

SENIOR LIVING

PAGE 10

25 CENTS

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July 1, 2021

Going for the Gold

Noah Lyles headed to Tokyo Olympics.

By Jeanne Theismann Gazette Packet

nly a few short years ago, Noah Lyles could be seen warming up to the strains of James Brown's "I Feel Good" as he trained on the track of Parker-Gray Memorial Field at what was then T.C. Williams High School. Next month, the world becomes his stage as Lyles heads to Tokyo as part of the U.S. Olympic Track & Field team.

"I don't think anybody could prepare you for the lion that you have to slay at the Olympic Trials," said Lyles during a press conference following his victory in the 200 meters in Eugene, Ore. on Sunday, June 27. "It's not World Championships, it's not U.S. Championships, this is the hardest team to make and everybody here shows it."

Lyles, the reigning world champion, ran the 200 meters in 19.74 seconds – the fastest in the world this year – making him the gold medal favorite as he heads to Tokyo. He had disappointing seventh-place finish in the 100-meter race.

The son of Keisha Caine Bishop and Kevin Lyles, both Track and Field athletes at Seton Hall University, Lyles, 23, was joined at the trials by his younger brother Josephus Lyles, who fell short of making the Olympic team.

With his victory and the expectation that he will run on the U.S. 4x100 relay team, two gold medals are within the grasp of the 2016 T.C. Williams graduate. Lyles joins boxer Troy Isley as the second Alexandrian headed to Tokyo.

Lyles, who now calls Florida home, set his sights on the Olympics when he was in the eighth grade. He fell one place short in his bid to compete in the 2016 Rio Olympic Games as a high school senior.

He shared some of the adversities he faced in his quest to become a professional athlete during a commencement address he delivered during last year's virtual graduation ceremony for T.C.

"I was born with severe asthma," said Lyles, who turned pro directly out of high school. "Can you imagine a track athlete with asthma? But I persevered. I wanted to make a whole new path for myself."

Lyles also spoke of his dyslexia, ADD and experiences with bullying.

"It wasn't an easy path," said Lyles, who proudly held up his own graduation cap adorned with the Olympic rings. "But I didn't want to be another child who just goes through the motions. I wanted to create my own destiny and facing those adversities is what got me here today."

The charismatic Lyles is being compared to track great Usain Bolt and is already running faster than Bolt did at the same age.

"Yes, it's nice to be fast, but what could take you over the top?" he is quoted as saying in his Olympic profile. "Usain Bolt, household name. Transcended the sport. Michael Phelps, swimmer, transcended the sport. What is going to take you from being just popular in track to being popular in the world? By being different or by being you. You can't get to that point



Alexandria native Noah Lyles celebrates after taking home the gold medal in the 200 meters during the U.S. Olympic Track & Field trials June 27 in Eugene, Ore. Lyles finished in 19.74 seconds — the fastest time in the world this year — and will compete this July at the Tokyo Olympics.



Brothers Noah and Josephus Lyles rest between heats at the U.S. Olympic Track & Field trials in Eugene, Ore. Noah Lyles will represent the U.S. at the Tokyo Olympics. Josephus Lyles did not make the team.



U.S. Olympian and 2016 T.C. Williams graduate Noah Lyles holds up his graduation cap during an address to the T.C. Williams Class of 2020 during last year's virtual graduation ceremony.

by being somebody else."

The Tokyo Olympic Games begin July 23 and run through Aug. 8. Track & Field events begin July 29 and culminate Aug. 7.

Arlington swimmer Torri Huske broke her own American record in the 100m butterfly at the Olympic trials on June 14, and will also compete at the Tokyo Olympics.

www.olympics.com/tokyo



Attendees, including Campagna Center CEO Tammy Mann, third from right, listen to remarks at the opening ceremony of the Flags for Heroes display June 27 on the grounds of Cedar Knoll Restaurant. More than 250 flagsx are on display overlooking the Potomac River through July 11.

Home of the Brave

'Flags for Heroes' on display at Cedar Knoll.

> By Jeanne Theismann Gazette Packet

he strains of Amazing Grace filled the air as a lone bagpiper stood among hundreds of American flags overlooking the Potomac River as part of the 4th annual Flags for Heroes display June 27 on the grounds of Cedar Knoll Restaurant.

"This is a great, patriotic program," said project organizer Sharon Meisel. "And the flags are magnificent with the Potomac as a backdrop. We are humbled to honor all the individual heroes who are remembered here today."

Sponsored by the Rotary Club of Alexandria, the Flags for Heroes project provides community members an opportunity to dedicate a flag to honor a hero in their life. A card attached to each flag bears the name of the

SEE HOME OF, ON PAGE 6



Organizers gather at the June 27 opening of the Flags for Heroes display on the grounds of Cedar Knoll Restaurant along the Potomac River. Back (from left): Jim Carmalt, John Moorman and Mike Wicks; front (from left): Cheryl Monno, Pam DeCandio and Sharon Miesel.



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News

Marijuana Is Now Legal

The long strange trip from a failed war on drugs to social equity licenses.

BY MICHAEL LEE POPE GAZETTE PACKET

moke 'em if you've got 'em because pot is now legal in the commonwealth of Virginia. For advocates who have been working in the trenches for years, the new law that goes into effect July 1 is the culmination of years of determination in the face of seemingly impossible odds. The tide began to turn after Democrats seized control of the General Assembly and lawmakers started taking a new look at police brutality after the murder of George Floyd. Now that law is signed, sealed, delivered and ready to light up.

"Virginians have long been calling for the end of prohibition," said Jenn Michelle Pedini, the executive director of Virginia NORML who led the fight for legalization. "In 2021, their voices are finally being

Although marijuana is now legal in small amounts for adults, possession of more than an ounce can result in a civil penalty of \$25 and possession of more than one pound is a felony. This mirrors the way other states have eased into legalization, allowing small amounts before gradually increasing how much of the drug they can have on them at a given time.

Many advocates applaud the new law legalizing pot in small amounts, but they say keeping the penalties for larger amounts is problematic.

"This is one step to eliminate the

racist policing around simple possession," said Chelsea Higgs Wise, executive director of Marijuana Justice Virginia. "People are still incarcerated for larger amounts than one ounce, and Virginia is making a way to profit off of pounds of marijuana while really ignoring and neglecting a lot of folks who have lost their lives and their families to the enforcement of marijuana [prohibition] that has been disproportionately on Black Virginians.

THE NEW LAW ALLOWS each household to have four plants, although commercial sales won't begin until New Year's Day 2024. Smoking weed in public is not lewww.ConnectionNewspapers.com



ed everything from expunging old

convictions in the failed war on

As of July 1, possession of less than an ounce of marijuana is legal in Virginia.

gal, although you can smoke it in the privacy of your home or anywhere on your property. In many ways, the new rules around pot mirror all the existing ones around alcohol. Having an open container of marijuana in a vehicle is not al-

failed both in this commonwealth

and in this country."

drugs to the creation of a new Cannabis Control Authority. The effort almost fell apart in the Senate, where some conservative Democrats opposed legalization. "The prohibition on marijuana has

"People smoke marijuana to get high," said Sen. Chap Petersen (D-34). "The purpose of smoking it is to create an altered mental state, and that may be fine on your own time but

once you legalize something people have the ability to pretty much use it anytime they want."

THE DEBATE OVER **LEGALIZATION** culminated in a moment of high drama in the Senate, which was meeting at the Science Museum of Virginia to allow for social distancing. Senators were tied 20 to 20, and Lt. Gov. Justin Fairfax broke the vote in

favor of legalization. As part of a compromise that secured the deal, lawmakers agreed to circle back around next year and work out the specifics about how the new indus-

try will work and how licenses are granted.

"It is quite rare for a new industry to just show up somewhat suddenly, but Virginia has had the opportunity to watch and learn from other jurisdictions," said Paul Seaborn, a professor at the McIntire School of Commerce at the University of Virginia. "The goals as they've been stated in Virginia is to make this new industry more equitable than most or maybe all of our other industries."

When the Cannabis Control Authority starts granting licenses, some applicants are likely to have priority over others. For example, people who have been convicted of possession of marijuana might end up receiving preferential treatcould also end up getting preferential treatment, although all the specifics of how those social equity licenses will work have yet to be approved by the General Assembly.

Some are opposed to that ap-

"You cannot provide preferential treatment lifting up one class or group of citizens without diminishing the rights of another," said Sen. Bill DeSteph (R-8), previewing the coming debate over the issue in

THE CREATION OF A new industry also allows Virginia to create new worker protections for employees in the marijuana business, including prohibiting worker misclassification and union busting. Gov. Ralph Northam and House Democrats want to prevent license holders from taking sides in union organizing efforts and require them to pay a prevailing wage. That's a proposal that's likely to receive opposition from Republicans and conservative Democrats who support Virginia's right-to-work

"These are state licensees, just like a contractor or a doctor or a lawyer or your plumber," said Stephen Haner, a senior fellow at the Thomas Jefferson Institute. "There's no other state licensee where the licensing requirements are tied into basically what I consider a very prounion interpretation."

Labor leaders see this as an opportunity to protect workers before they are hired in an industry that won't even begin until 2024. As is the case with the social equity licenses, the rules about worker misclassification and union busting can be targeted to work against some of the damage created by the failed war on drugs. But that will only happen if lawmakers are able to get the legislation out of both

> chambers, which could be tricky.

"This is an industry that was specifically designed to combat some of the problems and failures that were - Chelsea Higgs Wise, caused by the war on drugs, and specifically the impact on certain communities especial-

ly Black communities and brown communities," said Michael Wilson, vice president at United Food and Commercial Workers Local

lowed, and driving under the influence remains illegal. "The prohibition on marijuana

- Sen. Adam Ebbin (D-30)

has failed both in this commonwealth and in this country," said Sen. Adam Ebbin (D-30), who introduced the bill legalizing marijuana. "Cannabis does not have to be the boogeyman that some are making it out to be."

The journey from prohibition to legalization began after Democrats won control of the House and Senate in 2019. The following year, they decriminalized marijuana and began setting the groundwork for legalization. The bill legalizing marijuana was a heavy lift for a General Assembly that was meeting mostly virtually, and it includ-

"This is one step to eliminate the racist policing around simple possession."

executive director of Marijuana Justice Virginia

ment. Family members of people who have been convicted of possession could also get priority. Residents of neighborhoods that have been disproportionately policed

OPINION

Consider Guaranteed Basic Income with Rescue Funding

Dear Editor:

As clergy, we understand how COVID-19 tested our communities' resolve in more ways than one. Beyond the horrendous loss of life and the separation each of us endured from our family, friends, our faith communities, many have suffered financially, struggling through the harshest economic conditions in a generation. The various communities that make up our city of Alexandria have each been affected by the pandemic in different ways, and our most vulnerable populations -- workers who rely on low-wage or part-time jobs, and especially communities of color -- have borne the most considerable burden over the last 15 months. Because of this reality, it is imperative that while we are discussing programs to hasten economic recovery, we ultimately implement programs that will enable a comprehensive recovery.

On July 6, Alexandria's City Council will vote on how our city plans to use the first half of the \$59.4 million we received as part of the American Rescue Plan Act. These funds will transform the city in helping us work to return to normalcy. Still, they also represent an incredible opportunity to change what "normal" is for some of the hardest-working members of our community. One of the proposals being considered by our City Council is a Guaranteed Basic Income pilot program. This program would put \$500 per month directly into the hands of 150 families in Alexandria. It would also support each participant with case management to help them plan, set goals, and make the most out of the program.

Guaranteed Basic Income (GBI) has recently gained national recognition through high-profile trials in Stockton, California and Newark, New Jersey. Presidential candidates spoke about it on the campaign trail, and most Americans have by now received direct stimulus payments in the form of COVID-19 relief program stimulus checks. This means that there is current and pertinent data that shows what a program like this can do for families and a community.

When a Guaranteed Basic Income or stimulus program is directed at lower-income workers, they are more likely to spend that money quickly within their community. For example, this program would inject \$1.8 million into our local families and businesses over two years. As a result, the Guaranteed Basic Income program would also significantly help small businesses and our local economy. According to past trials, participants use this money to build a stronger economic foundation, with participants being twice as likely to find a full-time job than non-participants. There are also numerous benefits to the community as a whole, including a reduction in crime, increased mental and physical health, and the long-term benefit of having a resilient community capable of withstanding rough waters.

The City Council meeting on July 6 poses an incredible opportunity for the City of Alexandria. We in the faith community have seen how hard the working people of Alexandria have had it over the last 15 months. We need to ensure that recovery acknowledges the disparity in hardship faced among our city's diverse communities. Guaranteed Basic Income will bring to the city of Alexandria a swift, effective, resilient, and just economic recovery, while strengthening our local economy. Thus, we strongly urge the City Council to fund this program fully.

> David Spinrad, Senior Rabbi Beth El Hebrew Congregation

> > Quardricos Driskell, **Senior Pastor** Beulah Baptist Church

Boost City's Investment in Childcare Workforce

To the Editor,

On July 6, the Alexandria City Council will vote to decide how nearly \$56.4 million in federal American Rescue Plan Act (ARPA) will be used. I urge City Council to

LETTER

devote a substantial portion of these funds to helping stabilize childcare programs in

the city and improving the compensation paid to the city's childcare professionals.

Hopkins House is an 82-year-old nonprofit childcare provider that offers safe, affordable childcare for Alexandria's working and military families. Through the amazing commitment of our preschool educators and staff, Hopkins House has remained open and operating since the start of the pandemic more than 15 months ago

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.

VOLUNTEERS WANTED

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and ovides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in

 without a single reported case of COVID-19 infection among our students or preschool faculty.

The pandemic has vividly demonstrated that childcare professionals are the backbone of our economy.

Even if you don't have a young child of your own, you still depend on childcare for your basic needs. Postal workers can't deliver the mail, grocery store clerks can't stock food shelves, firefighters can't save homes, police officers can't stop crimes, pilots can't fly planes, waiters can't serve meals, and medical workers can't save lives without a safe, affordable place for their children to stay while their parents are at work.

Childcare workers are the unsung heroes of this pandemic.

But, for far too long, we have

need. To learn more, email info@ alnv.org, or visit www.alnv.org. Join Friends' Board. Those who care about mental health, the Alexandria community, and collaborating with fellow residents to make sure the City's most vulnerable residents have a chance to thrive, then consider joining the Board of Friends of the Alexandria Mental Health Center. The Friends Board is an all-volunteer group of residents that oversees the administration of one of Alexandria's top mental health charities. Friends has no paid staff, so Board members, working on average 10 hours per month, share the day-to-day work

SEE BULLETIN, PAGE 6

undervalued our childcare professionals. In Alexandria, they work long hours and under very stressful conditions, only to earn from \$11.65 to \$14.67 per hour - far below the federal poverty threshold for a family of four.

Black women working in childcare, who too often find themselves at the intersection of racism, sexism, and economic inequality, are paid thousands of dollars less than their peers every year. The city now has a unique opportunity to undo past policy failures and race-based inequity.

A substantial portion of the ARPA funds granted to the city can and should be used to improve pay for Alexandria's childcare

professionals, including funding for basic health coverage, paid holidays, paid leave for vaccination-related illness or quarantining due to exposure to or contracting COVID-19, and paid leave to care for a family member suffering from the coronavirus - the same benefits already afforded to employees in most other occupations.

I urge the Mayor and members of City Council to use American Rescue Plan funds to substantially increase the city's investment in its childcare workforce, Alexandria's unsung heroes.

> J. Glenn Hopkins President and CEO Hopkins House

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4 ALEXANDRIA GAZETTE PACKET \$ JULY 1-7, 2021

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News

Head of the Class recognized for community contributions.

Alexandria City High School principal Balas

By Jeanne Theismann Gazette Packet

lexandria City High School principal Peter Balas was recognized June 22 with the Free-Community Builders Award for his ongoing contributions to the Alexandria community.

Balas was presented the award by members of the Henry Knox Field – John Blair Lodge No. 349 on behalf of the Most Worshipful Grand Lodge of Ancient, Free and Accepted Masons of the Commonwealth of Virginia.

"We want to recognize Mr. Balas for his outstanding work in the community, especially with the challenges of the last year with the COVID-19 pandemic," said Timothy Fisher, Worshipful Master of Lodge No. 349. "We invest in our youth and know that Mr.

Balas has put a lot of effort into making sure everything went well for these students, especially with the virtual learning. But this is to recognize not only what he does at the school, but also what he does out in the community.'

According to Daniel Froggett, secretary and past Master of Lodge No. 349, the organization made the largest financial contribution to the Scholarship Fund of Alexandria. "The Henry Knox Field-John Blair Lodge No. 349 made the largest financial contribution to the Scholarship Fund of Alexandria in its history," Froggett said. "We gave just over \$600,000 a couple years ago to support scholarships here in the Alexandria community. We get to know the scholarship students and develop a real connection with them. Along with Mr. Balas we care about their future."

www.Fieldblairlodge349.org



Alexandria City High School principal Peter Balas, second from right, holds the Community Builders Award in recognition of his outstanding service to the community. He was presented the award June 22 by Henry Knox Field-John Blair Lodge No. 349 members Clayton Mitchell, worshipful Master Timothy Fisher, and Mark Boughner.

"This is to recognize not only what [Peter Balas] does at the school, but also what he does out in the community."

— Timothy Fisher, Worshipful Master of Henry Knox Field-John Blair Lodge No. 349

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Home of the Brave

FROM PACE 1

hero – a friend, family member, veteran, healthcare worker, first responder or other hero -- along with the name of the individual sponsor.

Scouting troops joined Rotary volunteers in unfurling more than 250 flags at 6 a.m. the previous day to set up the display, which will remain in place through July 11.

Rotarians from Mount Vernon and Alexandria West partnered with Alexandria in the program with Alexandria West president William Berry paying tribute to Engie Mokhtar, a past club president who died in April of cancer at the age of 50.

This year's Flags for Heroes program has raised in excess of \$20,000, which will benefit Alexandria Rotary Club community projects and provide direct financial support to more than 40 local charities and nonprofits.

"What a beautiful day," said Alexandria Rotary president John Moorman. "We had a great host in Cedar Knoll to make this a big success."



Lauryn and Tammy Mann stand among the American flags of the Flags for Heroes display June 27 at Cedar Knoll Restaurant.

"We are humbled to honor all the individual heroes who are remembered here today."

— Flags for Heroes project organizer Sharon Meisel

Bagpiper Jeff Herbert performs Amazing Grace to close the opening ceremony of the Flags for Heroes program June 27 at Cedar Knoll Restaurant.

Alexandria Rotary Club president John Moorman opens the Flags for Heroes program June 27 on the grounds of Cedar Knoll Restaurant.



Campagna Center president and CEO Tammy Mann was the keynote speaker at the opening ceremony of the Flags for Heroes display June 27 on the grounds of Cedar Knoll Restaurant.





BULLETIN BOARD

From Page 4

needed to accomplish its goals. Interested candidates should email FriendsofAMHC@gmail. com.

STEM Professionals Needed. Help assist K-12 STEM teachers as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2018-19 school year. In the 2017-18 school year, there are 85 volunteers in 6 Northern Virginia school districts. Contact Don Rea at 571-551- 2488, or donaldrea@aol.com.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil (Ibrahim.khalil@fairfaxcounty.gov) at 703-324-4547.

ALIVE! offers numerous programs that aid low-income families in Alexandria that rely on volunteers: monthly food distributions, furniture, houseware and emergency food deliveries, and community food drives. Individuals, families

and groups are encouraged to participate. Students can earn community service hours by participating. Visit www.alive-inc.org/volunteer.htm or contact the Volunteer Coordinator at volunteers@alive-inc.org.

Volunteer Drivers Needed. Drivers needed by the American Cancer Society to take cancer patients to treatment in Northern Virginia. To volunteer, call 1-800-227-2345 or go to cancer.org/drive.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfair-fax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Mentors Wanted. Two creative programs that help transform the lives of Alexandria's preteens are seeking volunteer mentors. SOHO, which stands for "Space of Her

Own," and "Space of His Own," serves vulnerable fifth graders in Alexandria. The programs pair men and women with youth in need of positive adult role models, to help support and guide youth in making healthy choices and succeeding in school and in life. Visit www. spaceofherown.org and www. spaceofhisown.org. For more information on how to become a SOHO mentor, contact Sarah Maroney at sarah.maroney@ alexandriava.gov or phone at 703-746-4687.

Farmer's Market Volunteers Need-SEE BULLETIN, PAGE 7

News

James Kunder of Alexandria Commissioned as an Officer In the United States Navy

ames Kunder of Alexandria was recently (June 4th) commissioned as an ensign in the United States Navy upon completion of Officer Candidate School in Newport, Rhode Island. He was subsequently assigned to a U.S. Navy guided missile destroyer, the USS Momsen, based in Everett, Washington.

Kunder is a 2015 graduate of St. Stephen's and St. Agnes school, where he was elected Class President his senior year and was a member of the wrestling team, winning the Alexandria city championship in his weight class three successive years. He is a 2019 graduate of the College of William and Mary, where he majored in Public Policy and served as a member of the university's Honor Council.

Having completed his Navy Officer Candidate School studies in the



James Kunder

top five percent of his class, he was designated a Distinguished Naval Graduate upon commissioning as a Surface Warfare Officer. He is now based at Navy Station Everett, Washington.

BULLETIN BOARD

From Page 6

ed. To volunteer for the Farmer's Markets, email Brian Morreale, brianmorreale@gmail.com

Arts and Crafts Festival. Volunteers are needed on June 10 to help with the event including: greet and check-in vendors, children's area, clean up and tear down and beer tent. Shifts are available between 7 a.m. and 7 p.m. Visit www.volunteeralexandria.org/ for more.

SUPPORT GROUPS

Postpartum Support Virginia sponsors a free, bi-monthly support group for women suffering depression and/or anxiety during pregnancy or in the first year following childbirth. Meets on the 2nd and 4th Wednesdays of each month at Inova Alexandria Hospital, Health Education Center, rooms 1-2, 4320 Seminary Road. Contact co-moderator Susan Doyle at suzjdoyle@gmail.com or 571-403-0673.

The Parkinson's Disease Support
Group of Alexandria meets the 1st
Wednesday of each month at 2 p.m.
At the Hollin Hall Senior Center,
Room 109, 1500 Shenandoah
Road. All Parkinson's patients and
caregivers are welcome.

Divorce Workshop for Women. Second Saturday of each month, 9 a.m.-1 p.m. at Hilton Alexandria Old Town, 1767 King St. The workshops are designed to provide education on the legal, financial, family and personal issues of divorce in a logical, yet compassionate way. The workshop fee is \$25. Visit www. novasecondsaturday.com for more.

The Caregiver Support Group is facilitated by the Alexandria Department of Community and Human Services Division of Aging and Adult Services. Meetings are held the first Wednesday of each month at the Adult Day Services Center, 1108 Jefferson St., 4-5:30 p.m. Participants are full- or part-time www.ConnectionNewspapers.com

caregivers providing care locally or long distance to a family member or friend. Participants share their experiences, provide support for each other and receive resources to assist them with caregiving. The next Caregiver Support Group meeting is June 7. For more information or to register, contact Jennifer Sarisky at 703-746-9999 or email DAAS@alexandriava.gov.

FACE Center Support Groups provide parents with a space to share their daily parenting frustrations and triumphs while offering new strategies for helping parents to cope, build positive parent-child relationships and best support their children's learning.

Support Group in English, every Monday, 6-7:30 p.m. at ARHA Main Building, 401 Wythe St.

 Support Group in Spanish, every Wednesday, 6-7:30 p.m. at Community Lodgings Brookside Center, 614 Four Mile Road.

Registration not necessary. A light dinner and childcare services provided free. Contact Krishna Leyva at 703-619-8055 or krishna.leyva@acps. k12.va.us for more.

ONGOING

Backflow Preventer (BFP) Assistance Program. The City of Alexandria has reinstated its sewer Backflow Preventer (BFP) Assistance Program for homeowners in designated areas that historically experience basement back-ups or flooding. The program reimburses homeowners for up to 50 percent of the cost of installing a ing contractor, up to a maximum of \$2,000. The current program period is through Dec. 31, 2019. Alexandria homeowners should call the Department of Transportation and Environmental Services at 703-746-4014 or visit www alexandriava.gov/tes.

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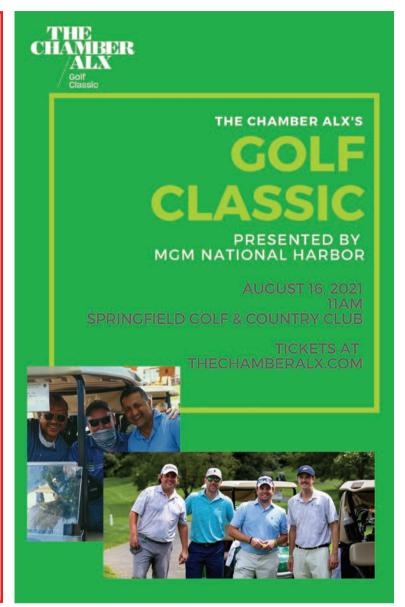


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Entertainment

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Join ASO for Alexandria's Birthday Celebration July 10.

BY SHIRLEY RUHE Gazette Packet

rumpets and French horns will blare "America the Beautiful" as the Alexandria Symphony Orchestra opens the Alexandria's Birthday Celebration July 10 at 9 p.m. at Oronoco Bay Park. The 50-minute concert will include an eclectic mix of original pieces with

the more traditional Sousa marches mixed Preview with fanfares, blues and patriotic tunes.

The program broadens the scope and range of composers to include African-American and women composers. Music Director James Ross says, "The Black Lives Matter put a finger on all institutions how do we relate if what we do is not available to everybody and doesn't represent diversity? It's an added gift to question everything, performers and composers."

According to George Hanson, ASO Executive DIrector, although ASO performed several informal concerts with a few performers last year, this will be the first full ASO orchestra concert presented to an audience greater than 50 since COVID shut down the concerts in March 2020. Ross adds, "The ASO is thrilled to be joining forces with the City of Alexandria to send some fireworks flying in celebration of Alexandria's birthday. With musical works honoring our City's rich history and diversity, it will be a sonic bash of the kind that lifts spirits."

The celebration, sponsored by the city and coordinated by the Department of Recreation, Parks and Cultural Activities, is free and open to the public. Although masks will not be required, attendees are asked to spread out in the park. Sponsors of the concert include: KSA Integration; Networking Engineering and Technologies; United Bank; Caudron Megary Blackburn; John D. Kling, DDS; Sunrise of Old Town; Chadwicks; and Burke and Herbert Bank.

Come and be surprised, Discussions on choices of patriotic wear for orchestra members are still ongoing. The program concludes with the grand boom of the 1812 Overture accompanied by the spectacular fireworks display.



Alexandria Symphony Orchestra playing at 2019 celebration with Music Director James Ross con-

Pizza, Beer and Custard: 3 Dates to Circle in July

BY HOPE NELSON GAZETTE PACKET

izza. beer and custard. With a lineup like that, it must be summertime. Here are a few notable happenings around the restaurant and brewery scene for July.

Emmy Squared Opening June 30

On the doorstep of July, new Detroit-style pizzeria Emmy Squared officially opens its doors this week. The restaurant hosted a friends-and-family soft opening last weekend in preparation for the big day. Diners can expect plates of eggplant parm, waffle fries,

APPETITE

roasted cauliflower and more, as well as - of course - the main event, the pizza, which offers up a good half-dozen se-

lections in both red and white sauce styles. 124 King St.

Thursday Night Movies in the Beer Garden at Aslin Beer Company, through July

Beer, pizza and sweet treats - what could be a better combination? Aslin is banking on having the winning combo with their Thursday-night movies all July long. Catch "Mean Girls" on July 1, "Wayne's World" on July 15 or "A League of Their Own" on July 29, and pair the flick with some of the brewery's best suds. Looking for something to nosh on? Andy's Pizza and Sugarcoated Bakery have you



Ribbon Cutting and Community BBQ at Goodies Frozen Custard and Treats, July 5. Owner Brandon Byrd is hosting a community barbecue and ribbon-cutting ceremony to commemorate the occasion and the city is invited. Noon-2 p.m. 200 Commerce St.

covered. 8 p.m. 847 S. Pickett St.

Goodies Frozen Custard and Treats, July 5 The new custard shop in the venerable Ribbon Cutting and Community BBQ at Ice House building on Commerce Street is



Emmy Squared Pizzeria opened June 30 at 124 King St. On the menu, crispy waffle fries, Zia Fries shown here with hatch chili pimento cheese, scallions, bacon and ranch.

open for business, and Independence Day weekend is its official grand opening. Owner Brandon Byrd is hosting a community barbecue and ribbon-cutting ceremony to commemorate the occasion and the city is invit ed. Noon-2 p.m. 200 Commerce St.

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.

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8 ALEXANDRIA GAZETTE PACKET JULY 1-7, 2021



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Obituary

Marian Knight Allen - born in Alexandria Virginia 03/10/1929, died in Mount Airy, North Carolina 06/22/2021. She was the daughter of Leonard M. Knight and Charlotte Longerbeam Knight, and had a brother, Sherwood M. Knight Survived by a son, David S. Allen of King, NC, and two grandsons, Blair J. Allen of Dublin, VA and Shelby L. Allen of Charlotte, NC.

Marian attended George Washington High School, graduating in 1946. She attended Strayer Business College in Washington, DC. Her grandfather, Robert E. Knight, Sr start ed R.E. Knight and Sons Hardware in the 600 block of King Street. Her father, along with his brothers and sisters, ran the hardware store until it closed in the early 1960's. Marian worked part-time there as a bookkeeper over the years She was married in 1948 to Vivian Stanley Allen who pre-deceased her in 1974. She later married James A. Kelley of Denver, Colorado, and moved there in 1977. She lived in Denver until 1989 when they moved back to Virginia. James Kelley passed away in 2004. She lived out her final years of retirement in Mount Airy, NC



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Senior Living, fourth week of every month.

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Obituary

Obituary



Daphne A. Philos, aged 77, of Merritt Island, FL died unexpectedly on June 2, 2021. She was born in Hastings, NE in 1944 and raised in Washington, D.C.. Daphne graduated from Welle ley College in MA with a degree in Political Sci-

Daphne interned in U.S. Congressional offices during college and as a first job upon graduation. She gradually segued into executive positions with trade associations, including, NAVA (National Audio Visual Association), NEA (National Education Association), ETS (Educational Testing Service), and finally

ASIS (American Society for Industrial Security).

As a resident of Alexandria, VA, Daphne pursued her lifelong passion for politics. She actively worked with the campaigns of U.S. Congressional candidates, VA State Representatives, Alexandria City Officials and the Alexandria Democratic

Daphne is survived by her sisters, Diane Philos-Jensen of W. Barnstable, MA and Valerie Morris of Accokeek, MD. She also leaves behind her beloved nephews. niece, and their children. Daphne amassed a large group of loyal friends and colleagues. She will be greatly missed by many people

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By KENNETH B. LOURIE

... stable, with a side of shrinkage, however modest. No jeopardy here, final or otherwise. Simply more of the same here, but hardly ho hum. A status quo with which I am fond of writing: I can live. Promises and guarantees left the building on that fateful day in late February, 2009 when an oncologist who I had previously never met summarized my condition and identified it as stage IV, non small cell lung cancer. A "terminal" disease if there ever was one, and of course there are many. And along with that bombshell came the excruciatingly unpopular prognosis: "13 months to two years." I was 54 and a half with no history of cancer in my immediate family.

Much has happened and many medications prescribed since I infused my initial chemotherapy back in early March, 2009. Most of which you regular readers know. If you recall anything from my 12 years of weekly cancer columns, it is that regular diagnostic scans: CT scans, bone scans, P.E.T. scans and MRIs have been recurring nightmares. Every three months, I am scheduled for some type of scan, sometimes more than one ("BOGO, I call it) which based on its findings will determine my subsequent course of treatment. If the results are encouraging, a change in my treatment is unlikely. If however, tumors are growing, newly appearing or spreading then it's "Katy bar the door," as we say in New England. Which means, hang onto your hat, among other things, as a new health situation presents, and one without an automatic solution. After years of conversations with my oncologist, I've learned: The best one can hope for is a definite maybe. It's this unpredictability which fills my day - and

Nevertheless, my life has gone on way longer than my oncologist anticipated. It may be because I was misdiagnosed (as a Georgetown Cancer Center oncologist suggested) and had a slow moving form of papillary thyroid cancer rather than an aggressive form of lung cancer which kills more often than it cures. Or, I may simply be my oncologist's "third miracle," as he's fond of saying. Presumably my positive attitude and good humor about my circumstances in conjunction with the many supplements I ingest with alkaline water exclusively have contributed to my unexpected survival. Regardless, as Frankenstein might have said: "I'm alive."

As scary as Frankenstein, Dracula or Lon Chaney ever was, a cancer diagnosis tops them all. Being told by a doctor you have never met that you have two years to live, at best, is as you might imagine, nearly impossible to process. It's not exactly what you had planned on or expected hearing when you sat in the doctor's office. Yet, as Ralph Edwards used to say; "This is your life." And as many others have said: "You're stuck with it." And as grim as you feel about your future, this is no fairy tale. As always, reality beats make-believe any day, and in this instance, not in a good way.

But I am in a good way. I am still typing, among other activities. And after having just received a "looks good" comment from my oncologist concerning this week's CT and bone scan, my warranty has been extended for another 90 days, when the results of my next quarterly scan will be emailed. Until then, I am in high cotton. To say I'm not worried is of course naive, but in the interim, between scans, I am in "the rocking chair, good buddy," to invoke a familiar CB-ism. This is how many cancer patients live: from one scan to the next. It's not ideal, but it is a living, and one for which I'm extremely grateful and fortunate to still have. It may not have been the life I expected, but I'm glad to live it nonetheless.

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



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SENIOR LIVING

When designing a separate living space inside the existing home of one's adult children, splurging on table lamps, wall sconces and pendants adds a chic element of comfort and safety.



Photo contributed

Living with Adult Children

Creating livable spaces that balance the security of family with the need for independence.

By Marilyn Campbell Gazette Packet

hen June Joyce's husband died two years ago, she was lonely living alone in the sprawling Alexandria family home where the couple raised their four children. Joyce wanted to sell her home and downsize to a smaller dwelling space, but wasn't interested in a retirement community.

One of her daughters had an unfinished lower level in her home and convinced Joyce to move in with her and her family. Together, the mother-daughter duo are transforming that bottom level space into an apartment with a separate entrance.

"I felt like I wanted to be closer to my daughter, son in-law and grandchildren, but I didn't want to disrupt her family dynamic and I also wanted my privacy," said Joyce. "My daughter and I are designing it ourselves. We're having fun choosing paint colors, a few appliances and furniture."

Creating a separate living space within a preexisting home is an option that allows seniors to live near adult children while maintaining a comfortable level of independence. Local designers share projects that combine functionality and safety features in a way that is stylish and subtle.

"I'm currently working with a client to turn a pool house into a living space for her mother-in-law," said Sallie Lord of Grey Hunt Interiors.

"It's connected to the main house and we want to tie in the feel and style, but we wanted this guest house to feel like a retreat."

Forgo large appliances like French door refrigerators and double oven ranges, says Anne M. Walker of Anne Walker Design in Potomac, Maryland who is in the midst of a design project that will accommodate her client's parents.

"You...won't need to cook full family meals, so what you need in this type of situation is smaller, smarter appliances," she said. "In the entertainment and kitchenette space I'm designing currently, we've chosen a single dishwasher drawer rather than a full dishwasher."

Whether selecting wall scones or table lamps, lighting is one feature that Walker says is worth a splurge.

"Proper lighting will make the space feel joyful and ... as safe as possible for [those] whose eyesight may not be as good as it used to be," she said. "But no harsh, fluorescent or LED lightbulbs, please."

Style need not be sacrificed for safety, advises Lord. "With my current client, we're making the space more ADA [Americans with Disabilities Act] compliant to plan for long term needs while doing it in a discreet way that just feels like a stylish, modern convenience.

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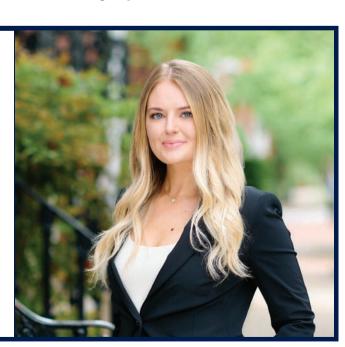


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