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Alexandria Gazette Packet

WELLBEING
PAGE 11

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JUNE 4, 2020



A crane maneuvers into place during the early morning hours of June 2 to begin the removal of the Appomattox Statue at the Washington and Prince streets.



Workers begin the removal of the Appomattox Statue during the early morning hours of June 2.



The Appomattox Statue is removed from its location at the intersection of Washington and Prince streets.

PHOTOS CONTRIBUTED

Historic Moment in Alexandria

Controversial statue relocated to an undisclosed location.

BY JEANNE THEISMANN
GAZETTE PACKET

For 131 years, the lone figure stood at the intersection of Washington and Prince streets in Old Town. Known as the Appomattox Statue, it was first dedicated in 1889 but in recent years has been the subject of heated controversy and legislative debate. Slated to be relocated next month, the statue was quietly removed during the early morning hours of June 2 to an undisclosed location by its owners, the United Daughters of the Confederacy.

"This is not an event that just occurred because of the moment we are in," said Alexandria Mayor Justin Wilson. "This has been a long time coming through legislative change. This is a change that has a long history of advocacy in our community."

The bronze sculpture by M. Caspar Buberl depicts the form of a lone Confederate soldier viewing his defeated comrades in the after-



The Appomattox Statue at its dedication on May 24, 1889.

math of the battle of Appomattox Court House. The stone base bears the names of those from Alexandria who died during the Civil War.

"[The removal of the statue] has to be put in the context of an overall effort," Wilson said. "Part of what people are reacting to is the unequal telling of our history. In Alexandria, history is a big part of our city and a big part of what we are about. But traditionally we

have only told a very small sliver of that history, only one perspective. The last two or three decades we have been working in a concerted way to broaden the scope of the history we are telling."

The Appomattox Statue is unusual in that it is a privately owned statue located on public land. Following its dedication on May 24, 1889, the United Confederate Veterans, the organization that orig-

inally commissioned the statue, petitioned the Virginia House of Delegates that same year to have it protected by state law.

Although City Council voted unanimously in 2016 to move the statue to another location, prevailing law at the time required approval from the General Assembly for the relocation of the Appomattox Statue along with other war memorials throughout the state. A bill passed by the legislature and signed by Gov. Ralph Northam (D) earlier this year removed those protections, giving authority over memorials to local jurisdictions. That law goes into effect July 1.

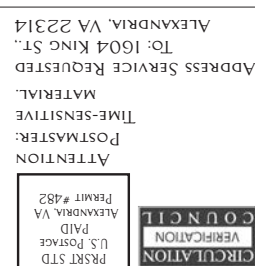
"We had already coordinated with the UDC and scheduled a date for removal in July," Wilson said. "They approached the city last night with a request to remove the statue early. That is probably a testament to the moment we are in right now."

The base of the statue will be removed at a later date.

"This is the right direction for the city," said Councilman John Taylor Chapman, former head of the Alexandria chapter of the NAACP. "There has never been a real discussion of how slaves contributed to building up the city, about the

SEE HISTORIC MOMENT, PAGE 14

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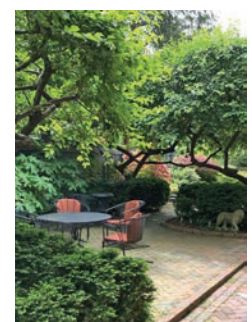
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Hundreds Rally to End Racism

Peaceful demonstration held at police headquarters.

BY JEANNE THEISMANN
GAZETTE PACKET

A group of more than 500 demonstrators gathered outside Police Headquarters June 2 as part of a vigil to “End White Silence in Alexandria” in the wake of the May 25 killing of George Floyd, an unarmed black man, while in police custody in Minneapolis.

The rally was organized by Showing Up for Racial Justice, a group that coordinates white individuals to fight causes of racism. The aim was to call attention to the death of Floyd as well as Ahmaud Arbery, Breonna Taylor and other black Americans at the hands of police officers.

“I’m here because not showing up for an issue that affects our brothers and sisters in America is complicity in the problem,” said Tim Reichman, who is white and attended with two women of color. “Racism is still an issue in America and until we address that and work to fix it, it just continues.”

Demonstrators were peaceful as chants of “Black Lives Matter” filled the air. The names of individuals who died while in police custody were read by organizers and repeated aloud by the crowd.

“It’s wonderful to have this many people show up for black lives,” said Cat Clark, a SURJ spokesperson and organizer of the event in support of the Black Lives Matter movement. “We are encouraging people to follow the movement for black lives and their call to divest from policing and invest in communities of color, especially black communities. Transferring those resources to where they will count will make a huge difference in what is happening.”

Police Chief Michael Brown and other officers were standing at the entrance to the building as the rally took place and the Fallen Officers Memorial was blocked off to demonstrators.

“We are out here with a group that is expressing their First Amendment rights very peacefully,” Brown said. “We welcome them here to bring forward a very, very important issue -- speaking to the death of Mr. George Floyd. Those here want it stopped as much as we do. We look forward to seeing some movement across the country on these issues going forward. If there is something we can learn from this, so be it.”

Protests have erupted across the nation after video surfaced of Floyd struggling to breathe as a white Minneapolis police officer held him down with a knee on his neck. The officer, Derek Chauvin, was charged with third-degree murder, and numerous signs scrawled with “I can’t breathe” were prevalent at the police headquarters vigil.

“I’m here because I know that I should use my white privilege to fight for those who do not have a voice,” said Elizabeth Lane. “Those like George Floyd.”

Added Catherine Green, “We have to end white silence if we are ever going to change the police state that is America and the bru-



Crowds gather at Alexandria Police Headquarters June 2 to rally against racism and remember the lives of black Americans who have died while in police custody.

tal racial violence that has characterized our country for hundreds of years.”

Another vigil will be held in Alexandria on June 4 at the Charles Houston Recreation Center. The Facebook event page stresses that “expressing anger through violence is not welcome.” Attendees will meet in the parking lot of the center at 7 p.m. and walk to the front of the building. A prayer, moment of silence and remarks from community leaders will follow and masks are encouraged for attendees to help prevent spread of coronavirus.

“We are but one part of the underlying issues raised following the death of Mr. Floyd,” said Brown in a letter to the community. “I pray that America will stay focused on Mr. Floyd and the many victims of racial

SEE RALLY, PAGE 5



Demonstrators hold signs at the June 2 “End White Silence in Alexandria” rally at police headquarters.

PHOTOS BY JANET BARNETT/GAZETTE PACKET



Marc Komeman holds a sign asking “Am I next?” at the June 2 demonstration at APD headquarters.



Police Chief Michael Brown, second from right, stands with other officers at the entrance to police headquarters during the June 2 rally which drew hundreds of peaceful protestors.



Some demonstrators take a knee during the June 2 rally at police headquarters

Overlooked Primary

Three Republicans on the ballot this month in primary for U.S. Senate.

BY MICHAEL LEE POPE
THE GAZETTE

Don't look now, but Virginia is in the closing days of a primary. You might not have heard about it because of the global pandemic and the economic crisis. But buried beneath all the headlines about police brutality and racial injustice, Republicans are about to decide which candidate they want to appear on the ballot this November against incumbent U.S. Sen. Mark Warner. Many Republicans are struggling to figure out which candidate they are going to support in an election that almost seems like an afterthought in the midst of everything else that's going on right now. Even though Warner narrowly won his last reelection to Ed Gillespie six years ago, he seems to be in a solid position now.

"This is beyond an uphill race for any Republican running, especially candidates who have never held elective office and have no name recognition," said David Ramadan, a former Republican member of the House of Delegates who now teaches at George Mason University. "Mark Warner wins this one with a landslide."

Campaign finance records show Warner has more than \$8 million cash on hand. By contrast the three Republicans in the race are struggling. Daniel Gade of Mount Vernon has been the most successful, raising about half a million dollars. Thomas Speciale of Woodbridge has raised \$80,000. And Alissa Baldwin of Lunenburg County has raised less than \$8,000.

"Warner is going to run ahead of the Democratic ticket, maybe not by as much as he would historically but he'll outpoll the Democratic presidential candidate," said Ben Tribbett, Democratic political strategist. "For the Republicans to have a chance at winning the Senate race, they need Donald Trump to carry Virginia. And I don't think many people think that's going to happen, including the Trump campaign, which is not investing here."

DANIEL GADE, 45, is a professor at American University. A native of Minot, N.D., he has a bachelor of science from United States Military Academy at West Point, a master of public administration and policy from the University of Georgia and a doctorate in public administration and policy, also from the University of Georgia. After graduating from West Point, he was commissioned as an armor officer. In 2004, he was deployed to Iraq, where he was wounded in combat twice and lost his right leg. He served in the White House Domestic Policy Council during the Bush 43 administration, and he was a senior advisor to the Department of Labor in the Trump administration.

"I view this run as an extension of my military service," said Gade. "For far too long, there are people in these political positions who are serving themselves or serving their parties and too few of them are serving the



Daniel Gade



Thomas Speciale



Alissa Baldwin

Constitution."

Gade says Warner has done little for Virginia, focusing instead on being a "reliable rubber stamp vote for his party." If elected, he says, he would support legislation that would give veterans the ability to use their VA benefits anywhere rather than limiting them to VA hospitals and clinics. He says he would also support the REINS Act, a proposal intended to cut down on regulation by requiring congressional approval of major agency regulations before they can be implemented. He says he would introduce a bill that would require every member of Congress to place all of their holdings in a blind trust, outlawing the kind of financial transactions that some lawmakers engaged in after getting privileged briefings on the COVID-19 crisis.

"Right now all they have to do is report their transactions, which is how we knew about the fire sale of stocks," he said. "It basically makes it a form of felony insider trad-



"It doesn't matter if you can still pay your employees if the business dies because it gets evicted," he said.

THOMAS SPECIALE, 51, is an intelligence officer for the Director of National Intelligence as a government contractor. A native of Peoria, Ill., he has a bachelor of arts in political science from Illinois State University and a master of arts in international relations from American Military University. He enlisted in the Army in 1987, and he's served on active duty or in the Army Reserves since then except for the time he was in college. He's currently in the Army Reserves, where he serves as a human intelligence technician.

"Our country is being torn apart by hyper-partisanship and lies by career politicians, and ultimately there is a very real threat of socialism emerging in the United States," said Speciale. "Democrats want to do away with the Electoral College. They want to seize people's firearms. And they want to tamp down on what they call hate speech, which is any speech they don't like."

Speciale says Warner works for the Democratic National Committee instead of Virginia, raising money in New York, California and Florida rather than focusing on Virginia. If elected, Speciale says, he would advocate for strengthening Second Amendment rights by eliminating so-called "gun free zones" and reducing requirements for gun owners to have concealed-carry permits in multiple states. He says he wants to "re-invent" the Department of Education, but he was unable to provide any specific details other than "hold schools accountable" and "hold teachers accountable." One the issue of immigration, Speciale supports reforms that are outside of the current Republican mainstream — allowing DACA students to receive student aid through the CARES Act, for example, or supporting a path to citizen-

"This is beyond an uphill race for any Republican running, especially candidates who have never held elective office and have no name recognition."

— David Ramadan, Republican strategist

ing. The same kind of thing that got Martha Stewart in trouble should get legislators in trouble when they do it."

He says he would have voted for the CARES Act, although he adds that he believes it should not have included money for Planned Parenthood or the Kennedy Center. As for the Paycheck Protection Program, he feels that the requirement that businesses spend 75 percent of the forgivable loan on payroll might be too rigid. He says business owners should be able to spend that money on utilities and rent.

ship for undocumented immigrants.

"I don't think it is logical to think that you are going to evict 30 to 50 million illegal immigrants that our feckless leadership in the past have allowed to move here," he said. "And if you won't give me immigration reform, we'll have to build a wall."

He says he would have voted for the CARES Act, although he disagrees with the additional \$600 weekly benefits for people collecting unemployment insurance during the greatest economic crisis since the Great Depression.

Ultimately, though, he believes COVID-19 is what he calls a "fake pandemic" because he believes the original estimates for fatalities were overstated.

"I believe it's psychological terrorism," he said. "This is nothing more than a new flu."

ALISSA BALDWIN, 42, is an adjunct professor at Longwood University and a civics and economics teacher at Nottoway Middle School in Crewe. A native of Manassas, she was raised in Nokesville and Lunenburg. She has a bachelor of arts in political science and leadership studies from the University of Richmond and a master of science in educational leadership from Longwood University. She was a paralegal for several years before switching careers to become a high-school history teacher.

"I have gotten to a point where I'm so frustrated with the career politicians and the liberal progressive push on so many issues I hold near and dear, like life and liberty and gun rights," said Baldwin. "So I just decided to live my teaching and enter the race as truly a political outsider, someone who cares about people and is used to bringing people together to solve tough problems."

Baldwin says she would offer a contrast to Warner on issues like abortion, taxes and guns. If elected, she says, she would champion federal legislation that would outlaw the ability of business owners to prohibit firearms in their stores. On the issue of abortion, she is in favor of outlawing it even in cases of rape and incest. On the issue of education, she says she wants to dismantle the federal Department of Education using a phased approach that transfers all its operations to the states.

"They've actually created a lot more problems for teachers and created more inequity in the schools because of their funding formula and their regulations, which are actually unfunded mandates," she said. "It's quite burdensome on local school divisions in rural communities and urban communities that don't have the tax base for local matching funds."

Baldwin says she would have voted for the CARES Act, although she says she would have pressed for increased means testing to limit stimulus checks to people who are most in need rather than the widespread program that was approved by Congress.

"I don't believe that anyone who is here violating our rule of law should receive federal benefits," she said. "You are entitled to protection of your rights under our Constitution. But not benefits."

PHOTOS BY JANET BARNETT/GAZETTE PACKET



The names of black individuals who have died while in police custody are read during the June 2 rally at police headquarters.



Demonstrators hold signs at the June 2 rally at police headquarters.

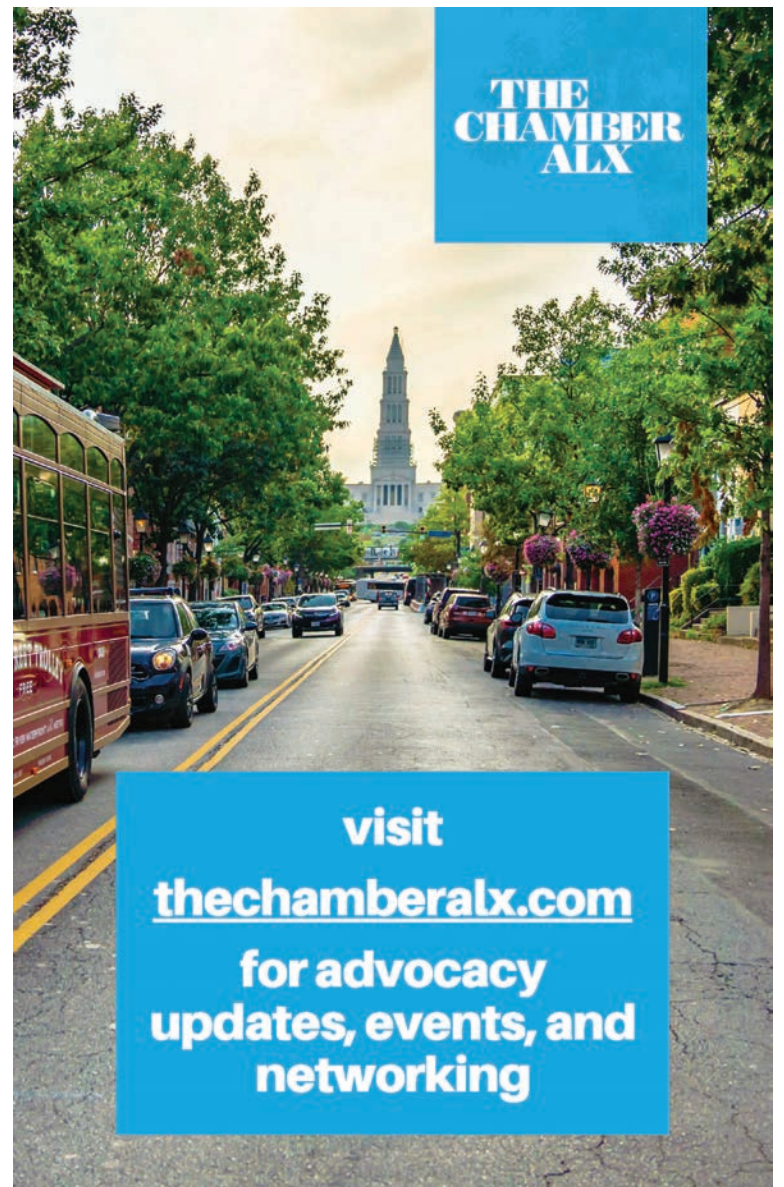
Rally to End Racism

FROM PAGE 3

inequity that have come before him, so that they will not be lost again to short attention spans or the many distractions of our time.”

Marc Komeman, a black man who attended the demonstration wearing a shirt and holding a sign that read “Am I Next?” was happy to see so many coming together.

“This is a beautiful display of humanity,” Komeman said. “There are more white people here today than black people, which gives me hope. We are all Americans. I don’t want to see people called African American or Asian American. This is the only country in the world that makes differentiations on who you are as an American. But we’re all the same people and we all just want to have the same rights.”



We Stand with our Community.

#BlackLivesMatter

We will do better. We can all do better.

The Scholarship Fund of Alexandria

Harness Outrage to Battle Toward Justice

BY BRYAN PORTER

I begin by noting I am aware that words alone cannot rectify the problems our country is experiencing. Furthermore, I acknowledge I cannot truly understand the pain and anger the African-American community feels. However, as a public official, I think it is important for the citizenry to know where I stand.

As a human being, I am personally affected by the events of the past week and I add my voice to the myriad that stands against police brutality and for the right of peaceful protest. As a public official, I have a responsibility to acknowledge the racism that exists in the criminal justice system and to work with law enforcement

leaders, local elected officials, and citizens to establish progressive policies and institutions and try to build bridges of trust with the community. All citizens want the same thing: a safe and caring community in which they are treated with the dignity and respect they deserve.

While I normally refrain from commenting on cases that occur in outside jurisdictions for fear that I do not have all of the relevant information, the Minnesota video is all the evidence needed for a reasonable mind to be convinced that the officer is guilty of murder. I have never seen an officer exhibit such utter contempt and disregard for a citizen. To put it plainly, to keep a knee on a handcuffed man's neck for 9 minutes while he pleads

for his life is overwhelming evidence of malice and would be supportive of a murder charge under Virginia law.

I also believe that the other officers present at the scene, who did nothing to intervene, should be criminally charged as accomplices. I strongly deplore these officers' actions, wholeheartedly support the prosecution of the charged officer, and expect and await charges against the accomplice officers.

Furthermore, I support the people's right to peacefully assemble and protest.

While I cannot endorse or condone destruction or violence, the citizenry's First Amendment right to peacefully protest the government should not be infringed. The federal government must cease its

attempt to militarize its response as this simply inflames passions, exacerbates the likelihood of more people being hurt, and causes further division.

Throughout our history, our county has found a way to move forward from the significant challenges it has faced. We are a country of human beings, each of us imperfect, and our progress therefore is slow and insufficient to adequately address the problems presented. As a country, we must harness the current anger and outrage and use it in the battle toward the elusive concept known as justice.

Bryan L. Porter is Commonwealth's Attorney City of Alexandria

LETTERS TO THE EDITOR

From Police Chief Michael Brown

Last week, I too watched a video that shocked me in many ways. Personally, and professionally, I was appalled at what I saw. I witnessed a homicide at the hands of a cop, and the victim of that homicide was Mr. George Floyd. I had a very difficult time processing what I saw in that video, and it brought back a flood of memories from my youth in the 1960s and various times throughout my career working with cops. I have publicly shared the following perspective with community leaders and in open conversations with the public over the past few days.

There is no excuse for the violence I observed in that video. Human life is to be treasured, not discounted or taken for granted. My parents taught me that at an early age and it was reinforced through my faith. Yet, I struggled with the images I saw in the video. I was not alone in the thoughts I was harboring. I spoke with many of the members of the Alexandria Police Department and discovered they shared the same feelings — mostly anger.

My anger at Mr. Floyd's death comes from several directions. First, he was a human being and another soul. No individual should suffer these consequences in the manner in which Mr. Floyd did. Mr. Floyd also was killed by a police officer. Many people will make the connection that police officers do this all the time. Yet, I do know that officers I have had the privilege to serve with are, like me,

very angry at the police officer that killed Mr. Floyd and the other officers who failed to respond to Mr. Floyd's pleas for help. Finally, I am confounded by the fact that this homicide has once again peeled off the bandage on a long-existing issue of equity in our society, one that has continued without adequate intervention.

It is time now for us to witness the justice that Mr. Floyd and his family deserve. They need to know that many law enforcement professionals are appalled at what they witnessed. They also need to know that I and others in the law enforcement community are willing to help address the societal equity issues that are, once again, in the forefront of the discussion. It is my sincere hope that we finally address these issues — in policing, in the criminal justice system, and the socioeconomic arena. We need to heal!

The Alexandria Police Department is proud to be a 21st Century Policing agency because it is all based on respect for others. We do and have done a lot of things to move forward as a professional organization. One thing I consistently ask myself and others in the Department is "do you have the heart to be a police officer"? That heart is to serve, that heart is to understand, that heart is to have compassion, and that heart is to protect all that need protection. It requires sacrifice, but that is the calling of professional policing and is what the public demands from us.

The Alexandria Police Department employees I have spoken to know and understand this and they are committed to these principles at many levels. That is why

the tragic death of Mr. Floyd affects many of them so deeply.

The Alexandria Police Department has worked extremely hard for a long time to become a professional policing agency and has been recognized as such for a number of years. Yet, we also know we can always improve and must be receptive to making changes that make sense for us and the community. However, we are but one part of the underlying issues raised following the death of Mr. Floyd. I pray that America will stay focused on Mr. Floyd and the many victims of racial inequity that have come before him, so that they will not be lost again to short attention spans or the many distractions of our time. We need to do more!

Michael L. Brown
Chief, Alexandria
Police Department

A Moment to Act

I'm sure folks have seen the protests this weekend in response to George Floyd's murder at the hands of police officers, and years of violence against the Black community. As of writing this email, three of the officers involved have not been charged. We need a full investigation and accountability for all involved in this crime.

Black Americans have been denied justice in our country for far too long. Breonna Taylor, Ahmaud Arbery, and too many others should still be alive today — and the painful truth is that if they were white, they probably would be.

For some this moment is a wake up call. For others, this is

the America they have always known — simmering just below the surface. We all have a responsibility to challenge racist systems and demand not only justice, but accountability, and meaningful change — starting at home.

It's easy to simply say hate has no place in America, but as your Senator it's my duty to do more. Throughout my time in the Senate, I've supported measures to prevent discrimination against people of color at work, at school, and at the ballot box. You have my promise that I will continue to fight for legislative changes that make our Commonwealth — and our country — a more just place.

This is a moment to act. I hope you will join me in confronting biases, hate, and discriminatory systems in place in our communities, schools, and in our justice system.

It is not now, nor has it ever been enough, to simply say we believe in equality. We have to show up and do the work to fight against injustice and racism. For some, that means joining protests, or signing a petition. For others, that may mean making a donation amid this challenging time in our country. If you're looking for ways to take action, consider supporting the NAACP Legal Defense Fund, or an organization in your community focused on securing justice.

And, I leave you with this: the fact remains that the vast majority of us want to live together and want justice for everyone in this country. We must join together to achieve that goal.

U.S. Sen. Mark Warner
Alexandria

SEE LETTERS, PAGE 7



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LETTERS

FROM PAGE 6

We Cannot Wait to Win Over Hearts and Minds

I have been struggling to find words and honestly still can't. The week has been draining both physically and emotionally on top of trying to figure out how to live in a pandemic. What I haven't been able to shake from my head is what I've heard over and over again from friends and complete strangers: "It just broke me."

What we're seeing nationwide is just that, a breaking point. In communities across the country this is the culmination (again) of having one's humanity repeatedly denied for simply existing and no accountability for those responsible for repeated violations of our dignity and rights as a human being. George Floyd, Ahmaud Arbery, Breonna Taylor, and countless others whose names we know and those we don't, should be alive today. It is our collective responsibility to ensure they receive justice.

Numerous reports and images of individuals infiltrating these peaceful protests with the sole

purpose of causing destruction and mayhem is sadly nothing new. The same restraint showed to those who stormed state capitols with military grade weapons should be given to those protesting unjust violence and systemic racism that has been embedded into our policies, institutions and society.

We cannot wait to win over hearts and minds, we have been trying to do that for centuries. Our policies must change NOW if we are to move forward. We have to create a new normal.

**Alexandria City Councilman
Canek Aguirre**

We Pledge to Prevent the Sprout of Racism in Alexandria

Our fellow Alexandria residents: We, the undersigned, are members of the Alexandria Human Rights Commission, but we submit this letter in our own capacity as residents of this great city we call home. Recent events have underscored that prejudice, implicit bias,

and racism are very well alive in this country — specifically as it pertains to the African-American community. We are aware of the pain and sense of hopelessness that only intensify among African-American men, women, and children every time another African-American is killed as a result of unjust and racist policing and profiling. We unwaveringly denounce the actions that resulted in George Floyd's murder and are committed to ensuring similar incidents do not occur in the city of Alexandria. Our role as members of the Human Rights Commission is to safeguard and build upon the many civil and human rights afforded to you innately and statutorily, and we do not take this role lightly. As Commissioners, we want you to know that we are responsible to you and want every resident to feel empowered to contact the Human Rights Commission with concerns affecting your rights including but not limited to racism, discrimination, and wrongful policing practices. The Commission is here for every resident of Alexandria and has the ability to hear complaints, hold public hearings, and commence investigations; please do not hesitate to utilize it.

No city is immune from the symptoms of racism and discrimi-

nation. Even in Alexandria, these symptoms exist. Our goal is to identify these symptoms early and condemn them before it becomes a disease that results in yet another unjust killing of a human being who did not deserve to die. We stand in solidarity with every person, group, locality speaking out against social and racial injustice and the killing of George Floyd.

Finally, we pledge to prevent the sprout of racism in Alexandria and hold those who exhibit such behavior accountable.

**Kevin Edwards II, Esq.
Matt Harris, Esq.**

Close King Street from the Potomac River to the King Street Metro Station

As I write this, Alexandria's about to take a modest step toward re-opening. Our elected officials have been leaders in the rational approach to containing the deadly COVID-19 virus and protecting Al-

exandria's citizens and visitors.

Old Town Alexandria restaurants will be allowed to open by placing tables in front of their restaurant and on the parking space directly in front of their restaurant. In other areas of Alexandria, closing off a portion of a parking lot may allow restaurants a sufficient number of potential customers for this to be of value. Along King Street and Mount Vernon Avenue, to maintain appropriate social distancing, each restaurant will only be able to open a few tables at best. This increment is insufficient to keep these restaurants in business.

Alexandria needs to close King Street from the Potomac River to the King Street Metro Station and Mount Vernon Avenue from Luray Avenue to Reed Avenue from 10 a.m. to 10 p.m. to allow restaurants on these corridors to survive the pandemic. The traffic on King Street and on Mount Vernon Avenue is currently a trickle compared to what it was before the pandemic. Once the pandemic is no longer a threat, whenever that might be, we could go back to the prior conditions. We'd go back to thriving restaurant corridors, rather than our prime corridors boarded over, the site of former restaurants.

**Herb Levy
Alexandria**



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Alexandria Week in Coronavirus

BY KEN MOORE
GAZETTE

See www.alexandriagazette.com for the unabridged Alexandria Week in Coronavirus.

Monday, June 1

Alexandria Cases: 1,981
Virginia Cases: 45,398
United States Cases: 1,761,503
Alexandria Deaths: 45
Virginia Deaths: 1,392
United States Deaths: 103,700

NO PLACE LIKE HOME: The City of Alexandria and the Alexandria Health Department (AHD) remind everyone that the safest place to be is at home. If you must leave your home, for essential trips such as food purchases and medical care, wear a cloth face covering around others and keep at least 6 feet apart from others whenever possible. Your neighbors and loved ones are counting on you to stop the spread of COVID-19.

Sunday, May 31

Alexandria Cases: 1,974
Virginia Cases: 44,607
United States Cases: 1,737,950
Alexandria Deaths: 44
Virginia Deaths: 1,375
United States Deaths: 102,785

UP TO DATE: For up to date reports on reopenings, see:

<https://www.virginia.gov/coronavirus/>
<https://www.virginia.gov/coronavirus/forwardvirginia/>
<https://www.virginia.gov/coronavirus/forwardvirginia/faq/>

ZIP CODE ACCURACY: Virginia Department of Health (VDH) began reporting COVID-19 data on testing encounters by health districts using more accurate ZIP Code information. The new data will impact 37,362 test results that were previously not assigned a health district designation because incomplete patient address information was reported to VDH.

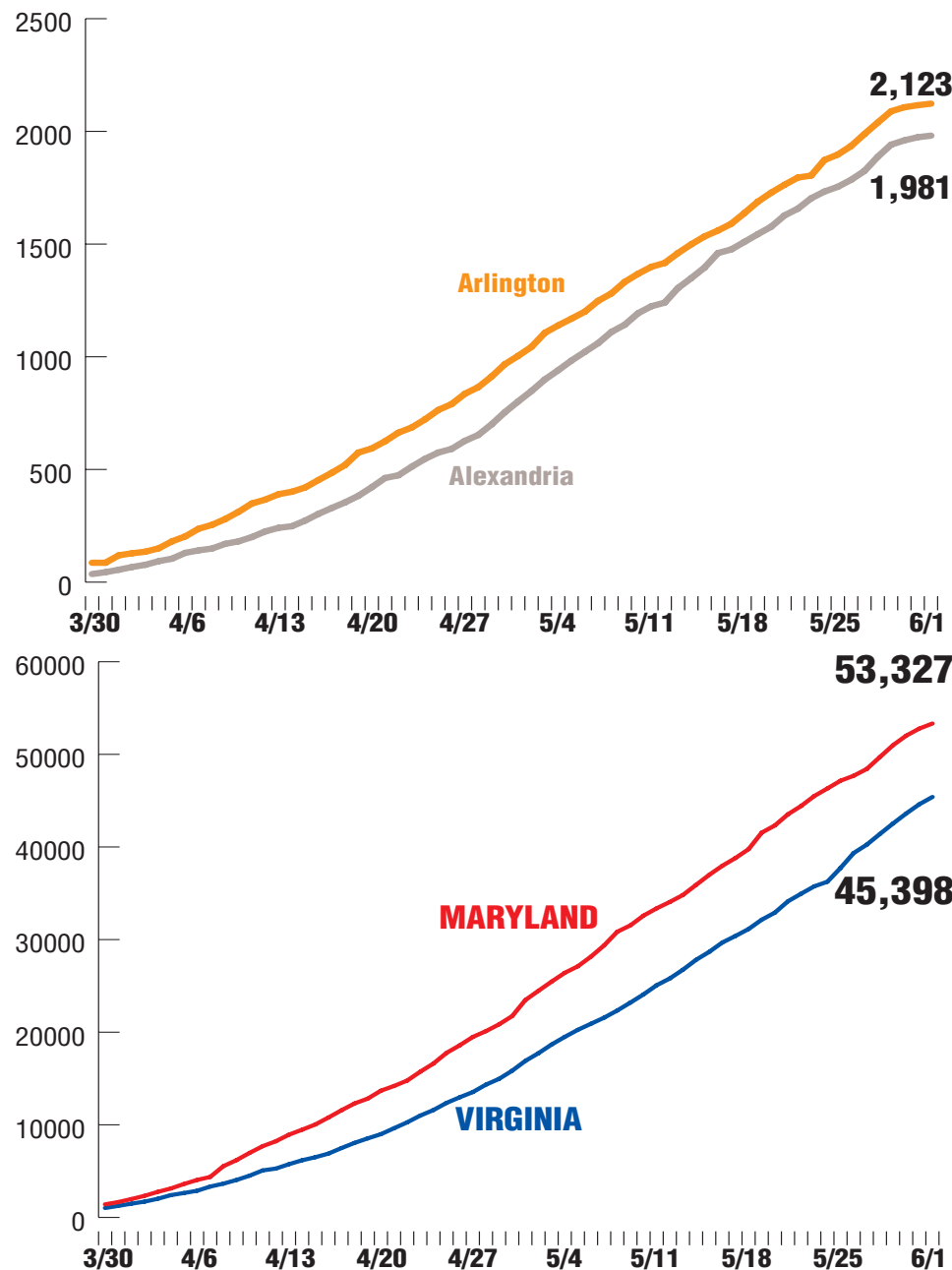
Beginning May 30, VDH will report test encounter data using a tiered approach. If a test record is missing a patient address ZIP Code, the ordering provider's ZIP Code will be used. If neither ZIP Code for the patient or ordering provider is available, the testing laboratory's ZIP Code will be used.

By using the new data reporting method, testing encounter numbers will increase the health district figures as follows: Alexandria by 699; Arlington by 187; Fairfax by 3,072.

Saturday, May 30

Alexandria Cases: 1,960
Virginia Cases: 43,611
United States Cases: 1,719,827
Alexandria Deaths: 44
Virginia Deaths: 1,370
United States Deaths: 101,711

LICENSES WON'T EXPIRE: Driver's licenses and identification cards expiring on or before July 31, 2020, are extended for 90 days, not to exceed August 31, 2020. This means



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

that a customer whose credential expires between March 15 and May 31 will have 90 days beyond the expiration date to renew, and credentials with an expiration date from June 1 to July 31 must be renewed no later than August 31, 2020. Vehicle registrations that expire in March, April, and May are extended for 90 days; those expiring in June are extended for 60 days; and those expiring in July are extended for 30 days. In addition to the credential extensions, selected customer service centers are open by appointment only for specific services. For details, visit the Virginia Department of Motor Vehicles.

FOOD FOR PETS: The Animal Welfare League of Alexandria (AWLA) offers a variety of COVID-19 related services, including programs to assist pet owners in need. As part of these efforts, the organization has provided more than 5,000 pounds of pet supplies to Alexandria residents since mid-March. Assistance programs for pet owners include the Community Pet Pantry, which provides pet care items like wet and dry food,

cat litter, and other supplies. Pet owners are invited to contact the AWLA at community@alexandrianimals.org or 703.746.5508 to discuss what items are needed for their pet and how to arrange for pick-up or delivery. For eligible homebound seniors, the AniMeals on Wheels program, a partnership between the AWLA and Senior Services of Alexandria, provides monthly deliveries of pet supplies to eligible, housebound Alexandria seniors with pets. For more information about AniMeals on Wheels, contact Senior Services of Alexandria at 703.836.4414, ext. 113.

Friday, May 29

Alexandria Cases: 1,941
Virginia Cases: 42,533
United States Cases: 1,698,523
Alexandria Deaths: 44
Virginia Deaths: 1,358
United States Deaths: 100,466

FACE MASKS: Virginians are now required to wear face coverings in public indoor settings as businesses slowly resume opera-

tion. Face coverings are in addition to public health guidelines to maintain six feet of physical distancing, to increase cleaning and sanitation, and to wash hands regularly.

RELIGIOUS INSTITUTIONS: Under Virginia's Phase One guidelines, churches, synagogues, mosques, and temples may hold services in their houses of worship at 50% of their normal capacity. With the exception of families, congregants must sit six feet apart. Items should not be passed around during a religious service. Social gatherings remain limited to no more than 10 people. Additional guidelines for houses of worship at <https://www.virginia.gov/coronavirus/forwardvirginia/#856622>

BUSINESS REOPENING GUIDELINES:

RESTAURANTS, breweries, distilleries, and wineries may serve dine-in customers at tables outside, at 50 percent of their normal indoor capacity. Tables must be spaced six feet apart and no more than 10 people may sit at a table. A restaurant's indoor bar area must remain closed. Disposable menus are required and servers must wear cloth face coverings.

GYMS, POOLS, recreation centers, sports centers, may open for outdoor activities only. Customers, trainers, and instructors must stay 10 feet apart from each other and equipment also must be spaced 10 feet apart. Exercise classes are limited to 10 people. Outdoor swimming pools may be open for lap swimming only, with one person per lane. Indoor pools, hot tubs and spas, and outdoor basketball and racquetball courts must remain closed.

PERSONAL CARE: Beauty salons, barbers, spas, massage centers, tanning salons, and tattoo shops are limited to 50% of their normal capacity and customers must make appointments to come in. Customers and employees are required to wear face coverings. These businesses must keep a record of all clients served, including name, contact information, and date and time of service.

RETAIL: Other retail businesses may reopen at 50% capacity and employees must wear face coverings. Essential businesses, such as grocery stores, should follow the state's guidance for all businesses. <https://www.virginia.gov/coronavirus/forwardvirginia/#856418>

FARMERS MARKETS: The Del Ray, Four Mile Run, Old Town and Old Town North farmers' markets will resume on-sale sites after submitting management plans to safely comply with the Governor's Forward Virginia Phase One blueprint for reopening. Vendors and staff must wear face coverings when entering or working at the market, and customers are strongly encouraged to do so, as well. Everyone should practice the Six Steps to Stop the Spread of COVID-19. Vendors will be required to use enhanced cleaning and sanitizing procedures, and there will continue to be no food preparation, food sampling, or on-site dining allowed. Customers are encouraged to use pre-order and delivery options when offered; visit ALX at Home to browse options.

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We are extremely proud of the 2020 fifth grade graduating class!
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ENTERTAINMENT

4 Ingredients for a Stellar Pandemic Picnic

BY HOPE NELSON

A Friday-night picnic under the stars may look a little different in this age of social-distancing, but the weather waits for no pandemic, and the nights have turned warm and balmy. Instead of going out to a crowded park, why not venture a little closer to home – your backyard, front steps or even parking lot will do – and enjoy a more private picnic for the family? Any (or all) of these eateries will certainly fill out your menu.

Haute Dogs & Fries, 610 Montgomery St.

What is more quintessentially picnic-worthy than hot dogs with all the fixings? Haute Dogs has you covered with all beef, chicken or veggie dogs – and more combinations of toppings than you can name from memory. From a buffalo dog with blue cheese crumbles to a pho version piled high with noodles, jalapenos and more, your picnic has never been so creative

– without even having to fire up the grill. Be sure and save room for onion rings and cheese fries – no meal is complete without them.

The Handover, 728 King St.

For a more outside-the-box – or, maybe, an inside-the-bento-box – picnic idea, the Handover is an excellent choice indeed. With fresh hand-rolled sushi, bowls and, yes, bento boxes, the Handover offers a fresh, lighter take on a picnic feast – without skimping on flavor. Choose from a plethora of rolls ranging from bulgogi to cucumber-ume (Japanese plum), or mix things up with a bento box featuring a roll, three sides and a beer or sake for a few dollars more if you wish. Bowls, too, are a great option, featuring sushi rice with a variety of proteins to choose from, plus the likes of spicy mayonnaise, lotus root, kaffir lime and more.

Wine Gallery 108, 108 N. Patrick St.

What good would a picnic be without a glass of wine to wash everything down? Wine Gallery 108 is offering curbside pickup as well



A selection from Haute Dogs & Fries.

as delivery with contactless payment to make your wine procurement easy. Call the shop at 703-549-9463 to place either specific wine orders or to give the Wine Gallery 108 staff a chance to help curate your collection with your specific likes, dislikes and price point in mind.

Maribeth's Bakery, Old Town Farmers Market and delivery

For more than three decades, Maribeth's Bakery has been a farmer's market staple, gracing Market Square with sweet treats every Saturday year in and year out. During the pandemic, Maribeth's is bringing these pastries, breads, cookies and cakes to customers' doors with online ordering and delivery. Make your selection by 4 p.m. and your order will be fresh-baked that evening and delivered the next day. See <https://www.mbbakeryonthe-go.com> for all the details.

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.

A Kid-Friendly Treat to Cool Down This Summer

BY HEATHER MILLS

Lately, time has had a way of slowing down. The days have seemed longer at home, especially for those of us with kids that are out of school. But even with spring lasting forever, summer has somehow snuck up on us. While it may look a little different this year, one thing that will always be a staple is fun, cooling summer foods.

When looking for activities to do with my three-year-old son I often turn to the kitchen. Frozen yogurt bark is not only a great way to keep a kiddo busy, but results in a fun, customizable, mostly healthy cold treat that is perfect for warm days. The best part is you can make it on a budget with ingredients that are all from your local Aldi.

First, a brief backstory: Aldi is a German grocery chain that brought its unbeatable prices, no-frills shopping experiences and amazing customer service to Northern Virginia in 2015. They offer a wide variety of products and have great seasonal offerings that you can find in the Special Buys aisle. Aldi has a massive following, often called Aldi Nerds, and I am one of them.

I run an Instagram account called All I Need is Aldi where I feature meals, snacks and desserts that are made with only Aldi ingredients. My goal is to prove that you don't need fancy stores or expensive ingredients to create healthy, fun and delicious meals.



Yogurt Bark

Armed with ingredients from Aldi, my frozen yogurt bark became a huge hit in my house and my son now asks to make it often. What I love most about this is that you can add in whatever toppings you have in the house and make it as healthy or sweet as you like.

Here is how I made mine:

Frozen Yogurt Bark

Ingredients

2 individual cups of yogurt: vanilla and strawberry, or whatever flavors you like.

Toppings: strawberries, blueberries, grapes, mixed nuts, sunflower seeds and chocolate chips | Again, you can use any toppings you like. Pretzels, sprinkles or crushed cookies could also be a fun addition!

Plastic wrap or non-stick surface like parchment paper or a silicone mat

Directions

Line a small plate with plastic wrap (or

use any non-stick surface like parchment paper or a silicone mat)

Take yogurt and spread it evenly on top
Add toppings

Pop into the freezer for a couple of hours until frozen

Take out, pull plastic off and break apart into bite size pieces

Store extra in the freezer

Heather Mills lives in Del Ray, walking distance to the Aldi on Monroe Ave.



Yogurt bark ingredients

WELLBEING

When One Drink is No Longer Enough

Increase in alcohol consumption during COVID19 worries some.

BY MARILYN CAMPBELL
THE GAZETTE

Just three months ago, her evening routine was simple. She made dinner for her 10 and 12-year old children, and after they'd taken showers and gone to bed, she settled onto the sofa in her family room with a book and a glass of wine. As the coronavirus pandemic evolved, Lauren O'Connell says that her nightly routine was thrown into chaos and one glass of wine each evening turned into almost one bottle.

"The constancy of homeschooling, juggling all of the Zoom calls, making sure my children do their school work and that my husband and I can take Zoom meetings for work is just too much," she said. "I'm embarrassed to say that wine has become my coping mechanism to decompress at the end of the day."

Apparently, she is not alone. Alcohol consumption has increased since social distancing began in the Washington region in March. Online alcohol sales have increased 243% during the COVID19 stay-at-home directives began, according to a Nielsen study. Those who don't consider themselves alcoholics, but whose alcohol consumption has increased during the pandemic, might wonder if they've developed a problem.

"This pandemic is traumatic for many people," said Kate Farinholt, Executive Director of National Alliance on Mental Illness (NAMI) Maryland. "People are using a variety of ways to cope. Many of the healthy ways of dealing with issues have been taken away, so people are likely to turn to unhealthy ways. Alcohol is easy, quick, not that expensive and you can get it delivered to your house."

Liquor stores – considered essential businesses – have remained open offering easy access to libations. "Since the pandemic, I have clients that come to me wondering, 'Am I alcoholic?'," said Carolyn C. Lorente, Ph.D., psychology professor, Northern Virginia Community College. "I say, let's go down the list of criteria for alcohol dependence."

One of those determining factors can be making a decision to abstain from alcohol for a week or even a day and not being able to do it. "The first signs that your drinking has become a problem is probably that you are starting to consciously think about your drinking," said therapist Carol Barnaby, LCSW. "This means that there are indicators that there are things are making you worry."

The clinical criteria of alcohol abuse, says Barnaby is when drinking begins to cause problems in various areas of one's life. "For example, is the result of your drinking that you fight with your spouse, children, or other family members or that your health is affected?"



PHOTO BY MARILYN CAMPBELL

Alcohol sales have increased as some look for ways to cope with heightened anxiety and stress during the coronavirus pandemic.

"Since the pandemic, I have clients that come to me wondering, 'Am I an alcoholic?'"

— Carolyn C. Lorente, Ph.D.,
psychology professor,
Northern Virginia Community College

throws of addition, but want to cut back, ask me what they can do," she said. "Maybe going for a run when I feel like opening a beer or even sitting in your car and watching a movie when you need time alone. Replace the urge to drink with a healthy alternative. If it doesn't work after a week, you might want to see a professional for support."

During NAMI Maryland's 18th annual NAMIWalks Maryland, held virtually this year, Farinholt spoke about noticing an increase in anxiety, depression and substance abuse during COVID19. "I think that there will be a lot of substance abuse and mental health issues coming out of this," she said. "We're going to have to pay attention to it. NAMI Maryland alone has seen a 49 percent increase in our website traffic, and 43 percent of all visits were to our COVID19 section."

she asks. "People often ask about frequency when thinking about alcohol abuse. The truth is that you can drink one day a year and have a problem. It is the consequences that happen from drinking that determine if you have a problem."

Find alternative actions to replace reaching for a drink, suggests Lorente. "Some of my clients who aren't in the



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Obituary

Obituary

Obituary

Obituary

Eileen Glover Whitlock, Biochemist and Volunteer, Dies at 90



Mrs. Eileen Glover Whitlock of Alexandria, Virginia died peacefully Saturday, May 2, 2020 at The Silverado Alexandria Memory Care Community where she had been residing since October 2018. Mrs. Whitlock had been a resident of Alexandria since 1978. She was 90.

Born December 25, 1929 and raised in Richmond, Virginia, Mrs. Whitlock is the daughter of Mrs. Leona Logan Anderson and Mr. Allen Whitfield Cumber of Richmond, Virginia, and the adopted daughter of Mrs. Maggie Coles Glover and Mr. Samuel Glover of Richmond, Virginia.

Mrs. Whitlock graduated from Richmond's Armstrong High School, Class of 1947. She then attended and graduated from Virginia Union University, Richmond, Virginia in 1950. While attending Virginia Union University she met Mr. David Seldon Whitlock, Jr. of Roanoke, VA. They were married on May 12, 1951 at St. George's Episcopal Church in Brooklyn, New York.

Graduating with a master's degree in biochemistry from Teachers College, Columbia University, Mrs. Whitlock soon began her career as a research scientist in biochemistry at the Columbia Presbyterian Psychiatric Institute (now the New York State Psychiatric Institute, Presbyterian/Columbia Medical Center). Relocating to Alexandria, Virginia in 1978, she continued her career as a technical advisor for a federal government agency.

Beginning in her college years and long after retirement, Mrs. Whitlock remained an active member of the Delta Sigma Theta Sorority with the Virginia Union University and Alexandria, Virginia Chapters. She also served as a long-time member of the Virginia Union University Alumni Association and was also a member of the Brooklyn Lawyers Wives, Brooklyn, New York, an organization during her years in New York that sponsored fundraising events for scholarships.

Mrs. Whitlock enjoyed volunteering her time to her favorite interests, serving as a volunteer for Signature Theater, Arlington, Virginia, The Kennedy Center, Washington, DC and the Alexandria Police Department, Alexandria, Virginia. Mrs. Whitlock was a recipient of awards during her career and received formal recognition for volunteer services.

Mrs. Whitlock loved to travel, and her domestic and international travel adventures are numerous. From the Grand Canyon to the Cactus Gardens in San Carlos Sonoma, Mexico to the Four Corners Monument, Mrs. Whitlock saw as much of the United States and the world as she could. Her international travel included but was not limited to touring Italy, South Africa, Scotland, China, and Scandinavia. In September 1992, Mrs. Whitlock fulfilled one of her lifelong dream adventures - a tour of Alaska to ultimately see the Aurora Borealis.

In addition to her volunteer work and travel, a few of Mrs. Whitlock's favorite past times included attending theater productions, going to the movies, reading the Washington Post, following stock market trends and analyses and spending time with friends.

Mrs. Whitlock is survived by her two children: Ms. Linda Daleen Whitlock-Brown (Terrence Brown), Wintergreen, VA and Mr. Warren Stanley Whitlock, Alexandria, VA; a sister, Mrs. Daryl Cumber Dance, Henrico, VA; a niece Ms. Daryl Lynn Dance, Newport News, VA; two nephews: Mr. Warren Carlton Dance, Jr. (Tadelech), Spring, TX and Mr. Allen Cumber Dance, Glen Allen, VA; a grandniece Ms. Veronica Dance, Midlothian, VA and grandnephew Mr. Yoseph Warren Dance, Boston, MA; beloved friends whom Mrs. Whitlock considered family include Mrs. Tanya Hughes and Mr. John Hughes, Midlothian, VA; their daughters Ms. Randi Hughes, Lakewood, CO and Ms. Kristen Hughes, Hanover, NH; Mr. Randy Miller and Mrs. Cynthia Miller, Beverly, NJ and their family, Mr. Adrian Miller and Mrs. Jane Miller, their son, Griffin, Lansdowne, PA; and Mr. Randy Miller Jr., Philadelphia, PA, and other loving family members and a multitude of friends.

A memorial service celebrating the life of Mrs. Whitlock will be announced at a later date. In lieu of flowers, contributions to Virginia Union University in the name of Eileen Glover Whitlock '50 Scholarship Fund are welcome.

Sister Virginia Rosetta Stokes



On Wednesday, May 20, 2020, Sister Virginia Rosetta Stokes went home to be with the Lord in Alexandria, VA. Virginia was born in Ohio on August 21, 1951 to the predeceased Senior Mother Minnie Rose Jones and Presiding Elder Walter Ezra Jones Sr. Loving mother of Sister Schelley Natasha Stokes, she will be sorely missed and constantly the wind beneath her daughter's wings; she was and always will be her daughter's hero.

Virginia graduated from James M. Bennett High School in Salisbury, MD and attended Goldey-Beacom College in Wilmington, DE. She was a member of The Supreme Council of the House of Jacob, Inc. She was first and foremost, a dedicated pioneer for her church; she had been awarded a Certificate of Appreciation and Recognition for her generous contribution and sacrifice to her church. During her declining years and due to her multiple ailments, she was unable to attend church services as she wished, but her spirit was there by singing church songs and reading the Bible at home. As a retiree, she had previously worked as an executive administrative assistant for the attorney of the Christiana Care Health System and received a Service Appreciation Award among other numerous awards for her 42 years of service; her immense service and dedication to the Christiana Care Health System was one of her trademarks.

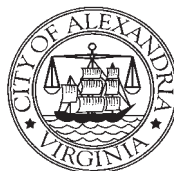
Virginia had a tender, giving and loving heart, wanting all others to be happy and fulfilled. She was strong-willed and courageous. She always believed in being as wise as a serpent and yet harmless as a dove. Though she is no longer with us in body, she is with us in spirit and her joy, love, determination and caring nature will live on with all who loved her. With her loss, there will definitely be a void. To know Virginia, was to know she had a big heart.

Along with her daughter, she is survived by her 3 siblings, Walter Jones Jr., James Ezra Jones, and Elder George Washington Jones as well as 14 nieces and nephews who she loved dearly.

A private graveside service was officiated by Advanced Presiding Elder James Walls and held on Tuesday, June 2, 2020 at the Ivy Hill Cemetery in Alexandria, VA where she was laid to rest and to rest in peace. For those who loved her, the love will be eternal.

Legals

Legals



Notice is hereby given that the Alexandria City Council will introduce for first reading on June 9, 2020, with public hearing and adoption to be set for June 20, 2020, for an ordinance to amend and reordain Section 2-2-11 (ESTABLISHMENT OF CENTRAL ABSENTEE VOTER ELECTION DISTRICT AND VOTING PLACE), to amend and reordain Section 2-2-10 (ESTABLISHMENT OF ELECTION DISTRICTS AND VOTING PLACES) Subsection (n), and to amend and reordain "The Official Map of the City of Alexandria, Virginia, Designating Election Districts and Voting Places," adopted by Section 2-2-13 (MAP OF ELECTION DISTRICTS AND VOTING PLACES), all of Chapter 2 (ELECTIONS), Title 2 (GENERAL GOVERNMENT) of The Code of the City of Alexandria, Virginia, 1981, as amended.

The proposed ordinance creates two Satellite Absentee Voting Districts for November Presidential elections at the Minnie Howard Campus and George Washington Middle School, and temporarily changes the Douglas MacArthur Voting District's polling place to the George Washington Masonic National Memorial for the November 2020 through November 2023 elections.

The proposed ordinance also deletes a section of the current ordinance that is redundant with the permanent establishment of the Beatley Library as an additional Central Absentee Voting District and is moot, as it pertains only to the 2012 presidential election.

Maps and block numbers of the affected changes are available for public inspection in the City Clerk's Office, Room 2300, City Hall, 301 King Street, Alexandria, Virginia, and in the Office of the Electoral Board, 132 North Royal Street, Suite 100, Alexandria, Virginia.

Gloria A. Sitton, CMC
City Clerk and Clerk of Council

You can read any of this week's
15 papers digital editions here:

www.ConnectionNewspapers.com/PDFs



GOVERNOR ORDERS

PHASE 1 OPENING

Virginia Gov. Ralph Northam announced last week that Northern Virginia can enter Phase I under the state's Forward Virginia plan. Fairfax County began the first phase to reopen businesses and houses of worship on May 29. The Forward Virginia plan provides guidelines that all businesses must follow in the first phase but eases previous restrictions on restaurants, fitness facilities, barbers and beauty salons, other retail businesses and houses of worship. Movie theaters, concert halls, bowling alleys and other indoor entertainment businesses remain closed.

In general, the first phase eases restrictions as follows:

Restaurants: Restaurants, breweries, distilleries and wineries may serve dine-in customers at tables outside, at 50 percent capacity of their normal indoor capacity. Tables must be spaced six feet apart and no more than 10 people may sit at a table. A restaurant's indoor bar area must remain closed. Disposable menus are required and servers must wear cloth face coverings.

Fitness Facilities: Gyms, recreation centers, sports centers and pools may open for outdoor activities only. Customers, trainers and instructors must stay 10 feet apart from each other and equipment also must be spaced 10 feet apart. Exercise classes are limited to 10 people. Outdoor swimming pools may be open for lap swimming only, with one person per lane. Indoor pools, hot tubs and spas, and outdoor basketball and racquetball courts must stay closed.

Personal Care: Beauty salons, barbers, spas, massage centers, tanning salons and tattoo shops are limited to 50% of their normal capacity and customers must make appointments to come in. Customers and employees are required to wear face coverings. These businesses must keep a record of all clients served, including name, contact information, date and time of service.

Retail: Other retail businesses may reopen at 50% capacity and employees must wear face coverings. Essential businesses like grocery stores should follow the state's guidance for all businesses.

SUMMER ENTERTAINMENT, JULY 4TH EVENTS CANCELED

The Fairfax County Park Authority's Summer Entertainment Series will be canceled through July due to public safety concerns related to the COVID-19 pandemic, and Fourth of July events have been canceled, too. Centers for Disease Control and Prevention and health-related guidelines continue to recommend against large gatherings.

EMERGENCY RENT RELIEF ASSISTANCE

The City of Alexandria is now accepting applications for the COVID-19 Emergency Rent Relief Assistance Program which provides \$4 million in funding for emergency rental

SEE BULLETIN, PAGE 14

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Announcements

ALEXANDRIA GAZETTE PACKET ♦ JUNE 4-10, 2020 ♦ 13

Night and Now Daze



By KENNETH B. LOURIE

That wasn't so bad. Approximately 29 hours in the hospital in a private room and all I had to do was drink as much water as possible and shower half a dozen times. The goal being to rid myself of the radioiodine I had been given at the beginning of my admission. This "therapy" is used to measure the iodine related to my papillary thyroid cancer and to determine presumably, whether in fact the tumors in my lungs are thyroid cancer which has moved or whether it's still lung cancer or both.

To say my life depends on the results of this finding and the interpretation of the follow-up gamma camera scans this Tuesday is perhaps a bit much. But my life expectancy sure depends on it, as well as my treatment life going forward. There's too many ifs, ands or buts to present here, but suffice to say, my future, yet again, is sort of up for grabs.

For the moment however, I feel mostly fine. I'm back eating the foods that I love, after a 31 day lull when I was on the low iodine diet, so all is semi back to normal. Being able to satiate once again does soothe the ravenous beast inside me. Nevertheless, there are bigger problems/possible solutions in the offing that M&Ms, Double Stuf Oreos and Entenmann's Marshmallow Devil's Food Iced Cake can really address. Still, if I'm going to go down, I can now go down with a smile on my face and a delicious dessert/snack in my mouth.

In a way, I'm back on the precipice. Are the tumors in my lungs all lung cancer which has previously led to my being given a "terminal diagnosis/prognosis: "13 months to two years" back in late February, 2009 or are they papillary thyroid cancer, stage II; not terminal, and not just treatable, but curable? Or are they something in between, as yet undiagnosed? Maybe I've developed new tumors? Maybe I'm to be diagnosed with a third type of cancer? Maybe, maybe, maybe. That's how I have to roll for the next few weeks (thyroid cancer) and the next six weeks (lung cancer) when I will have the usual upper torso CT scan of my lungs, the first one I will have had in over five months (all my lung cancer-related treatment was stopped while we addressed the thyroid cancer). Perhaps in mid-July I'll know the "end of the story" as radio icon Paul Harvey used to sign off; "Good day!"

For now, all I can do is wait and not "smoke em if I got 'em" but "keep my powder dry" and "keep my eyes on the prize." It's really no different than pretty much how I've managed to live my life since I got the diagnosis 11 years and over three months ago. Although, oddly enough it feels different than it did before as if I didn't have as much at stake then as I do now. Almost as if this is my last chance to catch a break, especially considering that living nearly a decade past my original prognosis I've already received a lot of breaks. Somehow though, this medical-diagnosis-to-be conjures a kind of inexplicable finality.

I don't want to go back. I want to go forward. Unfortunately, which direction I'm headed is out of my control. The endocrinologist and the oncologist will tell me whether I "Return to Jail" or "Pass Go and Collect \$200." They will be monopolizing my future and in so advising, will indirectly determine my covid-19 risk as well. Will I be visiting my healthcare provider/facility regularly for treatment and possibly exposing myself to the virus

(which would be a major complication for a patient like me: over 65, with lung disease and a weakened immune system) or will I be able to live my life without any of the life-ending-type fears I've had since 2009, and the world has had since the first quarter of 2020?

So even though I don't know for sure that my life is at stake, I think I can definitely say that my living is. Will it be cancer-centric or not? Either way, I'll live with the outcome. The only question is: for how long?

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

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News



PHOTO CONTRIBUTED

The Appomattox Statue is loaded onto a truck following removal from its base during the early morning hours of June 2.

Historic Moment In Alexandria

FROM PAGE 1

colored Union soldiers from Alexandria who fought in the war. Connect that with a glorification of the Confederacy and I ask 'why aren't we telling the real truth about the history of Alexandria?' It's concerning to me as an African American that our history wasn't told. Only recently have we started to do that work."

Technically the law allowing for relocation of the Appomattox Statue does not take effect until July 1, but Chapman said the city was not going to fight the UDC for its early removal.

"They knew this was coming down and used the current situation as an opportunity to move up the date," Chapman said. "For me, it's incredibly powerful to see that the statue is no longer there."

Wilson said the city and the UDC had previously been in discussion on possible relocation sites for the statue.

"I met with the Daughters last year with the intention of working together on a mutually agreeable location," Wilson said. "They made it clear they had a location selected but did not provide that information to us."

BULLETIN BOARD

FROM PAGE 12

assistance for Alexandria residents experiencing housing insecurity due to COVID-19 related loss of income. Applications received after May 29 will be reviewed on a rolling basis contingent on funding availability. Funds in the amount of \$600/month for up to three months will be provided directly to property owners on behalf of eligible tenants. Financial assistance will be provided regardless of citizenship status. To apply for rental assistance, visit www.alexandriava.gov/housing or call 703-746-4311.

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Gazette Packet
Appomattox statue

Jack Taylor's
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Photos contributed

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Service maneuvers into place
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pomattox Statue at the intersection of
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