasma May 11 at Inova Alexandria Hospital.

symptom-free and testing negative for the virus – a simpler, less painful test with results in 12 hours – Gregg Murphy returned to Inova Alexandria on May 11 to donate plasma in hopes of help-

ing researchers develop a vaccine against COVID-19.

"I don't want to over dramatize this experience, but I almost feel like there is a post-traumatic syn-

SEE SURVIVING, PAGE 9

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Furloughed and Waiting

Uncertainty lingers as furloughed workers hope temporary layoffs come to an end.

BY MICHAEL LEE POPE
GAZETTE PACKET

When Joy Phansond was furloughed from her job as sales coordinator at the Holiday Inn in Old Town, the temporary layoff was initially supposed to last until April 5. Then it was extended to May 5. Then it was extended again until June 5. She suspects that it'll be extended again until July at least because the hotel business in Alexandria has been slammed by the collapse of tourism, trade shows and conventions.

"I don't see why they would be bringing us back in June because we really don't have any business on the books at the moment until starting about the end of July or August," said Phansond, who has worked at the Alexandria Holiday Inn for three years. "I kind of feel a little worried because I don't know if I'm going to have a job to go back to."

Like thousands of other people in Alexandria who have been furloughed from their jobs, Phansond applied for unemployment benefits. According to the Virginia Employment Commission, more than 6,000 people in Alexandria are currently receiving unemployment benefits. That's 6 percent of city residents between the ages of 26 and 64. Phansond says she receives a \$378 a week.

"That only lasts for so long," she said. "I really would rather go back to work."

The difference between a furlough and a layoff can be uncertain, a fluid situation documented in a series of letters from Alexandria businesses to the Virginia Employment Commission. When the XSport Fitness on King Street sent 115 employees home on March 18, the director of human resources noted "while the company hopes this action will be temporary, it may be permanent."

Fifteen days after the Alexandrian Hotel furloughed 115 employees in March, company officials sent the state a letter admitting "we do not know what the future will hold." At the end of April, Holiday Inn's management company sent the commission a letter warning the furloughs there have been extended indefinitely. "We now anticipate that this furlough may last longer than anticipated, so we are providing you with this notice now," wrote Laura Warner, senior vice president for human resources at Crescent Hotels and Resorts.

AT LEAST ONE business in Alexandria is calling furloughed employees back to the workplace, the textile services company on the West End known as AlSCO. On March 19, the company laid off 102 employees who worked at their South Pickett Street facility, which handles laundry for restaurants. At the time, company officials noted that that the notification was a partial closure, and it didn't include all employees at the facility.

"The layoffs are effective immediately and will be indefinite, with the hope of returning employees within six months," wrote Jennifer Crawford-Gomez in a March 27 letter.

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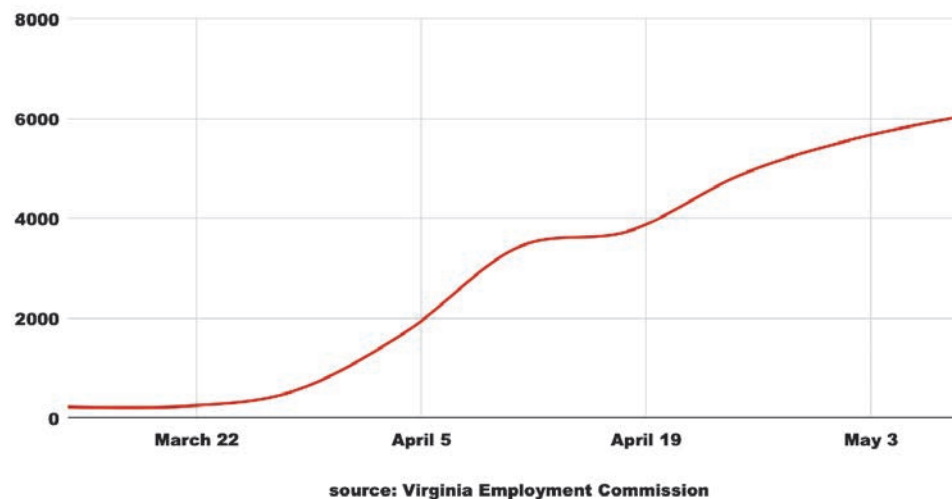
PHOTOS BY MICHAEL LEE POPE/GAZETTE PACKET

At the end of April, Holiday Inn's management company warned the Virginia Employment Commission that furloughs there have been extended indefinitely.



The union representing workers at the AlSCO facility on South Pickett Street, which does laundry service for restaurants, says workers there will start returning on June 1.

Alexandrians Collecting Unemployment Benefits



Now, almost two months later, union officials who represent workers say they're negotiating with the company to arrange a phased return of all 105 laid off employees. Leaders at Workers United Mid-Atlantic Regional Board say they are expecting the company to send letters to employees next week announcing the first phase of workers will be called back June 1. The union expects 19 or 20 workers to return at that time, followed by several more waves of returning workers based on seniority over the

turn back to work."

For thousands of other furloughed workers in Alexandria, the temporary nature of their unemployment becomes a bit more enduring with each passing day. Businesses in the accommodation and food services sector are seeing the biggest hit. Almost half of the initial claims for unemployment insurance at the end of March were from people who had been laid off from their jobs at hotels and restaurants. Now that Gov. Ralph Northam has announced Northern Virginia can begin the first phase of reopening at the end of this month, businesses across the city are trying to figure out how to emerge from lockdown. "Many are waiting for a confirmation on the date and information from the city," said Joe Haggerty, president and CEO of the Alexandria Chamber of Commerce. "Most remain flexible, and have not been specific about the dates to bring back their staff members."

"I kind of feel a little worried because I don't know if I'm going to have a job to go back to."

— Joy Phansond, furloughed sales coordinator at the Holiday Inn in Old Town

next few weeks.

"This is a new way of doing things, and we're going to have to make sure that we're practicing social distancing and we have spacing between the equipment," said Patrick Jones, director of the Mid-Atlantic Regional Joint Board. "I'll be having a conversation with the HR director there, and we'll be discussing what the policy is as they re-

INITIAL CLAIMS for unemployment in Alexandria peaked the first week of April, when the Virginia Employment Commission received 2,578 claims. It's tapered off a bit since then, and now more than 6,000 people who live in Alexandria are receiving unemployment benefits. Accommodation and food services continue to be the top in-

dustries for laid-off workers, although other industries are showing increasing numbers of claims — retail trade, health care and administrative services.

"The economy will change forever," predicted Frank Shafroth, director of the Center for State and Local Government Leadership at George Mason University. "Big shopping centers will be filing for bankruptcy, and the new world of shopping online will make this more and more an Amazon world."

For those workers in Alexandria who have been furloughed, the distinction between a temporary layoff and a permanent one could be a reassuring distinction. One of the reasons employers use furloughs is so they don't have to start from scratch when the economy reopens. But nobody knows how long it will take to return to pre-pandemic levels of employment, and many of those furloughs are expected to become permanent layoffs when a more complete economic picture emerges.

"Generally, furloughs and layoffs are tracked the same way in most datasets," said Jeanette Chapman, director of the Stephen Fuller Institute at George Mason University's Schar School of Policy and Government. "So it will be difficult to separate the end of furloughs with any potential uptick in hiring."

That sense of uncertainty is creating support in Congress for an idea that would have seemed radical a few weeks ago, the idea that the federal government would fund company payrolls.

In the United States Senate, Mark Warner (D-Va.) is working with Bernie Sanders (I-Vt.), Doug Jones (D-Ala.) and Richard Blumenthal (D-Conn.) on a bill they call the Paycheck Security Act. The bill would provide up to \$90,000 to each worker who has been laid off or furloughed if a business can demonstrate it suffered a 20 percent month-over-month drop in revenue.

"I'm not talking about another stimulus check. I'm not talking about unemployment benefits. I'm talking about paychecks," Warner said in a speech on the Senate floor last week. "Paycheck security means that the federal government would help cover the payroll expenses for rank-and-file workers who have been furloughed or laid off because of the coronavirus."

PEOPLE

A Socially Distant Celebration

Family marks 80th birthday at Goodwin House.

Sandy Connolly celebrated her 80th birthday at Goodwin House Alexandria with a socially distant visit from family members.

Connolly and her husband Jim were able to view the May 7 celebration through a window as children, grandchildren and great-grandchildren held signs and left gifts in honor of the occasion.

- JEANNE THEISMANN

PHOTOS BY JANET BARNETT
GAZETTE PACKET



Members of the Connolly-Hoover family bring goodies and gifts to Goodwin House Alexandria on May 7 to celebrate the 80th birthday of Sandy Connolly.



Sandy Connolly and her husband Jim look through a window at Goodwin House Alexandria as great-grandson Grayson Hoover holds a sign celebrating Sandy Connolly's 80th birthday on May 7.

Breaking Tradition

Drive-by celebration for new graduate.

BY JEANNE THEISMANN
GAZETTE PACKET

When Juliana Mitchell entered the College of William and Mary four years ago, she envisioned a traditional graduation day taking place in historic Williamsburg. But amid restrictions due to the COVID-19 pandemic, the school's in-person May 16 graduation ceremonies were canceled. But that didn't stop her family from planning a special celebration for the 2020 graduate.

To the surprise of Mitchell, who graduated cum laude with a B.A. in government and American studies, her parents Dave and Maddie planned a surprise drive-by celebration, with family and friends gathering at a safe distance outside their Alexandria home. Hand made signs and cars decorated in the school's colors of green, gold and silver greeted Mitchell as she stood on her front steps.

"I had no idea that my family had set up a surprise graduation drive-by," said Mitchell, who was dressed in her graduation cap and gown.

"It was so cool to see all of my family, friends and neighbors come by to congratulate me. I'm so thankful that I have such a loving support network."

Following her graduation,



Juliana Mitchell, second from right, celebrates her graduation from the College of William and Mary at her home May 16 with brother Alex and parents Dave and Maddie, who planned a surprise drive-by celebration for the graduate.



Neighbors and cars decorated in the school colors of the College of William and Mary drive by the home of Juliana Mitchell May 16 to congratulate the college graduate.

Mitchell is now working at Aid-Data doing geospatial analysis regarding foreign aid. "While my

graduation day was not what I had planned, it still was an amazing day," she added.

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Sophie Richardson, a 6th grade student at St. Stephen's/St. Agnes School, displays some of the painted rocks she leaves in her Vauxcluse neighborhood.

On the Rocks

SSSA student leaves messages.

Sophie Richardson, a 6th grade student at St. Stephen's/St. Agnes School, is brightening up the Vauxcluse neighborhood near Inova Alexandria Hospital with rocks painted with uplifting messages for her neighbors to find.

"I felt like people were a lit-

tle down during this time and I just wanted to lighten the mood," said Richardson, who leaves her painted rocks at the base of trees throughout the area. "That's what inspired me."

- JEANNE THEISMANN

"I felt like people were a little down during this time and I just wanted to lighten the mood."

— Sophie Richardson, 6th grade SSSA student

NEWS

Good. Works. Alexandria.

BY JEANNE THEISMANN
GAZETTE PACKET

Restaurants and retailers across the city will join together May 27 for a community-wide giving event called Good. Works. Alexandria. The single day initiative aims to drive customers to local businesses, who have been forced to close or operate under strict limitations due to the COVID-19 pandemic.

Hosted by the small businesses of Alexandria, restaurants and retailers will donate a percentage of their May 27 sales to the charity of each customer's choice. Nonprofits will receive up to 20 percent of each purchase depending on the donation level set by each business.

"The nonprofit and small business communities have been greatly affected by the COVID-19 pandemic and shutdown," said Old Town Business representative Charlotte Hall. "This is a way for Alexandrians to support both the business community and local nonprofits just by shopping and dining locally on May 27."

The Good. Works. Alexandria event is the brainchild of Penny



The fundraising initiative Good. Works. Alexandria will take place May 27 throughout the city.

Post and Red Barn Mercantile owner Amy Rutherford, in partnership with ACT for Alexandria.

Coming two days before restrictions are expected to ease in Northern Virginia, the event will operate similar to the recent Spring2 Action day, which raised more than \$2 million for local nonprofits last month. When checking out or ordering from a participating retailer or restaurant, mention the nonprofit organization of your choice to receive a percentage of the sale.

For more information and a complete list of participating businesses, visit www.oldtownbusiness.org/good-works-alexandria/

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AlexRenew will launch a new Customer Care Billing System in June! Are You Ready for the Switch?

On June 1, 2020, AlexRenew will introduce an improved customer care and billing system that will make it easier to pay your wastewater bill and manage your account. The myAlexRenew Customer Care Portal will create a more user-friendly experience with additional billing and payment features, including paperless billing, improved online access, Auto-Pay, usage graphs, and additional payment options to make bill-paying more convenient.

The new customer care system will offer you the following features and choices:

- Paperless billing to reduce waste and help our environment.
- Additional Auto-Pay options that offer flexibility and convenience.
- Usage graphs, easy online bill access, and self-service options to give you more control over managing your account.
- Archived bills that you can review and access anytime.
- A new online portal that you can access 24/7 from your home computer, smartphone, or tablet.
- Transactions without fees for Auto-Pay, paper check, money order, and bank portal payments. Other options, depending on payment methods, will have varying transaction fees.

Sign up for Auto-Pay by May 27 to be automatically registered to the myAlexRenew Customer Care Portal or log-in to pay your bill at alexrenew.com after June 1 to register.

Questions? Email us at billing@alexrenew.com, call us at 703-549-3383, or visit alexrenew.com/myAlexRenew to learn more.

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One Night In Del Ray: A 2020 Retrospective

BY ALBERT LEWIS

On May 29, 1970, a young black man was murdered in a convenience store in the Del Ray neighborhood of Alexandria. The young man, Robin Gibson, was just 19. The white store manager who shot Gibson later admitted to planting a knife near his body to make it appear as though Gibson had attacked him. The manager plead guilty to manslaughter and served less than 1 year in prison for his crime.

I was six years old when this travesty of justice occurred. I grew up and went to school in Del Ray in the 1970s.

I graduated from T.C. Williams High School in 1982. The legacy of racial inequality and tensions within Del Ray and the city at large slowly improved over the years thanks to the concerted efforts of individuals who worked to bring people together. After calling Alexandria my home for almost 30 years, I crossed the river to marry my wife of 25 years, but I retain deep ties to the city (my mother lives in the West End).

I have witnessed the city experience significant change and growth over the years. Open racism is no longer tolerated as it once was, as was evidenced in 2017 by the reaction of residents to the unfortunate display of racist posters in Del Ray neighborhoods. In response, residents posted signs that read: “We are Del Ray. We are all colors. We are not afraid.”

However, one can see the legacy of racism inherent in the current

lack of affordable housing in the city. Simply put, skyrocketing rents and home prices have driven many minorities out of their traditional neighborhoods, forcing individuals and families to move out of the city.

Not to rely on clichés, but it does seem now that unaffordable housing is the new racism.

I am concerned about this trend. I know many city residents share my concern. I remember a time when despite many challenges, Alexandria was bound together by people, black and white, working hard to overcome the past, trying to build a future of cooperation and unity. The city still has this spirit.

But there remains much work to be done in meeting the challenge of providing affordable housing for low income residents in neighborhoods like Del Ray, Arlandria-Chirilagua, and others throughout the city.

For the past year or so I have struggled to write about the tragedy that occurred on that night in 1970. I have experienced many sleepless nights as a poem began to form in my mind. I recently completed the poem “Del Ray,” marking 50 years since the incident occurred. I offer it to your readers in the hope that the life of a young man will be remembered within a hopeful context that offers the possibility for a brighter future for this city.

Alexandria will always be my home. Del Ray will always be my neighborhood. We are all colors. We can build a more equitable future.

One Night in Del Ray

Angry faces, threatening skies
a young man is dead, but no one knows why
May 29, 1970 began as just another day
But as night closes in, things will never be the same

This town is afire with rumors and lies
people are outraged as feelings rise
somebody’s brother, somebody’s son
shot to death for no reason by a white man’s gun
Because he was black he couldn’t leave the store
the folks in this town won’t take this no more

But In the end the city fathers knew best
through police action they put the matter to rest
‘Quiet the negroes’ was the priority of the day
no matter if the guilty simply walked away

Fifty years have passed and some things have changed
the old neighborhoods have been carefully rearranged
Gentrification has achieved its goal in Del Ray
to drive out families who don’t have the money to pay
for signature sandwiches, scones, and mocha lattes

And to us all a terrible legacy has been bequeathed -
the smoldering hatred that lies underneath
Remaking this town won’t hide its past
Inequality in housing and income won’t last

Corporations and money erased the railyard tracks
and a national problem is now landing on our backs
Everyone says they want the jobs and the money ...
... until you can’t afford to live here no more, honey

And with big money, there’s no need to be
openly racist anymore
just buy up the old neighborhoods and
show blacks and Latinos the door
Racism hasn’t died - it just takes on different forms
you need to be vigilant to weather these storms

So remember the Titans,
but never forget Robin Gibson
Cries for justice echo
down the corridors of time
To chart a better future
We must listen.

The Story of 22305 Is Not Unique to Alexandria

BY MICHELLE KROCKER
AND NORA DALY
NORTHERN VIRGINIA
AFFORDABLE HOUSING ALLIANCE

As the coronavirus spreads and more testing is performed, anxious residents are demanding more information regarding the rate of infection in their communities. In response, the Virginia Department of Health (VDH) changed its long-standing policy not to release data at the ZIP code level to protect patient privacy and due to concerns the difficulty in interpreting ZIP code data (read more about interpreting VDH data here, here and here). However, community spread of COVID-19 has reduced the risk to patient privacy and – as a recent news release from the City of Alexandria shows – ZIP code level data

reveals underlying disparities that are masked at the locality level.

Last week, the City of Alexandria used the new VDH data to provide an overview of COVID-19 testing and cases in each local ZIP code, including the number of confirmed cases per 1,000 residents for ZIP codes that could be reliably calculated.

Within this overview, there was an alarming statistic that could not be missed. The highest rate of confirmed cases – 19.7 per 1,000 residents in the 22305 ZIP code – was nearly four times the next highest rate of confirmed cases, 5.5 cases per 1,000 residents in neighboring 22304. For context, the estimated number of cases per 1,000 residents in Manhattan is 13.98.

In Alexandria, the Del Ray and Arlandria neighborhoods comprise the majority of residential devel-

opment in 22305, where approximately 58% of the housing stock is multifamily rental. A sizable majority of residents in 22305 are people of color. The center of a vibrant Latinx community, immigrant households comprise a large segment of the residents in Arlandria. This area is also home to many African American families.

Residents in 22305 are our essential workers – grocery store clerks, delivery persons, bus drivers, and restaurant workers – those who maintain critical economic and community activities while the rest of us shelter in safety at home. For the most part, these are low-income workers who cannot afford to stop working or call in sick. Their choice between feeding their families or protecting their health is a frightening one for them, and should be for all of us, as this pan-

demic shows the inextricable link between our health and the health of our neighbors.

The disparities evidenced by the disproportionate number of COVID-19 cases in the 22305 ZIP code are not unique to Alexandria and show us how place matters. In nearby Fairfax County, Latinx residents account for nearly 60% of COVID-19 cases, more than three times their share of the County’s population. Across Northern Virginia, trends in healthcare data suggest that residents in Manassas, Herndon, Sterling, Bailey’s Crossroads, Annandale, South Arlington, the Route 1 corridor in southern Fairfax County, Springfield and Woodbridge are being affected more severely than their neighbors. Like Arlandria and Del Ray, these communities are home

SEE THE STORY, PAGE 7



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NEWS DEPARTMENT:
gazette@connectionnewspapers.com

Editor & Publisher

Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Jean Card

Production Editor
jcard@connectionnewspapers.com

Jeanne Theismann

jtheismann@connectionnewspapers.com
@TheismannMedia

Janet Barnett, John Bordner,
Mark Mogle

Contributing Photographers
gazette@connectionnewspapers.com

Shirley Ruhe

Contributing Photographer and Writer
gazette@connectionnewspapers.com

Eden Brown, Michael Pope,
Hope Nelson

Contributing Writer
gazette@connectionnewspapers.com

ADVERTISING:

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sales@connectionnewspapers.com
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Debbie Funk

Display Advertising/National Sales
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Tara Lloyd

Display Advertising, 703-740-7128
tlloyd@connectionnewspapers.com

David Griffin

Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment
Advertising
703-778-9431

Publisher

Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Art/Design:

Laurence Foong, John Heinly,
Ali Khaligh

Production Manager:
Geovani Flores

Editor Emeritus:

Mary Anne Weber

CIRCULATION

Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com

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'We Will Never Forget'

BY JEANNE THEISMANN
GAZETTE PACKET

Atribute to Alexandria's fallen law enforcement officers was held May 15 at Waterfront Park and Alexandria Police Department headquarters as part of a scaled down National Police Week due to COVID-19 restrictions.

"Despite the current situation across the country, it's important that we take a moment to remember those individuals who gave their lives and made the ultimate sacrifice in terms of public safety," said Police Chief Michael Brown as a wreath was placed at the Fallen Officers Memorial in Waterfront Park. "The sheriff's deputies and police officers who came before us – we will never forget."

Traditionally, National Police Week sees tens of thousands converge on the Washington, D.C. area to participate in events honoring fallen local, state and federal law enforcement officers from across the country. Amid travel and gathering restrictions due to the COVID-19 pandemic, national events were canceled or streamed online.

Locally, two smaller events were held honoring the city's fallen sheriff's deputies and police officers. At Waterfront Park, a wreath was placed at a memorial inscribed with 16 names, dating back to Constable Elijah Chenault, who was the first reported officer killed in the city in 1823.

"It's a sobering moment," said retired police captain Ken Howard at the Waterfront Park ceremony. "I was personally involved with two of the names on that plaque. People

need to remember, and this is what we are here for."

At police headquarters, the APD Honor Guard opened a scaled back ceremony at the Fallen Officers Memorial with Brown delivering his remarks before red carnations were placed at the markers of the slain officers.

"This is an important memorial," said Willem Polack of the Alexandria Police Foundation, the organization that funded the memorial. "This represents our fallen officers, those who selflessly gave their lives on behalf of the citizens of Alexandria."

Alexandria Police Chief Michael Brown makes remarks in memory of the department's fallen officers May 15 at APD headquarters.



PHOTO BY JANET BARNETT/GAZETTE PACKET

Alexandria Needs a Plan to Re-open

I commend the efforts to flatten the curve of the pandemic by the city of Alexandria and its residents but we must also prepare for a just re-opening of Alexandria's economy. Alexandria, like the rest of Virginia and the DC Metro Region adhered to stay at home orders, and asked businesses to close and citizens and local government alike have tried to reduce the number of cases of the

LETTER

CoronaVirus. Critical to re-opening, like flattening the curve, is testing for coronavirus and the antibody, as well as preparation for contact tracers. But we must also continue to encourage social distancing and the wearing of masks.

As far as I know, no survey of our City Government has been done for number of cases in public facilities or working conditions, but all branches of local Government will need PPE such as facemasks, gloves, and antibacterial products to reduce risk and reopen; and this will include City Hall, Police and Fire, EMT's and the Sheriff's office, and eventually schools. Many people in Alexandria who are essential workers with front line jobs cannot afford to stay home, and cannot afford to send kids to daycare,

or provide an equal education as is provided by our public schools, so they are at greater risk, and therefore need greater attention.

Unfortunately populations in Alexandria that are more at risk often have the least political power; we need to therefore empower organizations like Tenants and Workers United and Arlandria Health Services to be on the front lines.

Small independent businesses are also at risk, including restaurants and retail. Emergency funding from stimulus bills has run out or been difficult to attain and these businesses need more than money. Unemployment for their employees has been very difficult to apply for. These businesses and communities need planning and coordinated efforts in order to recover. The city has many strong organizations like Visit Alexandria, Alexandria Economic Development Partnership, The Small Business Development Center, Del Ray Business Association, ACT for Alexandria, Volunteer Alexandria, and many other boards and commissions and community groups that could join together. The City Manager, Mayor and Alexandria City Council while continuing to work diligently on the Covid19 Pandemic,

must prepare businesses to reopen, especially to help neighborhoods like Arlandria, that have been hardest hit by the CoronaVirus. The best way to do this is by making sure organizations across the city are working together to plan to reopen Alexandria's economy, and helping businesses and residents survive this unprecedented crisis.

I am calling on our leaders to convene a task-force on re-opening the local economy

and to create a plan with all stakeholders. Finally they must make sure Alexandria has a just recovery focusing on at-risk communities and businesses. A good recovery will not only help us all survive but will help us weather the next inevitable crisis. Stay safe everyone.

Boyd Walker
Alexandria

The Story of 22305 Is Not Unique

FROM PAGE 6

to high percentages of minority, low-income essential workers. Many are immigrants and are unable to secure healthcare or qualify for government subsidies to pay rent. So they continue to work.

We cannot successfully reopen our economy or stem the spread of COVID-19 without addressing the systemic inequities that have enabled the virus to ravage low-income and minority communities, and laid bare our lack of investment and de-prioritization of those who make our economy and our society run. Moving from stabilization to recovery, we must fill the gaps that exist for so many of our residents. Because this pandemic has taught us how interconnected we are.

When we re-open businesses and schools and begin to engage in civic and social activities, what does equitable recovery look like?

Safe, affordable housing opportunities for residents at all income levels;

Healthcare that is affordable and readily available to all residents, regardless of income or immigration status;

Multi-modal transit - bus service, BRT, bike lanes and secure walking paths - that is frequent and affordable for households without a car;

Digital access to broadband and the appropriate devices for online learning and telehealth – our healthcare delivery system of the future – for all residents.

We cannot return to the old way of doing things. As we move into recovery, we must test new ideas and support programs that strengthen best practices. It will require collaboration among all community stakeholders with a role for nonprofits, philanthropy and the public sector. We cannot wait; the time to begin is now.



City of Alexandria
Department of Recreation,
Parks & Cultural Activities



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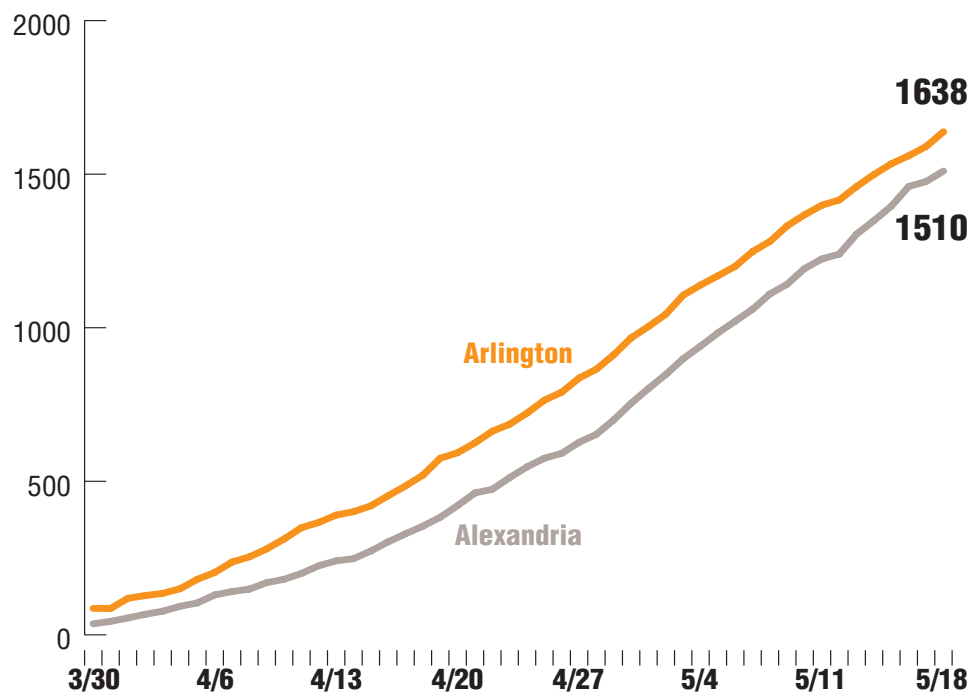

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Alexandria Week in Coronavirus



Sources:
 Virginia Department of Health <http://www.vdh.virginia.gov/coronavirus/>
 Maryland: Maryland Department of Health <https://coronavirus.maryland.gov/>
 Alexandria Source: City of Alexandria

More 89,000 deaths in United States, more than 275 cases in Alexandria in one week, but most of Virginia eases restrictions.

BY KEN MOORE
 GAZETTE

Monday, May 18

Alexandria Cases: 1,510
 Virginia Cases: 31,140
 United States Cases: 1,480,349
 Alexandria Deaths: 34
 Virginia Deaths: 1,014
 United States Deaths: 89,407

Monday, May 11

Alexandria Cases: 1,224
 Virginia Cases: 25,070
 United States Cases: 1,300,696
 Alexandria Deaths: 30
 Virginia Deaths: 850
 United States Deaths: 77,781

DISPARITIES: Of the 1,041 deaths in the state of Virginia, 51 percent have come from Northern Virginia, including 292 deaths in Fairfax County, 79 in Arlington and 34 in Alexandria, said Steven H. Woolf, of Virginia Commonwealth University and Northern Virginia Health Foundation.

"A large number of patients who require admission to Northern Virginia hospitals, who occupy ICU beds, and who die from this disease are likely to be people of color and who come from the islands of disadvantage," said Woolf. "These economically marginalized communities will face devastating wage losses, unemployment and food scarcity. Low income families will undoubtedly struggle the most to rebound."

Although Northern Virginia is a "seemingly affluent area" with good health statistics in general, life expectancy varies by 17 years

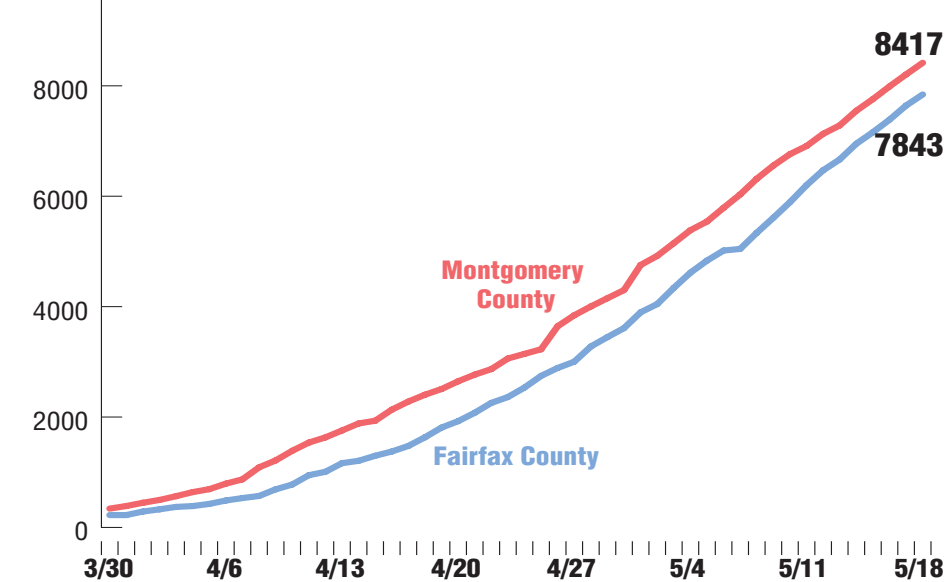
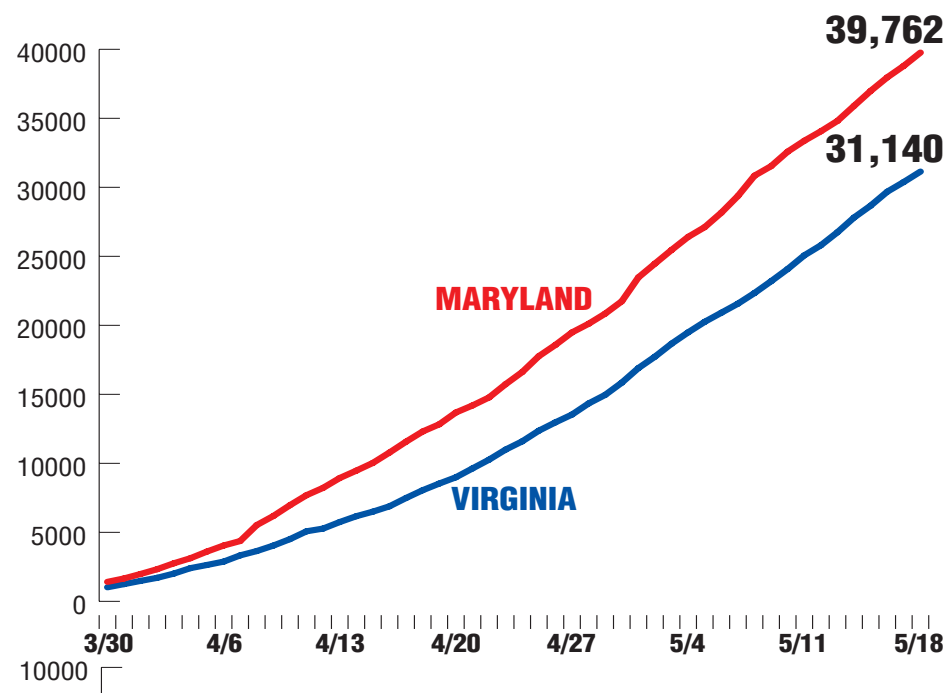
within the region, he said. "People of color and low income individuals are especially vulnerable to Covid-19 and have higher death rates."

Everyone wants to reboot the economy, said Woolf. "In other words, we have a common agenda, and that common agenda makes it a win-win argument to prioritize those marginalized groups because their health is necessary to control community spread."

"When we compel workers to go back on the job, are we doing enough to protect their health and prevent transmission? Which populations are at risk if we fail? Too often executives with the luxury of working from home make decisions over zoom calls that put front line workers at risk, often people of color, immigrants, and the poor who have no choice but to show up for work," said Woolf.

Alexandria City Council unanimously approved three programs May 12 to provide support to vulnerable Alexandrians and small businesses affected by COVID-19 pandemic. Rent relief, food security support and small business programs will be funded by \$13.9 million allocated to the City through the federal Coronavirus Aid, Relief and Economic Security (CARES) Act.

The \$4 million Residential Rental Assistance Program will benefit eligible renters who have suffered income loss due to COVID-19; the \$2.4 million Food Security Plan will support large-scale food distributions, home delivery for seniors, and augment ongoing food programs; and the \$2.4 million Small Business Grants Program will provide eligible businesses with grants to



GRAPHICS BY LAURENCE FOONG / COMPILED BY KEN MOORE

offset costs and investments related to reopening.

The programs are not yet accepting applications; additional information will be announced as soon as it is available.

The City of Alexandria and Northern Virginia will continue stay-at-home restrictions despite most of Virginia transitioning to Phase One of Governor Ralph Northam's "Forward Virginia" reopening plan.

The existing stay-at-home order and restrictions on certain business operations for Phase Zero will remain in effect in Northern Virginia until at least May 29, while the rest of state moved onto Phase One on May 15. The order applies to the cities of Alexandria, Fairfax, Falls Church, Manassas and Manassas Park; the counties of Arlington, Fairfax, Loudoun and Prince William; and the towns in those counties.

The top elected officials of the five largest localities in Northern Virginia sent a letter to Gov. Ralph Northam, supporting his "Forward Virginia" reopening plan in general but urging him to implement it for Northern Virginia only once regional threshold metrics have been met. The 2.5 million residents of the city of Alexandria and the counties of Arlington, Fairfax, Loudoun and Prince Wil-

liam represent nearly a third of the population of Virginia and half of the Commonwealth's COVID-19 cases, hospitalizations and deaths.

"We eagerly wish to rebuild our economy and help our residents recover," wrote Mayor Justin Wilson (Alexandria) and Chairs Libby Garvey (Arlington County), Jeff McKay (Fairfax County), Phyllis Randall (Loudoun County) and Ann Wheeler (Prince William County). "It is only through our regional achievement of these milestones that we will be positioned to avoid a more damaging return to business closures later in the summer."

More than 236 Alexandrians were tested as part of a pilot initiative by Neighborhood Health to provide community testing for COVID-19.

"Community testing" refers to testing residents regardless of whether they have symptoms of the virus. So far, virtually all other COVID-19 testing in Alexandria has been available only to people with symptoms.

The May 16 testing event was intended as the first step in the process to expand community testing as capacity expands in the future. The Alexandria Health Department

SEE CORONAVIRUS, PAGE 12

WWW.CONNECTIONNEWSPAPERS.COM

Surviving COVID-19

FROM PAGE 1

drome effect regarding the anxiety in all of this,” said Gregg Murphy. “What I have learned subsequently makes me look back in that rear-view mirror and realize that it was much more serious than we perceived at the time. Not a day goes by that we do not think about what could have been and how lucky we were.”

Despite being virus-free, the Murphy family continues to wear face masks to put others at ease.

“I believe that the only reason we were infected is because no one was yet suspecting we were vulnerable to the coronavirus and thus not taking the necessary precautions we now consider daily hygiene habits,” said Monica Murphy. “My hope is that everyone will take these precautionary measures seriously, and that as a responsible community, we will all be able to start a ‘new normal’ life.”

For 18-year-old Ana, her advice is much simpler: “Keep on top of your parents as they may be too stubborn to admit they have it.”



PHOTO BY JANET BARNETT/GAZETTE PACKET

Nelson Greene Jr., back center, was treated at Alexandria Inova Hospital in late March for the coronavirus. He returned home and is now virus-free.

Public Input on Electric Vehicle Charging Infrastructure

The City of Alexandria is launching a process to develop an Electric Vehicle Charging Infrastructure Readiness Strategy that will provide a roadmap for the electric vehicle charging infrastructure needs of City residents, workforce members and visitors, as electric vehicles become more mainstream. www.alexandriava.gov/Eco-City

There are several steps to this process:

Evaluate projections for electric vehicle charging infrastructure needs. Recommend locations for charging infrastructure that are accessible to the public, with integration into a broader regional charging infrastructure network.

Recommend charging infrastructure options, including hardware, business ownership and operation models, interoperability, and operations and maintenance solutions.

Review the City’s zoning codes, permitting, inspection codes, development processes

and requirements to recommend updated or new language to promote and anticipate electric vehicle charging needs.

Recommend policies, approaches and synergies for locating electric vehicle charging infrastructure at businesses, multi-unit dwellings, single-family homes, right-of-way and other locations.

This effort is identified as an action in the City’s Environmental Action Plan 2040, and supports smart mobility goals.

How to Get Involved:

Watch a video introduction to the Electric Vehicle Charging Infrastructure Readiness Strategy project, which includes information about electric vehicle trends and statistics in the U.S. and Alexandria; preliminary charging station location analysis information; and goals for the project. The Alexandria community and interested stakeholders can provide feedback online by May 22, 2020 at www.research.net/r/AlexandriaVA-EVINfrastructureReadiness.

BULLETIN BOARD

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

RECREATION SUMMER CAMP SUSPENDED

Registration for summer camps and programs offered by the City of Alexandria’s Department of Recreation, Parks and Cultural Activities is now suspended until further notice. Previously planned summer camps and programs may need to be adjusted to accommodate the current stay-at-home order and physical distancing guidelines, as well as the potential for new state guidance for the summer months. All Spring programs have been cancelled. All recreation, nature and art centers remain closed; all activities, events and private rentals are canceled; all reservations and registrations are suspended; all public playgrounds are closed; and all public sport courts, fenced fields, fenced dog parks, outdoor fitness stations, restrooms and parking lots at parks are closed. Transient boater access to City Marina piers is prohibited (open to license holders only). All unfenced City of Alexandria parks, trails and fields remain open to the public to provide opportunities for safe, physically distant exercise. Visit alexandriava.gov/Recreation for updates.

ALEXANDRIA MAILS 2020 FIRST-HALF REAL ESTATE TAX BILLS

The City of Alexandria has mailed bills for the first half 2020 real estate tax, refuse fee and stormwater utility fee to all property owners and/or mortgage companies. The 2020 real estate tax rate is \$1.130 per \$100 of assessed value, the annual refuse fee rate is \$460 and the annual stormwa-

ter utility fee rate is approximately \$140. First-half real estate tax and fee payments are due Monday, June 15. Late payment penalty and interest will be assessed on all real estate taxes and fees that are not paid or postmarked by the due date. The late payment penalty is five percent of the tax if paid by June 30, 2020, and 10 percent of the tax if paid on or after July 1, 2020, or \$10, whichever is greater. The late payment penalty is 10 percent of the refuse fee. Interest on tax and late payment penalty accrues at an annual rate of 10 percent for the first year and five percent for each year thereafter, beginning June 16, 2020, and continues until the entire outstanding balance is paid. Interest accrues on unpaid refuse fees at an annual rate of 10 percent and stormwater utility fees at an annual rate of 6 percent, beginning June 16, 2020. There is no late payment penalty on stormwater utility fee.

DROP-OFF CENTER OPEN SATURDAYS

The City of Alexandria has reopened its Household Hazardous Waste & Electronics Drop-off Center on Saturdays only, from 7:30 a.m. to 3:30 p.m. The center closed last month to minimize risk to employees and the public, but will reopen on a limited basis to accommodate residents who cannot store materials at home indefinitely (such as those who are moving). Before visiting the center, consider whether materials can be stored at home until a later date, when normal operations resume. For more information, including guidelines for visiting the center and a list of acceptable items, visit the Household Hazardous Waste & Electronics Drop-off Center web page or alexandriava.gov/ResourceRecovery.

TAKE 10 TO COMPLETE CENSUS

The City of Alexandria encourages all residents to participate in the 2020 Census. Completing the Census questionnaire is safe, easy,

and typically takes less than 10 minutes to complete. Occurring only once every 10 years, the Census is the best opportunity to count all residents in Alexandria regardless of age, race, ethnicity, citizenship status, or any other demographic characteristic. An accurate count makes sure all residents are fairly represented in federal and state government and that \$675 billion in federal resources are allocated correctly across state and local jurisdictions.

Alexandria Library is also hosting a series of virtual information sessions to discuss the 2020 Census and the importance of ensuring EVERYONE in Alexandria is counted. Saturday, May 23, 3 p.m. - How Will the 2020 Census Impact You and Your Community? The Census and Our Schools. Saturday, June 6, 3 p.m. - How Will the 2020 Census Impact You and Your Community? The Census and Local Government Services. Visit alexandriava.gov/Census2020 for more information on the City of Alexandria’s involvement in the 2020 Census.

LIBRARY OFFERS ACCESS TO LEXISNEXIS

Customers of the Alexandria Library can now get access to LexisNexis from home. This service is usually reserved for law library patrons only, but now through May 31, 2020, customers can register for a temporary account to access the database.

Customers can access timely, authoritative legal resources from LexisNexis to conduct research on the cases, codes, and secondary resources needed for their legal work and personal legal research. For access, visit <https://www.lexisnexis.com/en-us/pa-access.page> (This link is also available on library’s database page: <https://alexlibraryva.org/databases>). If you have a question about this service, reach out to Allison G at agifford@alexlibraryva.org or Cara S at csonnier@alexlibraryva.org.

ROSETTA STONE AT LIBRARY

Customers of the Alexandria Library can enhance

their language learning goals with access to Rosetta Stone Library Solution from EBSCO Information Services through June 30, 2020. Rosetta Stone, which includes 30 languages, is structured around core lessons to build reading, writing, speaking, and listening skills and also includes focused activities to refine grammar, vocabulary, pronunciation, and more. Access this resource by going to the database page: <https://alexlibraryva.org/databases>.

VIRTUAL PROM

Democracy Federal Credit Union invites you to dance the night away at a free virtual prom for high schools students. As with many cancellations due to COVID-19, proms and graduations across the country have been cancelled, leaving students unable to enjoy the high school traditions that they look forward to throughout the year. Democracy FCU and DJ J. Soul will host the virtual proms via ZOOM for local schools who fall in the field of membership. The dates are as follows: May 23 or May 30 for H.D. Woodson, T.C. Williams. Democracy FCU Members can also celebrate prom on Saturday, May 30 from 8 – 10 p.m. Visit democracyfcu.org for details.

TRASH GOES IN PLASTIC BAGS

Residents receiving City trash and recycling service must begin placing all materials in their city-issued bins or carts. Trash should be tied or sealed in plastic bags within the bins or carts. Recycling should be placed loose, with no plastic bag, inside the blue bins or carts. Residents who have not been issued a City trash container should place tied or sealed plastic trash bags on the curb. Those without a City recycling bin or cart should place recyclables in paper bags on the curb. For the safety of collection crews and to encourage waste to be reduced, loose trash or recycling on the curb will not be collected.



PHOTOGRAPH BY DIANA GRITTI

“Mug shot:” The cover of the AWLA’s 2020 calendar, adorning a coffee mug, featured the calendar contest’s top voter-getter, a therapy dog named Abby. Voting starts online June 1 to choose Alexandria’s 2021 Animal of the Year.



PHOTOGRAPHS BY SHELLEY CASTLE PHOTOGRAPHY

Abby, a cattle dog/coonhound mix who is Alexandria’s 2020 Animal of the Year, makes a splash. Abby is a therapy dog who enjoys visiting nursing homes.

Picture This: Your ‘Working-From-Home’ Pet

Animal Welfare League of Alexandria’s annual calendar contest launches June 1.

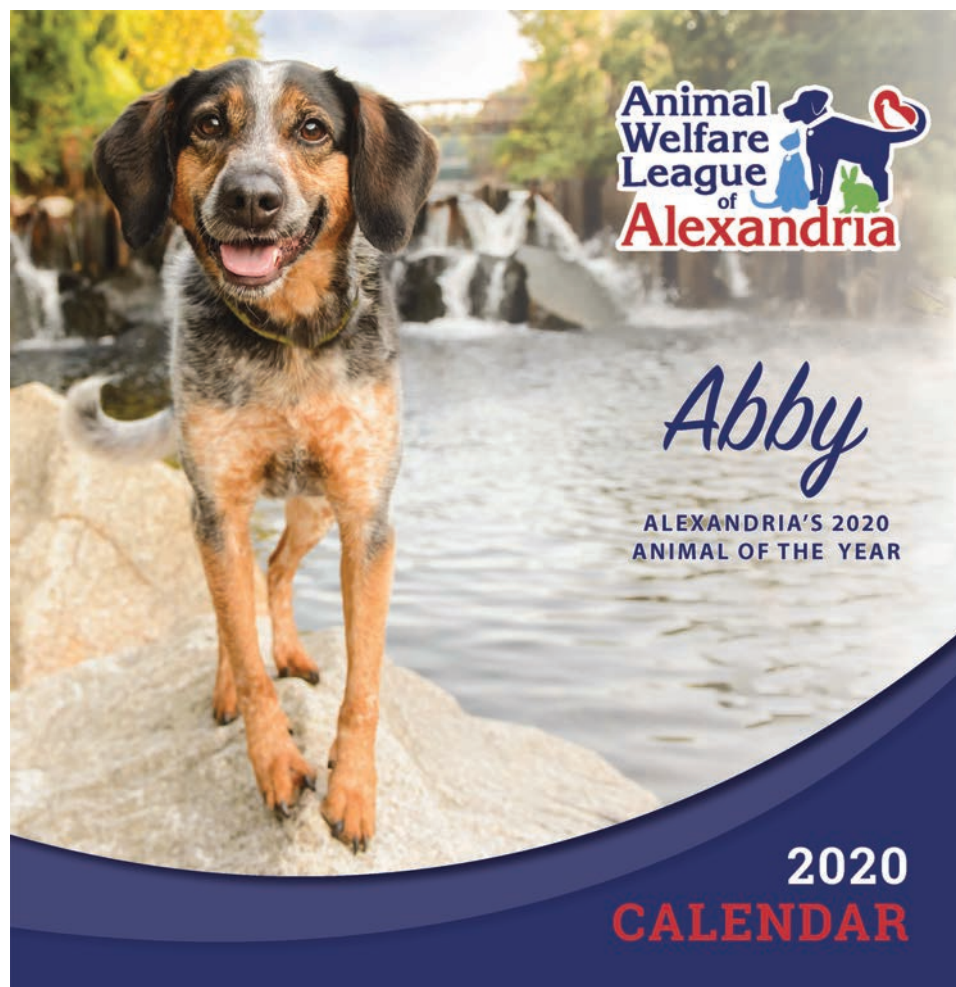
BY BARBARA S. MOFFET

It’s been an unforgettable year for Abby, a six-year-old cattle dog/coonhound mix adopted in 2014 from the Animal Welfare League of Alexandria (AWLA). First, Abby was named Alexandria’s 2020 Animal of the Year after earning the most votes of all pets entered in the shelter’s annual photo calendar contest. Then, she and her family moved to Lexington, Ky., where for the first time in her life she had a backyard to roam — one that spans a whole acre.

It was a fitting reward. “When Abby became Alexandria Animal of the Year, she demanded better accommodations,” said her “mom,” Diana Gritti. “It warms my heart to see a rescue dog enjoy something like that.”

Abby was outstanding before she earned her AWLA title. Certified as a therapy dog by the American Kennel Club, she had completed nearly 100 visits to nursing homes, where she thrived on getting to know the senior residents. Abby is a very smart, sensitive dog, Gritti said, and is eager to don her official work bandana and start visiting the nursing homes of Lexington as soon as it is safe to do so.

Abby was the first animal to receive a vote in last year’s calendar contest and reached the head of the pack in the contest’s nail-biting final hours. This year’s contest, which launches Monday, June 1, should inspire similar drama. The theme, Work-From-Home Helpers, highlights the pets who have provided love and support through the long months at home this spring. Photographs of pets in action — whether “helping out” in the home office or offering moral support by napping nearby — can be submitted at



A therapy dog named Abby graced the cover of the 2020 Animal Welfare League of Alexandria calendar. Abby garnered the most votes in last year’s photo contest; this year’s competition launches June 1.

AlexandriaAnimals.org/Calendar beginning June 1. The top vote-earners will receive

prizes, such as photo sessions with a professional pet photographer, and the animal

with the most votes will also be named Alexandria’s Animal of the Year.

The contest is the AWLA’s largest fundraiser of the year, and this financial support is more critical than ever to providing vital services to the community. Every registration or vote is a donation to help animals, and all registrants receive a complimentary calendar.

The contest is not limited to AWLA alumni or Alexandria residents. And, every animal entered will be pictured in the calendar, which is printed in full color and designed for hanging on the wall.

Gritti says that despite their new location, she stays in touch with the AWLA and will continue to support the shelter. “I feel very strongly I’d like to get another dog from there,” she said. What advice does Abby have for the next Animal of the Year? “She would say to milk the title for all it’s worth,” Gritti said. “Get as many treats out of it as you can.”

The Animal Welfare League of Alexandria is a local 501(c)(3) organization that operates the Vola Lawson Animal Shelter, Alexandria’s only open-access animal shelter. In response to the global pandemic, the AWLA has initiated a virtual adoption process that has seen adoption of dozens of pets and is operating a Pet Pantry that has provided nearly 4,000 pounds of pet food and supplies.

They also have launched a virtual humane education program for kids and are offering assistance to Alexandrians with questions about wildlife and animals in the community. More information can be found at AlexandriaAnimals.org.

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PHOTO COURTESY LINDA MCKENNA GULYN

Linda McKenna Gulyn, Ph.D. - pictured with her two sets of twin sons - works full-time and says that managing her sons' school work is the most difficult part of parenting during COVID19.

Parental Burnout on Distance Learning During COVID-19

How to survive until the end of the school year.

BY MARILYN CAMPBELL
THE GAZETTE

Whether deciphering algebraic equations and trying to teach them to a disinterested child or helping with a science experiment during a Zoom conference call, for parents who are trying to homeschool their children during the current COVID-19 pandemic, the struggle is real. Last fall, some parents developed a plan to deal with the academic burnout that occurs as the school year neared an end. Little did they know that the plan they created would be themselves.

"You aren't alone. No one is judging you. I work full-time, manage a home, finances, health issues. But the hardest part? Attending to my four sons' school tasks, personal care and emotional survival. I'm not unique," said Linda McKenna Gulyn, Ph.D., Professor of Psychology at Marymount University. "Relax your standards. We actually do have ways to take control."

Recognizing and accepting burnout is one of the first steps in taking that control. "Parental burnout occurs when there are relationship problems with children, feelings of fatigue or depression, and perceived lack of control," said Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "It may help to first take a break, like go for a walk with or without the children, and then discuss ways to change family routines and get along better."

Asking for help is not a sign of weakness. "If you're in a two-parent household, make sure you and your partner are working together as a team," said Joanne Bagshaw, Ph.D., Professor of Psychology, Montgomery College. "Remote work and distance learning have been particularly hard on working mothers, who are trying to keep themselves and their families sane during this extraordinary time while managing the bulk of the housework and childcare. Ask for more help from your partner if you need it. And more im-

portantly, if you're the parent who tends to do less around the house, this is your chance to step up and share the burden with your partner."

In fact, seeking assistance from the resource teachers at the school of one's child can reduce angst. "For students with disabilities, make sure that the modifications given also help lower frustration to alleviate stress," said Bagshaw.

Parents who are experiencing burnout should practice self-care to help with surviving the last few weeks of school. "Plan for individual and group fun activities during each day as rewards for completing schoolwork and housework," said Short. "Be kind to yourself and focus on some personal goals so that there is balance with parental goals. Try to get restful sleep, enjoyable exercise, and tasty nutrition each day."

Avoid comparing oneself to the picture perfect images of COVID-19 harmony that abound on social media.

"Don't believe reports - especially on social media - about creative, inventive parents, enjoying the additional closeness with their children during this time," said Gulyn. "I don't."

"Manage your expectations," added Bagshaw.

"Try to avoid getting caught up in all the details of what you think should be done, and how, and keep the big picture in mind. What children and families need right now is lowered stress, and less pressure, not more."

Set limits to the amount of time spent helping children with schoolwork, advises Gulyn. "Put yourself on a kid schoolwork schedule, she said. "One hour a day helping with school assignments is truly enough," she said. "Kids are better at technology than most of us. My kids learned quickly how to work on-line for school meetings and assignments. Trust them."

Get support from fellow parents who might be feeling the same way. "We might feel relief and less isolated if we observe most fellow-parents are simply hanging on," said Gulyn.

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From meals to snacks to treats for dogs, there are a multitude of food-truck options for hungry neighbors.



Astro Doughnuts and Waffles is one of many food trucks that has been visiting Cameron Station during the pandemic.

PHOTOS BY RENEE ROTHSCHILD

Food Trucks Lift Spirits, Bring Community to Cameron Station

BY HOPE NELSON

It's a tale as old as time: Communities finding common ground with food, sharing meals together, looking forward to events that center on a family meal, a special occasion.

These days, amid a pandemic, the rules have changed slightly

— or, perhaps more than slightly — but the sentiment remains. People crave good meals. They crave community.

And now, thanks to the handiwork of one Cameron Station neighbor, they can get both from the window of a food truck two days a week.

Cameron Station resident Renee

Rothschild is herself a casualty of the pandemic's economic havoc. A director of catering, Rothschild was laid off from her job on March 24. By March 25, she was looking for a way to help others.

"Here I'm in a situation where I lost my job ... but what about the food trucks? They're such an important part of the DC area," she said. "In this pandemic, so much is going to be lost, and I just felt very passionate about making sure at least our food trucks don't go under."

Rothschild started reaching out to various food truck vendors on March 25, and shortly thereafter she landed her first truck to visit the neighborhood, at the corner of Cameron Station Boulevard and Harold Second Street — barbecue purveyor Smoking Kow. And neighbors were ready for a feast.

"[The line] was wrapped down and around the condos and down the street, I am not kidding," Rothschild said, adding that she and her husband began marking off six-foot separations on the side-

walk and had to keep extending the queue to accommodate hungry customers. The food truck sold out in 45 minutes — a total of 200 meals.

The second week, Rothschild organized two food trucks to visit the area, and both were sold out in an hour and 15 minutes. That's when she knew she had a success on her hands.

"This is bananas," she laughed.

The food truck visiting hours expanded from two hours to three, and from one day to two — Tuesdays and Saturdays. Tuesdays are now more classic-dinner options (think DC Slice or Peruvian Brothers), while Saturdays are more family-friendly fare (think Captain Cookie and the Milkman). And both days are bustling with activity.

"Since that first food truck, Tuesdays have been crazy, Saturdays have been absolutely crazy, and the food trucks look at us and are like, 'You know Renee, you're helping us, you're keeping us on the road,'" Rothschild said.

Rothschild spreads the attention between a number of trucks, trying to keep the culinary diversity vibrant while ensuring no one is left out of the mix (or favored too heavily). And she intends on keeping the event going for as long as necessary.

"I would like to see this go as long as the food trucks need this assistance. When it comes down to it, we're in the talks with the local authorities in Alexandria to make sure that we can continue to bring in food trucks that aren't necessarily on their list of Alexandria-approved food trucks," she said.

The twice-weekly events give a purpose to the days and give the neighbors something special to wait on — and they keep Rothschild busy, too.

"It's given me something else to do besides baking," she laughed.

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

Obituary

Obituary

Dr. John Joseph Gleeson Jr. (Age 96)



Beloved husband and loving father passed away peacefully on May 13th surrounded by his family in the house in Alexandria VA that he had called home for the past 57 years. John - or Bubby as he was known to family and close friends — was born and raised in Omaha, Nebraska, the son of Dr. John and Grace (Peters) Gleeson. An alumnus of Creighton Preparatory High School, he continued his educational pursuits at Creighton University from which he earned his baccalaureate degree and, subsequently, his Doctor of Medicine degree.

While pursuing his studies, John had the good fortune to meet a young nurse, Mary, who would become his wife and lifelong partner. They began their life together settling in the small rural community of Vail, Iowa, where John set up his practice with Mary as his nurse caring for the townspeople and the farmers and their families from the surrounding area. For many years after they had left that small Iowa town, he and Mary were remembered and were sorely missed by their many patients who had also become their friends. A call to duty during the Korean War landed the family in Fargo, North Dakota, where John served in the Navy as an active duty officer. Following this brief sojourn, he decided to pursue additional training, eventually moving his family to the DC area where he completed a residency in the field of Obstetrics and Gynecology at Georgetown University Hospital. He built a successful solo medical practice from which he retired in 1994 after 35 years devoting most of his life to helping literally thousands of mothers bring new lives into this world. One memorable episode in his long and distinguished medical career was participating in the care of the new President's wife, Jackie, who acknowledged his service with a handwritten note and flowers sent home to Mary on the occasion of their wedding anniversary which, co-incidentally, was the birth date of John Jr.

Despite the demands of a busy medical practice and a large family, Bubby did find time to pursue his many other interests including tennis, fishing and tending to his garden. An avid sports fan, he supported his Washington Redskins over many years through their triumphs and their losses. Thank the Lord that he lived to witness his beloved Nationals bring the pennant home to DC.

John is survived by his wife of 71 years, Mary Catherine Gleeson, and his 5 daughters and 2 sons, Kathleen Gleeson Butler of Washington DC, Annette Ellen Gleeson of Alexandria VA, Mary Janet Thomas and spouse (Robert) of Arlington VA, Patricia Maureen Rowan and spouse (Greg) of Manalapan NJ, Timothy Thomas Gleeson and spouse (Pam) of Fairfax Station VA, Edward Michael Gleeson of Alexandria VA, Theresa Gleeson Bielecki and spouse (Edward) of Gainesville VA and 11 grandchildren. He is also survived by his remaining sibling Catherine Ann Lahey of Wichita KA. He is predeceased by his brother Edward Michael Gleeson of O'Neill NE and Mary Elizabeth Jonaitis of Omaha NE.

Due to the COVID-19 pandemic, the mass of Christian burial at St. Rita's Catholic Church and interment at Ivy Hill Cemetery will be private, a celebration of his life to held at a later date. In lieu of flowers, please consider donation to the Parkinson's Foundation, www.parkinson.org, or to the charity So Others Might Eat, www.some.org.

Alexandria Week in Coronavirus

FROM PAGE 8

ment and Neighborhood Health coordinated the event with Alexandria-based nonprofits Casa Chirilagua, Community Lodgings, and Tenants and Workers United to reach Alexandrians in the areas hardest hit by COVID-19 so far.

The Alexandria Health Department will contact individuals with both positive and negative results. Neighborhood

Health will contact any individual who tests positive and connect them with medical care if they do not already have a provider. Neighborhood Health and the Alexandria Health Department will provide guidance to any individuals with positive test results, including information about steps to protect others from infection.

Anyone who is not feeling well should call their primary care physician to ask if it is appropriate to

come in for an exam or test.

Neighborhood Health, a nonprofit community health center serving approximately 8,500 low-income residents, conducts COVID-19 screening and testing for its patients. Patients who need evaluation should call 703-535-5568 for a phone or video appointment with a provider. All Neighborhood Health sites require ap-

SEE CORONAVIRUS, PAGE 14

Legals

LEGAL NOTICE

Notice is hereby given to members of the American Society of Clinical Oncology, Inc. and the Association for Clinical Oncology that their Annual Business Meetings will be held online on Monday, June 1, 2020, at 12:00 p.m., U.S. Eastern Time. Members will be emailed a link to use to access the online Annual Business Meetings in advance of the event.

Members with questions can email nicole.medrano@asco.org or call 571-483-1317. This notice is issued at the direction of the Boards of Directors of the American Society of Clinical Oncology and the Association for Clinical Oncology.

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Time Will Tell



By KENNETH B. LOURIE

Nearly three weeks into my low iodine diet, in preparation for my hospital overnight on May 28 when I will get my radioactive iodine therapy to be followed immediately by a medical quarantine at home for a week, I wouldn't say I'm thriving. More like persevering. I can't really satiate eating "rabbit" food and what culinary pleasures I can enjoy, I can only have them in small quantities and infrequently at that. I won't give you a list, but just consider what any 10-year-old likes to eat.

As you might imagine, I've lost some weight. Granted, it was weight I could afford to lose. And though I'm not exactly a shell of my former self, I am hardly the man I once was. Nevertheless, as my friend Frank would say: "I'm in pretty good shape for the shape I'm in." And the shape I'm in, and the diet I'm following and all the medical appointments I'm going on is to find and kill my remaining papillary thyroid cancer, the 15% or so the otolaryngologist was unable to get to on my Jan. 29th thyroidectomy.

The purpose of this treatment/activity is to locate and simultaneously eradicate the papillary thyroid cancer tumors still in my body. And since papillary thyroid cancer is called the "friendly cancer" because it is generally curable, I'm not worried about the outcome of all that I've described. However, there is an associated element to this treatment which is more important and potentially life changing.

It's possible, according to my oncologist, that my lung cancer tumors may in medical fact, be thyroid cancer tumors. Not unusual since cancer often moves throughout the body. So on paper, one can have thyroid cancer in the lungs. The thyroid cancer treatment I'm presently undergoing will be the final determination on whether the tumors in my lungs are actually thyroid cancer which migrated or still lung cancer. If the tumors are identified as lung cancer then all goes along much as it has for the past 11 years. However, if the tumors are identified as thyroid cancer, and they are all eliminated by this procedure, then a new day has dawned and life will indeed go on, much as it hasn't since late February, 2009 when I was first diagnosed.

And though I've just written it, it's really too much to consider. After living on an emotional precipice since receiving a "13 month to two year" prognosis 11-plus years ago, the thought of living a non-cancer-centric life/return to normal life expectancy is disorienting almost. To say it would change everything minimizes the word 'change.' 'Change would barely describe the effect. I'd be reborn almost with an entirely new lease on life.

It's what all "terminal" patients dare not dream: the miracle cure, the medical mix-up, the you're-free-to-go sendoff.

It's early days though and premature until I'm told otherwise. And 'otherwise will be told sometime in early June when I will have had my post-thyroid-treatment CT scan and then the follow-up appointment with my endocrinologist who will explain the findings. Only after learning these details and then discussing them with my oncologist will I know what the future holds.

Right now, my future is a cut-up apple, a four-ounce burger for dinner with no bread or cheese, some kind of vegetable, unsalted kettle potato chips, (thank God for them) and no dessert. To say this list compares favorably to my pre-low-iodine diet is the understatement of the year. The overstatement of the year is come early June I'm likely to be cancer free.

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

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News

Alexandria Week In Coronavirus

FROM PAGE 12

pointments; walk-ins are not accepted.

The nonprofit Virginia 30 Day Fund provides forgivable loans for Virginia-based small businesses. The loan is intended to provide immediate financial assistance to meet payroll, preserve healthcare coverage for employees, and save jobs. Help is designed to be quick, easy, and free of red tape, as small business owners work to keep employees on board in the near term.

Face coverings or masks will be required when traveling in all Metro stations, trains, buses, and MetroAccess vehicles, and all Alexandria Transit Company (DASH) buses starting May 18. Riders are reminded that these transit systems are open for essential travel only, and the public is encouraged to stay at home whenever possible.

HIRING NOW The Virginia Department of Health (VDH) is hiring 1,300 contractors for work related to COVID-19 contact tracing, including district case investigators, district contact tracers, regional testing coordinators, contact tracing supervisors, district data managers, and regional analytics coordinators. For more information and a list of staffing agencies, visit the Virginia Department of Health Coronavirus page and look for the orange box on the left.

POSTAL SERVICE INCLUDED: Last week, the U.S. House of Representatives passed the Health and Economic Recovery Omnibus Emergency Solutions Act or the HEROES Act. The \$3 trillion HEROES Act would include \$25 billion to save the United States Postal Service. An additional \$25 billion for capital investment is set to be included in upcoming infrastructure legislation, according to U.S. Rep. Gerry Connolly.

"This will keep the Postal Service afloat. But let me be absolutely clear: If President Trump and the Senate GOP demand anything less than the Heroes Act provides, the Postal Service will continue to sink."

Indications are that the Senate does not intend to take up the HEROES Act.

GREAT DEPRESSION: U.S. Sen. Mark R. Warner (D-VA), spoke on the Senate floor about the need to provide relief to the more than 30 million Americans who have lost their jobs due to the coronavirus outbreak, as well as the potential consequences if Congress fails to act. Warner urged Congress to include a Paycheck Security program in the next coronavirus relief bill.

"Just as it took the U.S. years to emerge from the Great Depression, it could take years or even decades to recover from the coronavirus recession if we do not take immediate, bold action in the next coronavirus relief bill. Our first goal must be to prevent further job losses, as well as permanent disruptions like business closures, evictions, and foreclosures.

Second, we must work quickly to reduce the economic uncertainty facing workers and small businesses."

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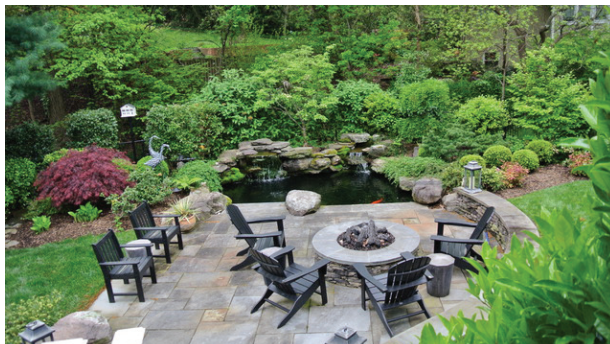


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