

# Carlyle 'Connie' Ring

## Former City Councilman dies at 90.

BY JEANNE THEISMANN  
GAZETTE PACKET

For decades, Connie Ring was a stalwart of public service. He served three terms on Alexandria City Council and as a member and chair of the Alexandria School Committee, was instrumental in the integration of Alexandria City Schools. On Aug. 19, the longtime community leader died at his home at Goodwin House Alexandria. He was 90 years old.

"Connie Ring was my mentor," said former vice mayor Bill Cleveland. "Along with Bob Calhoun, Connie brought me into the Republican circle. He taught me about conservative issues, but more importantly, he taught me about neighborhood issues and that's what Alexandria is all about."

Carlyle Conwell Ring Jr. was born May 25, 1931, in Camden, N.Y., the third of six children born to Carlyle Conwell Ring Sr. and Mary Lois Tooley Ring. He graduated from Jamestown High School,

where his father served as headmaster. In 1951, he graduated summa cum laude with a degree in history from Hamilton College.

Ring began his law studies at Columbia Law School but transferred to Duke University School of Law to follow his heart and future

Committee from 1961 to 1968 and from 1969 to 1978 served as an appointed member of the Alexandria School Committee as the school system was integrating its public schools. He served as chair from 1976 to 1978. He was a member of the Alexandria Redevelopment and Housing Authority for 11 years.

"Connie knew this city inside and out," Cleveland said. "He taught me about building coalitions and knew how to touch people, especially those in the African American community."

Ring was appointed by Governor Linwood Holton to serve on the Uniform

Law Commission, chairing the committee that drafted the Uniform Computer Information Transactions Act of 2000, which was the only law governing valid contracts over the Internet. He was also a major author of the Uniform Commercial Code, Article 4A, which refers to remittances, and was adopted by all 50 states.

In 2011, Ring was named a Living Legend of Alexandria. He was also honored by Duke University,

**"[Connie] taught me about neighborhood issues, and that's what Alexandria is all about."**

— Former vice mayor Bill Cleveland

wife, Jane Norwood Lee, who he met while working a summer job in Chautauqua, N.Y. He graduated from Duke in 1956.

Ring and his wife were married in secret in 1954 with a public wedding taking place in 1955. In 1956, the couple moved to Alexandria and together raised four children.

While practicing law, Ring pursued public service. He chaired the Alexandria City Republican



PHOTO BY STEVEN HALPERSON/TISARA PHOTOGRAPHY

Former City Councilman Carlyle "Connie" Ring died Aug. 19 at the age of 90.

which selected him as the first recipient of the Charles S. Murphy Award for Achievement in Civic Service.

Ring is survived by his wife Jane, his four children and their spouses: Donna Lee and Eric Moss of Towson, Md.; Mary Elizabeth "Libby" and Steve Lord of Stuart, Fla.; Russell "Rusty" Conwell and Lori Ring of Alexandria; John Roderrick "Roddy" and Lisa Ring of Alexandria; 10 grandchildren and a great grandson.

A memorial service is scheduled

for Aug. 27 at 11 a.m. at Westminster Presbyterian Church. In lieu of flowers, donations may be made to Westminster Presbyterian Church, 2701 Cameron Mills Road, Alexandria, VA 22302; The Alexandria Symphony Orchestra, 700 N. Fairfax Street, Suite 501, Alexandria, VA 22314; or The TWIG, PO Box 26324, Alexandria, VA 22313.

"Connie Ring was a man that felt real compassion for this city and all its people," Cleveland said. "He poured himself into me and I will never, ever forget him."

# Leader of the Pack Backpacks, haircuts provided for back-to-school.

BY JEANNE THEISMANN  
GAZETTE PACKET



Marvin Goldsmith of Pro Image Barbers gives a haircut to a young boy as part of the back-to-school event Aug. 22 at Charles Houston Recreation Center.



Hundreds of families line up at Samuel Tucker Elementary School prior to the start of the Aug. 22 backpack and haircut back-to-school day.

PHOTOS BY JANET BARNETT/GAZETTE PACKET

Firefighters and Friends to the Rescue, the Alexandria Redevelopment Housing Authority and the Departmental Progressive Club once again partnered to help children prepare for the upcoming school year by distributing new backpacks, school supplies and clothing Aug. 22 at Samuel Tucker Elementary School and Charles Houston Recreation Center.

"This year by far we had the most families participate in our back-to-school event," said organizer and former City Councilman Willie Bailey. "We gave away over 900 backpacks filled with supplies at both Charles

Houston Recreation Center and Samuel Tucker Elementary School, provided haircuts for over 100 kids, gave away over 1,500 articles of clothing, provided \$800 worth of ice cream at both locations, and provided COVID-19 vaccinations at Samuel Tucker Elementary School."

Activities for the day included entertainment by cartoon characters, Clown Around clowns, a balloon artist, a DJ, and Caring Angels Therapy Dogs for attendees to pet and enjoy.

"Today is all about giving back to the kids," said volunteer Marvin Goldsmith of Pro Image Barbershop in Lorton. "When the kids feel good about themselves, they will do good in school."

In addition to Goldsmith, free  
SEE BACKPACKS, ON PAGE 4



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## Connecting the Unconnected

BY MICHAEL LEE POPE  
GAZETTE PACKET

About 15 percent of Alexandria students did not have access to the internet when the pandemic began last year, a statistic that reveals how many households in Alexandria are locked out of the modern economy. Some were hopeful the problem might be solved by a massive \$700 million investment by Virginia in expanding broadband. But the spending plan recently approved by Gov. Ralph Northam and Democrats in the House and Senate sets aside only \$17 million to help low-income residents connect to existing wireless broadband networks.

That's less than 3 percent.

The vast majority of the latest round of federal stimulus money will likely end up lining the pockets of a handful of legacy telecom providers. Companies like AT&T, Comcast, Verizon, CenturyLink and Cox are expected to receive hundreds of millions of dollars in grant money from the Virginia Telecommunications Initiative to finance private, for-profit networks across the Southwest and Southside. Meanwhile, low-income people here in Alexandria will be in competition with every other jurisdiction for a slice of the \$17 million set aside to help low-income people gain access to the internet. Critics say lawmakers could have spent more money on low-income people now and waited for

the upcoming round of infrastructure spending to invest in expanding last-mile connections to rural Virginia.

"I'm appalled at how little is targeted to low-income people," said Kim Bobo, executive director of the Virginia Interfaith Center for Public Policy. "You could make it completely free and available around every school that is really low income. You could make it free at public housing for two or three years. There are ways you could have focussed additional money and waited for the federal infrastructure dollars."

The pandemic laid bare the inequity of internet connections as employees fled the office and students struggled with online learning. More than 200,000 households and businesses in Virginia have no high-speed internet access, a problem for rural



PHOTO BY MICHAEL LEE POPE/GAZETTE PACKET

**Lawmakers are investing hundreds of millions of dollars that will go to a handful of major telecommunications companies to build a for-profit network across rural Virginia. Only a small fraction of the money allocated will go toward helping low-income people here in Alexandria get connected.**

parts of the commonwealth where financing the construction of the infrastructure isn't as profitable. Here in Alexandria, the problem isn't access. It's affordability. Comcast has a monopoly on service, and consumers can either afford it or they can't.

"I think there's room for public investment to

help spur competition, which ultimately increases access, quality and affordability," said Alexandria Mayor Justin Wilson. "We could help address some of the affordability issues if we had true competition."

**EARLIER THIS MONTH**, Alexandria broke ground on a new fiber optic network. City officials dug their ceremonial shovels into the ground to bury a tube allowing for a new municipal network. Buried next to it will be fiber conduit containing a future network that'll be a moneymaker for the city. Alexandria officials plan on leasing that infrastructure to the private sector, and the city is already in talks with specific companies the mayor declined to identify.

"We have not proposed or envisioned being the service provider ourselves, and

there's a debate about whether that makes sense in the future," said Wilson. "Right now, that's not our strategy."

Community and municipal broadband providers have had a difficult time in Virginia, where well-connected legacy telecom companies and cable providers have been cutting campaign checks for years. In this election cycle alone, according to numbers from the Virginia Access Project, the technology and communications industry has already donated more than \$8 million. Virginia Tech professor Erv Blythe says it's part of a tradition that

dates back to the tobacco profiteering of the Virginia Company of London.

"In Virginia, for 400 years, government has been set up to serve powerful corporate interests to the detriment in some cases of community interests," said Blythe, a former vice president for information technology. "Virginia should encourage, not discourage, locally driven community business models."

**LATER THIS FALL**, the Virginia Tech Center for Economic and Community Engagement will publish a new book titled "Vibrant Vir-

ginia." It will include a chapter written by Blythe and his colleague, James Bohland. The professors argue community and municipal broadband could be the solution to making last-mile connections for people without access across Virginia. The chapter details how major corporations rigged the system to help themselves while simultaneously handicapping the competition.

"We've spent millions of dollars and have not solved this problem yet," said Bohland, a professor of urban affairs and planning at Virginia Tech. "It's imperative that the state begin to look at how to empower its municipal governments to manage and create their own broadband network systems."

Don't expect that to happen anytime soon.

The code of Virginia currently has a series of obstacles for municipal and community providers, the product of successful lobbying by large telecommunications companies. For example, service prices cannot be lower than incumbent providers. They must be able to demonstrate that they will be profitable in the first year. And localities are not allowed to subsidize development of locally controlled infrastructure.

"While there is what I would consider to be a silly and counterproductive prohibition on municipal governments as municipal governments operating municipal broadband networks, there is nothing stopping any municipality from creating an authority," said Evan Fineman, the governor's broadband advisor. "And that authority can take in any subsidization it wants from the local government. It can build anything it wants. It can offer any sort of network technology to any customer at any price with no restrictions."

Blythe and Bohland disagree that the constraints

are "silly." They say existing state law serves as a way to ensure major corporations make windfall profits while at the same time preventing local governments and community organizations get a piece of the action. As for the idea that creating authorities is a solution, they're not buying that either.

"An authority is basically a political entity," said Blythe. "With these kinds of restrictions there are many communities that would never take the gamble that they would be able to overcome these obstacles and be successful in this arena."

**"We could help address some of the affordability issues if we had true competition."**

— Alexandria Mayor Justin Wilson

**"We've spent millions of dollars and have not solved this problem yet."**

— James Bohland, professor of urban affairs and planning at Virginia Tech

## 'Night of Terror' City to dedicate site of suffragists torture court case; inaugural Alexandria Women's History Walk on Aug. 26.

BY JEANNE THEISMANN  
GAZETTE PACKET

It was in August of 1920 when Harry Burn, a young Tennessee legislator, broke

his state's deadlock and cast the deciding vote that would ratify the 19th Amendment and give women across the country the right to vote. On Aug. 26, the City of Alexandria in partnership with Alex-

andria Celebrates Women will formally dedicate a historical marker on the site of a pivotal court ruling in the suffragist movement.

"When we learned of Alexandria's connection to the suffragists

movement, we did some research and worked to get the historical marker in place," said ACW co-founder Pat Miller. "Women suffragists were being tortured in the Occoquan Workhouse Prison,

resulting in the Nov. 14, 1917 'Night of Terror.' The court case freeing these women was held at the Federal Courthouse in Alexandria."

SEE CITY, PAGE 4



# Backpacks, Haircuts Provided for Back-to-school

FROM PAGE 1

haircuts were provided by volunteers from Paul Mitchell the School (Woodbridge), Heads Up, Hands in Motion II, and Del Ray barber Gary Bailey.

"Without the support of our sponsors this would not have been possible," Willie Bailey said. "And kudos to our public safety team for stepping up to hang out with the kids prior to the start of school. When we are not running 911 emergencies we are trying to find other ways to help our community and today it was providing free haircuts and a fun day for the kids before the start of the new school year."

Sponsors for the events include: Jack Taylor's Alexandria Toyota; Departmental Progressive Club; Chadwick's Restaurant; InspireLit (Free Books); Apple Federal Credit Union; Alexandria Dept. of Recreation & Parks; Alpha Corporation; Connection Newspapers; 7-11 Corporate Office; Psi-Nu Omega Psi Phi (Alexandria Chapter); Education Association of Alexandria; and Alexandria Police, Fire and Sheriff's Departments.

"We came together to help prepare the kids for school but also add a little fun to their day," Bailey added. "We did hear from some families that if we had not provided the services here today that they would not have received a haircut or new hairstyle for the start of the school year."

"With the pandemic and the loss of jobs this really made a difference today. The kids look good, they feel good, and now they will return to school with the tools needed to succeed."



Organizer Willie Bailey, left, leads a family to select a new backpack and articles of clothing Aug. 22 at Charles Houston Elementary School.



Del Ray barber Gary Bailey provides a young boy with a new haircut Aug. 22 at Charles Houston Recreation Center.



Nelson Green Jr, left, of the Departmental Progressive Club, with attendees and a clown from Clown Around Aug. 22 at Charles Houston Recreation Center.



Alexandria Fire Chief Corey Smedley, second from left, is joined by Acting Chief of Police Don Hayes, right, and other first responders along with a participant at the Aug. 22 back-to-school event at Charles Houston Recreation Center.

PHOTOS BY JANET BARNETT/GAZETTE PACKET

## City to Dedicate Site of Suffragists Torture Court Case

FROM PAGE 3

In the early 20th century, the courtroom for Alexandria's Federal Courthouse was located on the third floor of the Old Customs House at the corner of South Saint Asaph and Prince Streets. It was there that the imprisoned women were freed and their convictions eventually overturned.

The tabletop marker -- designated as part of the Alexandria Heritage Trail -- was recently installed near the intersection, where a formal dedication ceremony will be held Aug. 26 at 9 a.m.

Following the ceremony, an inaugural guided tour of a new Alexandria Women's History Walk will take place.

"Gayle Converse of Alexandria Celebrates Women did all the research on this new tour," Miller said. "It's a self-guided walking tour that highlights the contributions of generations of women across the city and we are excited to showcase the inaugural tour as part of the historical marker dedication."

[www.alexandriacelebrateswomen.com](http://www.alexandriacelebrateswomen.com).



On Nov. 27, 1917, the Alexandria Customs House and U.S. District Court at the corner of St. Asaph and Prince streets, was the site of a hearing that freed women suffragists being held and tortured at the Occoquan prison.

PHOTOS/LIBRARY OF CONGRESS



Suffragists Helena Hill Weed and Vida Mullholand in the Occoquan prison in 1917. Weed's crime was carrying a banner that read "Governments derive their just powers from the consent of the governed."



# An Afghan Family

Struggles here, and the family left behind.

BY SHIRLEY RUHE  
GAZETTE PACKET

**A**hmed and his wife Suraya and their two sons came to the U.S. from Afghanistan in August 2017 on a special immigrant visa program for Afghans who worked for the American government.

"I couldn't go see my parents and had received threats but I didn't take them seriously until my uncle was very brutally murdered when he was shot in the back."

Ahmed and Suraya have both worked for the U.S. government. But their parents and siblings didn't qualify for the program at the time. They are still in Afghanistan and desperate to get out.

"They are in hiding. Everyone in the neighborhood knows we live in the U.S." Ahmed says his parents are retired and not in good health and are barely able to feed themselves. Food prices are high, there is no Western Union, no government salaries. "Everything is down."

"We heard from them yesterday. It was hard for them. They wondered what we are doing to help them get out. They were cry-

**"My relatives are in serious danger."**

## Special Immigrant:

A person who qualifies for a green card (permanent residency) under the special immigrant program. This includes religious workers, broadcasters, Armed Forces members, Iraqi nationals who worked for or on behalf of the U.S. in Iraq and Afghan or Iraq nationals who supported the U.S. Armed Forces as translators.

ing." He says they are running out of money and cannot buy pop up cards anymore to use the internet.

Ahmed says in Afghanistan all fingers and eyes are in the government biometric database. "They have your location, career, health. It's now in the hands of the Taliban and the Pakistani intelligence so they know where each person has worked and for whom they have worked." His wife's father, who was a high level government official, was assassinated by the Taliban when he was on his way to work, and his brother-in-law was recently assassinated. "My relatives are in

SEE AN AFGHAN, PAGE 14

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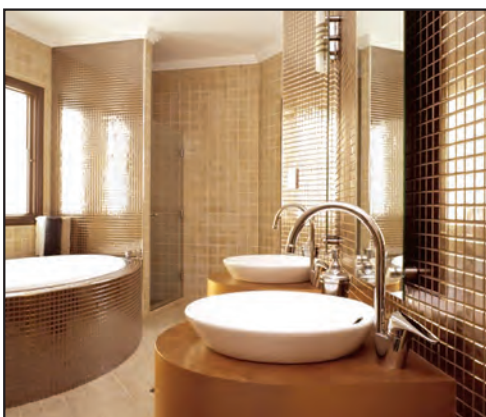
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## Missed Opportunity To Fix Alexandria's Flooding

Like hundreds of other Alexandria residents, we spent the early part of last week digging out from the latest flood and then several anxious days of repeated flood warnings as the week progressed.

Our frustration has been magnified by the relatively low priority that Alexandria's chronic flooding problems received when the City Council last month allocated less than one-fifth of the \$30 million in American Rescue Plan (ARP) funds received from the federal government.

This was an inexplicable missed opportunity to accelerate the effort to fix Alexandria's inadequate stormwater infrastructure which City leaders have until recently ignored for decades. And it is a problem for which they recently doubled our stormwater fee.

In the aftermath of last week's flooding, Mayor Justin Wilson Friday claimed that the ARP funds could not be spent on major large capacity flood control projects because they could not be finished by the end of 2024 as required in the legislation. This is false. Dana Wedeles, assistant to the City Manager, told the City Council on July 6 that "for construction projects that have been obligated, the construction can continue until 2026."

According to DrainALX, this means that funding could have gone towards the design and implementation of top capacity projects on the 10-year CIP, in addition to the smaller spot projects and special projects like Hooff's Run. Additional funding would have helped accelerate the timeline and/or offset costs to add additional projects.

On Aug. 10, The Washington Post expressed surprise that Alexandria had decided to spend \$3 million from the ARP funds on what some consider a dubious

guaranteed income "pilot." (If the pilot is "successful," then what?) Mayor Wilson, in the aftermath of the vote said "I think this is an opportunity for the city to make some transformational investments as well as to do some experimentation, which I think I'm particularly excited about ... Some of this stuff is not going to work, and that's ok, that's really ok."

Really?

I hope that more sober minds prevail when the City Council votes on the second \$30 million tranche of ARP money.

**Tom Slayton**  
Alexandria

## Heat Rising: Population Density?

Local governments and the general public are beginning to become aware that on extremely hot days, high temperatures in urban areas can vary greatly, even over short distances.

The Virginia Foundation for Independent Colleges' Heat Watch project, which Marymount University is attempting to gauge locally, likely understands that extremely hot summer temperatures are closely associated with paved and developed areas, whereas more moderate temperatures occur in nearby wooded areas and parkland. ["Universities Measure Heat Disparities in Virginia," Aug. 18, 2021, <http://www.connectionnewspapers.com/news/2021/aug/18/universities-measure-heat-disparities-virginia/>]

How much of the temperature difference university researchers measure can be tied to development transforming vacant land and low-density buildings with lawns which moderate some of the heat into built-out-to-the-lot-line high rises which project it into the nearby environs? How much of measured global warming can be tied to the development needed to accommodate the sort of

test strips to individuals who were formerly incarcerated and are reentering the community. The program, the first of its kind in Virginia and one of a handful in the United States to distribute fentanyl test strips through jails, is a collaboration between the City of Alexandria Sheriff's Office and Department of Community and Human Services (DCHS), both of which participate on the City's Opi-

SEE BULLETIN, PAGE 11

### LETTERS TO THE EDITOR

population density Alexandria has experienced recently (double the statewide population growth rate over the past decade) on a global scale where population has topped seven billion en route to eight? Are fossil fuels being unfairly faulted for carbon generation when population growth-driven development and deforestation may be the real culprits?

**Dino Drudi**  
Alexandria

## Decisions by Bureaucrats or Law Enforcement?

Jeanne Theismann's front-page commemorative of the 1939 Alexandria Library sit-in points to a corollary issue which is still salient today. ['I Will Always Refuse,' Aug. 18, 2021, [www.connectionnewspapers.com/news/2021/aug/23/i-will-always-refuse/](http://www.connectionnewspapers.com/news/2021/aug/23/i-will-always-refuse/)]

The caption for then City Manager Carl Budwesky's photo notes that he "made the decision to arrest and charge the protesters," after the library clerk had called the police.

This was only possible because the police were then, as the police department still is, under the control of the city government, not under the independently elected sheriff who, despite being uniquely elected to fulfill a key law-enforcement role, does not have the bulk of law enforcement under his purview. The exercise of discretion involved in making or not making an arrest is a function which should be undertaken by a law enforcement official, not bureaucratic administrator.

**Dino Drudi**  
Alexandria

## Celebrating Noah Lyles and More

Let's all thank the Gazette Packet for celebrating Noah Lyle's medal win at the Olympics giving it the attention it deserves on the front page. This is especially welcome given our constant barrage of unwelcome news, so I congratulate the Packet for not only sharing Lyle's exciting win with Alexandria residents, but continuing to fill its pages this week with welcome articles that give us hope for a return to normalcy in our lives. The Packet's uplifting features include the wonderful Living Legend sisters, the return of the Friendship Firehouse Festival, Alexandria Restaurant Week, Alexandria Love Your Pet Day and Alexandria's Senior Olympics. Way to go, Gazette Packet!

**Linda Couture**  
Alexandria, VA

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#### CITY LAUNCHES REENTRY BAG PROGRAM

The City of Alexandria has launched the Reentry Bag Program, which distributes substance use treatment and peer support information along with Narcan and fentanyl



## SENIOR LIVING



PHOTO COURTESY OF THE FAIRFAX COUNTY PARK AUTHORITY

Gardening and landscaping opportunities abound for seniors and retirees with a penchant for gardening.



PHOTO COURTESY OF THE FAIRFAX COUNTY PARK AUTHORITY

Fairfax County Park Authority volunteers lead children's education programs at one of the county's history centers.

# Volunteering Can Give Seniors Purpose

Seniors and retirees can stay active and have a positive impact on the community.

BY MARILYN CAMPBELL  
GAZETTE PACKET

Every Tuesday this summer, Esther Rosenberg has welcomed two elementary school-aged students into her Potomac, Md. home. When they arrive, she offers them a snack and a stack of books. During their visit, Rosenberg reads to them and listens as they read to her. The students are the children of her housekeeper. As a former elementary school teacher, she enjoys sharing her love of reading with them.

"My children are adults now and I'm retired," she said. "I don't want to be a full-time teacher any more, but I love helping children who might not have access to books or a chance to practice reading over the summer."

Opportunities abound for seniors and retirees who want to volunteer their time to a cause they support or an interest they'd like to pursue. From gardening and landscaping to assisting those with disabilities during swimming and water exercise classes, there are a myriad of ways to help others locally.

"Civic engagement not only benefits a community, but certainly brings value to those individuals who offer their service," said Lisa Fikes, of Volunteer Arlington. "For seniors, volunteering is a wonderful way to stay active physically and mentally as well as gain a renewed sense of self and purpose."

Those with green thumb and a passion for gardening, might find pleasure as volunteer gardeners. Local park authorities use volunteers to maintain the grounds of recreational centers. Retirees with an interest in physi-



PHOTO COURTESY OF THE FAIRFAX COUNTY PARK AUTHORITY

Seniors and retirees who enjoy fitness and aquatic pursuits might enjoy guiding those with disabilities during swimming and water exercise classes.

**"For seniors, volunteering is a wonderful way to stay active physically and mentally as well as gain a renewed sense of self and purpose."**

— Lisa Fikes, Volunteer Arlington

cal fitness or water sports can pursue their passion by serving as an aquatics assistant. Seniors who enjoy golf can volunteer their time to public courses by helping to maintain the course grounds and ensuring the timely start of play.

"Volunteering [allows for] meeting people with similar interests, being social and avoiding isolation," said Tammy Schwab, Education & Outreach Manager for the Fairfax County Park Authority's Resource Management Division. "Volunteers learn

new skills which keeps their brain active and contributes to mental health. [It] can also increase physical activity which is so important these days as it is easier and easier to just stay home."

Seniors who want to offer services during a disaster or emergency situation or simply have a desire to improve healthcare in a local community can find fulfillment in serving in one of the area's Medical Reserve Corps (MRC). Arlington, Fairfax and Montgomery counties and the City of Alexandria each have an Medical Reserve Corps. Volunteers receive training in public health, emergency and terrorism response, disaster mental health, CPR and First Aid.

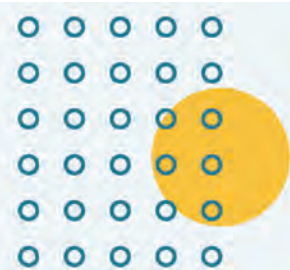
"If you are retired, the Fairfax MRC would greatly benefit from your wealth of wisdom and experience, whether you have worked in the healthcare field or just want to be a positive force in the community," said Paula Rosca, Fairfax MRC Program Coordinator. "By assisting in our vaccination clinics, teaching your neighbors about healthy living, or improving community emergency preparedness, your time will be well spent and much appreciated."

Rosenberg says that she benefits as much from the students she tutors as they do from her. "They bring me so much joy," she said. "They lift my spirits and give me a sense of purpose."

**For more information:**

**Volunteer Alexandria:**  
[volunteeralexandria.org](http://volunteeralexandria.org)





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



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## SENIOR LIVING



Julia Frances Webb celebrates her 101st birthday with her daughter Barbara Webb Cash Aug. 19 at Brandywine Senior Living.



Julia Frances Webb holds an undated photo of herself as she celebrates her 101st birthday Aug. 19 at Brandywine Senior Living.

## 'Good Genes,' Julia Frances Webb turns 101.

BY JEANNE THEISMANN  
GAZETTE PACKET

Julia Frances Webb may be fairly new to Alexandria, but she has lived more than a century with no intention of slowing down. After moving to the area a few years ago to be closer to her daughter, Webb celebrated her 101st birthday Aug. 19 at Brandywine Senior Living with friends, family and facility staff making the occasion.

"My mother gave us good genes," said Webb, who was the oldest of five children when asked about the secret to her longevity. "And I guess it helps that I exercise

every day."

Webb grew up in South Carolina and worked at the Charleston Navy Yard as a welder during World War II. It was there that she met her future husband and was married for 57 years until his death in 2002.

"My mother had a hard life," said Barbara Webb Cash, Webb's only child. "She was the oldest of five children and her father was killed in a car accident when she was just 12. The family put the life insurance money in a bank but this was in 1933 during the Depression and the bank failed."

Webb became the breadwinner for her family as her mother raised three girls and two boys.

"My grandmother raised all five children by herself," said Cash, whose job with the Department of Justice brought her to the DC area. "Still, I never saw my mother without a smile on her face."

Webb lived on her own until the age of 98, when she moved to Brandywine to be closer to her daughter.

"My parents worked very hard for everything they had," Cash said. "But my mother has always been a person of faith and I attribute her living as long as she has to her being very grateful. When you have faith and you have gratitude, what is there not to be happy about? This is the result."

### ALEXANDRIA SENIOR LIVING

#### Cooling Help

If you are age 60 and older and need cooling in your home, you may be eligible for a box fan or window air conditioner. Call the Division of Aging and Adult Services at 703-746-5999. Program ends Sept. 30, 2021.

#### Volunteer Guardian

The Division of Aging and Adult Services is looking for individuals who can assure the well-being of an incapacitated Alexandrian living in an Assisted Living Facility or Nursing Facility. Volunteer Guardians are appointed by the Court to make decisions for older Alexandria residents who have lost the capacity to understand the consequences of their deci-

sions. The volunteer will visit the resident monthly and follow the person's wishes as much as possible. Submit volunteer application to the Resource Coordinator for the Division of Aging and Adult Services. [survey.alexandriava.gov/s3/Aging-and-Adult-Services-Volunteer-Application](http://survey.alexandriava.gov/s3/Aging-and-Adult-Services-Volunteer-Application)

#### About Senior Services of Alexandria

Senior Services of Alexandria (SSA) is a non-profit organization that has as its mission, "to foster independence and self-sufficiency, enabling seniors within the City of Alexandria to age with dignity." SSA operates the Meals on Wheels delivery program, a fee-free Groceries to Go service, and DOT transportation reservations for the City, presents educational pro-

grams through various events, a speaker series, and a monthly cable television production, Senior Living in Alexandria.

SSA and the Animal Welfare League of Alexandria operate the AniMeals on Wheels program, providing food for pets of low-income seniors.

SSA's Friendly Visitor Program matches volunteers with seniors for weekly visits, enhancing connections to the community, and SSA's Silver Service Card program provides local seniors with discounts at select local businesses.

If you would like to join the effort to enhance the lives of seniors in our community, please contact SSA at (703) 836-4414.

<https://seniorservicesalex.org/>



# BULLETIN

THE  
CHAMBER  
ALX

FROM PAGE 6

oid Work Group. The goal of the program is to provide treatment options and prevention tools to those reentering the community to help keep them and the community safer and reduce opioid misuse and its harmful effects in Alexandria.

DCHS can help locate treatment options in Alexandria for anyone dealing with substance use and is available 24 hours a day at 703-746-3636 (Virginia Relay 711). To get help stopping the use of heroin or other opioids, call the Opioid Treatment Program intake line at 703-746-3610.

## VOLUNTEER WITH AFSS.

Alexandria Families for Safe Streets. Help spread the pedestrian street safety message by volunteering for 2-hour shifts to staff an Alexandria Families for Safe Streets (AFSS) table at one of the following Farmers' Markets: Dates available: 9/18, 10/9, 10/30, 11/6, Nov TBD. Del Ray Farmers' Market: 9/18, 10/30 Old Town Farmers' Market: 10/9, 11/6 Visit the website: <https://www.alxaffs.org/>

## VOLUNTEERS WANTED

ACPS- Help Provide Meals to Children Alexandria City Public School (ACPS) will provide two days worth of breakfast and lunch meals with a snack pack free for any enrolled ACPS student on Mondays, Wednesdays, and Fridays. Friday distribution will include a meal(s) for Saturday. Volunteers will meet at various schools to assist with packing boxes and loading buses with boxed meals. Then, volunteers will ride the bus along to distribute the meals while on site at a few ACPS mobile pop-up locations. Click on each location to sign up: Francis C. Hammond Middle School, TC Williams High School, or Jefferson Houston School. [www.volunteeralexandria.org](http://www.volunteeralexandria.org)

Alexandria Dept. of Community and Human Services- Volunteer Guardian

Looking for individuals who can assure the well-being of an incapacitated Alexandrian living in an Assisted Living Facility or Nursing Facility. Volunteer Guardians are appointed by the Court to make decisions for older Alexandria residents who have lost the capacity to understand the consequences of their decisions. The volunteer will visit the resident monthly and follow the person's wishes as much as possible. [www.volunteeralexandria.org](http://www.volunteeralexandria.org)

Alexandria Families for Safer Streets - Executive Assistant to AFSS Board of Directors

The agency is seeking an executive assistant to help coordinate a diverse group of tasks necessary to keep us on track and moving forward. Someone with office manager skills would be the ideal candidate. [www.volunteeralexandria.org](http://www.volunteeralexandria.org)

ALIVE! Volunteers are needed to assist with multiple programs relating to their Food Program, ALIVE! House, and Alexandria Eviction Prevention Partnership Program will distribute food at Mobile Pop-ups and Truck to Trunk events, etc. <https://www.volunteeralexandria.org/ALIVE>

Alzheimer's Association - Walk to End Alzheimer's

Saturday, Sept. 25 (National Harbor) & Saturday, Oct. 9, 2021 The National Mall, Washington, DC. Volunteers are needed on the day of the events to help with set up, SEE BULLETIN , PAGE 14

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## Obituary

## Obituary



**Carlyle Conwell "Connie" Ring, Jr., 90**, passed away peacefully on August 19, 2021, at his home at Goodwin House, Alexandria, Virginia. Connie Ring was no ordinary man. A man of strong faith, keen intellect, and passion for justice, Connie made lasting contributions to his community and profession through his personal commitment and tireless work ethic.

The adventure began on May 25, 1931, in Camden, New York where he was raised by his parents, Carlyle Conwell and Mary Lois (Tooley) Ring. He was the third of six children. He graduated from Jamestown

High School. His father was the superintendent of schools there and instilled in Connie the value of a good education as a key to success.

In 1946, Connie left his hometown to attend Hamilton College, where he excelled academically, graduating summa cum laude in 1951, with a degree in history. Connie believed in the value of a liberal arts education. He was honored to receive the Hamilton College Bell Ringer Award in 2015 as an outstanding alumnus for "contributions made to the College, its alumni and the community."

Connie's academic journey continued at Columbia Law School. However, his plans were sidetracked when he met Jane Norwood Lee during a summer job delivering milk at Chautauqua Institution. Jane was also spending her summer in Chautauqua, but would be returning to her studies as a music major at Duke University in the fall. Highly motivated, Connie managed to transfer to Duke to be with Jane. The couple eloped in 1954, a secret that was held very closely and only revealed in 1994. The second, public wedding, held in 1955, was celebrated as their anniversary.

Connie and Jane moved to Alexandria in 1956, where they raised their four children Donna Lee, Mary Elizabeth "Libby," Russell "Rusty" Conwell, and John Roderick "Roddy." Connie pursued a legal profession, while also serving his community. He was an appointed member of the Alexandria School Board from 1969 to 1978, and chairman from 1976 to 1978. During this time, he was involved in the integration of public schools in Alexandria. Connie later held a seat on Alexandria's City Council from 1979 to 1988. He also served on the Alexandria Redevelopment and Housing Authority for eleven years. His success in public office was built on his personal integrity, persistence, and humility. He was happy to work in the background, share credit, and find common ground.

One of Connie's proudest accomplishments was the result of his appointment by Governor Linwood Holton to serve on the Uniform Law Commission. As a commissioner, he chaired the committee that wrote the Uniform Computer Information Transactions Act of 2000, which was the only law to address valid contracts over the internet. He was also a lead author of the Uniform Commercial Code, Article 4A, related to wire transfers, which was adopted by all 50 states. He chaired the committee that wrote the revised Anatomical Gift Act as well.

Connie's contribution to the City of Alexandria and its citizens earned him the honor of being named as an Alexandria "Living Legend" in 2011. His comment upon receiving this recognition was, "Happiness really comes from being of service to the community." His "commitment to the common good" was also recognized by Duke University, which selected him as the first recipient of Charles S. Murphy Award for Achievement in Civic Service.

Connie was an active member of Westminster Presbyterian Church in Alexandria among other jobs, chairing the 50th anniversary celebration, raising funds for the first elevator, serving as a youth advisor and elder.

Carlyle Conwell Ring, Jr. is survived by his wife, Jane, his four children and their spouses, Donna and Eric Moss (Towson, MD), Libby and Steve Lord (Stuart, FL), Rusty and Lori Ring (Alexandria, VA), and Roddy and Lisa Ring (Alexandria, VA); his ten grandchildren; and one great-grandchild.

A funeral service is scheduled for August 27th, at 11 am, at Westminster Presbyterian Church in Alexandria.

In lieu of flowers, the family requests that donations in Connie's memory be made to Westminster Presbyterian Church at 2701 Cameron Mills Road, Alexandria, VA 22302; The Alexandria Symphony Orchestra at 700 N Fairfax Street, Ste 501, Alexandria, VA 22314; or The TWIG, P.O. Box 26324, Alexandria, VA 22313.

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## NEWS



Senior dog Teddy, who's turned out to be the perfect companion for his adopter, Annie Sung.



Annie Sung with Teddy. Blindness isn't stopping Teddy from enjoying life with Sung.

PHOTOGRAPHS BY ANNIE SUNG



Emily DeFrain, 6, takes some quiet time with senior dog Macy.



DeFrain's parents, Jenny Liu and Henry Liu, enjoy snuggling with Macy.

PHOTOGRAPH BY JULIE DEFRAIN

PHOTOGRAPH BY JULIE DEFRAIN

## Senior Pets: The Fun's Just Beginning

BY BARBARA S. MOFFET

From the looks of her Instagram page, the beige terrier mix dog named Macy is doing all right. Macy frolics in the yard, snoozes on the couch, cuddles with her people, listens to a little girl read her a story. No matter that she has only three legs and is a bit on the "senior" side.

"She's just a peaceful dog, and she fits right in with our loud, busy family," reports Julie DeFrain, who adopted Macy in March after meeting her at the Animal Welfare League of Alexandria (AWLA), shortly after the dog was trans-

ferred in from a rescue group in Florida. Macy blended quickly with DeFrain's household, made up of her husband, two children, ages 3 and 6, and DeFrain's parents, ages 72 and 75. DeFrain says she does most of the walking with Macy, her 6-year-old daughter handles most of the feeding and her parents take care of a lot of the snuggling.

At age 8, Macy is considered a senior dog. "We were just looking for a dog that fit our family and we were excited to love and spoil," DeFrain said. "It was less about age for us and more about personality. The kids are completely in love with her."

DeFrain, a government attorney, says Macy has been her office mate while working at home during the pandemic. Macy's favorite activity, though, is watching TV with the kids or DeFrain's parents. "We weren't looking for a dog to go camping and hiking with," she said. "Macy's more of a yoga dog than a hiking dog."

The AWLA considers any animal aged 8 or older to be a senior, and seniors make up about 30 percent of the shelter's usual population. Seniors aren't just for seniors — they appeal to all adopter age brackets. "They are so much eas-

SEE SENIOR PETS, PAGE 13

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# News

## Senior Pets:

FROM PAGE 12

ier than puppies or younger animals and are generally well house trained,” said AWLA Executive Director Stella Hanly. “Most of them are very grateful that they have a soft, warm place to live -- and be loved.”

Hanly has an extensive track record with senior pets — her family dog, Rupert, is going on 16, and she has hosted a series of seniors, including an 18-year-old cat, as office mates on their way to adoption. “They’re so quiet, I absolutely love the company,” she said. “For work mates, seniors are my favorites.”

Some senior animals do experience health challenges, typically dental problems, arthritis and kidney issues. Often these can be well-managed by adopters, Hanly said.

Annie Sung, a 31-year-old Certified Public Accountant, had no experience with pets when she decided to adopt a senior Chihuahua mix known as Pepe from the AWLA. “Meeting him for the first time, I was thinking that this is a dog version of me,” Sung recalled. Renamed Teddy, the dog was blind in one eye and soon after adoption lost sight in the other eye. Double surgery to remove the eyes put him on the right path, Sung says. “He’s just the sweetest dog,” she said. “He’s completely house-trained, doesn’t bark, and all of my friends and the people he meets on the street like him.”

Sung says Teddy’s trust in her has blossomed as he has adapted to his loss of vision. As they walk together and Teddy approaches an unseen obstacle, Sung says “watch” and the dog stops. Then once the barrier is removed, she says “OK” and he moves forward. He now keeps pace with Sung and even will take off running. “It brings me a lot of joy to see how he’s adapted,” she said.

“I can’t imagine my life without Teddy,” Sung said. “I know it sounds corny, but I never thought I could love so much.”

Celebrating its 75th year, the Animal Welfare League of Alexandria is a local 501(c)(3) organization that operates the Vola Lawson Animal Shelter, Alexandria’s only open-access animal shelter. In response to the global pandemic, the AWLA has established a virtual adoption process and is operating a Pet Pantry that provides pet food and supplies to community members in need. The AWLA also offers assistance to Alexandrians with questions about wildlife and animals in the community. AlexandriaAnimals.org.

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## "Enough Already"



By KENNETH B. LOURIE

As my late mother would have suggested after reading four consecutive weeks of Kenny's column being on the same subject: the second degree burns on my feet, I am finally moving on. Though my feet and mobility have not entirely returned to normal, I am nonetheless finished with this arc and am returning to my regular subject: cancer.

After being a cancer patient for so long now, it's easy to forget exactly what the side effects are for a particular medicine that you're presently taking versus one that you used to take. Granted, it's not rocket science, but it is confusing, especially after 12-plus years of treatment and having taken over a dozen different types of chemotherapy, targeted therapy, immunotherapy; most for lung cancer, some for thyroid cancer. Throw in that the patient (yours truly) is over age 65 and likely experienced a touch or two of "chemo brain" (a kind of memory loss brought on by chemotherapy) over the many years of treatment and before you can say alimta, avastin, tarceva and opdivo, you can't even distinguish one from the other. Considering these varying medicines kept you alive for a time, is a bit disconcerting at the least and really scary at the most. However, the bigger picture is that I'm still alive and whatever bumps and bruises I've experienced along the road, I'm still able to drive, if you know what I mean?

Nevertheless, it's important to stay current and aware of the likely side effects because not knowing/recalling them can lead to unnecessary and unhelpful worry: is this the cancer or some predictable side effect? Whatever makes this awareness/lack of awareness challenging is that the side effects vary from one treatment/medicine to the next and are not always consistent in their occurrence and/or intensity.

As an example, currently, I am experiencing shortness of breath. It is a side effect of lenvima, the thyroid cancer drug I'm taking daily. However, I haven't been as short of breath as I am now as I had been the previous few weeks. At least I know it's a side effect so I'm not freaking out. Still, is a side effect that was not happening, problematic, when nothing else (increased dosage) has happened? In fact, I've already had the dosage reduced twice from 24 mg to 10 mg primarily because I was too short of breath, and experienced a touch of dizziness/vertigo as well. The goal in deciding dosage, as I understand it/have been told, is to try and find the "sweet spot" where the minimal dosage results in the maximum benefit: controlled disease/no progression. And now, with my most recent cancer marker down to seven from a high of over 200 last year, the medicine certainly seems to be working. The dilemma is determining how much can the dosage be reduced before it allows the cancer to grow? My oncologist has always been concerned with quality of life so we've regularly adjusted doses depending on the results of lab work and my quarterly scans.

It seems silly to mess with success. And besides shortness of breath - to me, is a minor inconvenience considering the stakes. I just have to be aware and remind myself that a cancer diagnosis, especially one which started with a "13 month to two year" prognosis, is fraught with many challenges and inconsistencies. Sometimes, what's up is down and what's down is up. It's all very disorienting and if my life wasn't at risk, I might find this experience mildly amusing, even curious (as Data from "Star Trek: Next Generation" might say). But, on the contrary, my situation is as serious as a heart attack, which fortunately I've never suffered, thank God! I just hope if it does occur, I'll recognize the symptoms for what they are, rather than as a side effect of the medication I take for my thyroid cancer. What a mistake that would be. And I'd have no one to blame but myself. As a cancer patient, I have one key responsibility: pay attention to my body, and keep my eye on the ball.

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

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## NEWS

# An Afghan Family

FROM PAGE 5

serious danger."

"Since the collapse the Taliban have started searching house to house. They already have intelligence reports so they make an excuse to enter the house such as that they are looking for weapons. Then the Taliban takes the person by force and tells them if the family reports it, they will come back and take your woman and kids. So people are afraid and they cannot publish any news."

He said there are reports they have been giving chemicals to women and putting them alive in coffins to smuggle them over the border. They just say there are Taliban inside. People don't check inside a coffin out of respect. So this is a family member taken."

When Ahmed and his family came to the U.S. they expected to be resettled in Alexandria. "But Alexandria had exceeded their limit of new immigrants so we temporarily moved to stay with some friends in Maryland." But the family found some connections in Alexandria and were told there were lots of work opportunities there.

They were introduced to ALIVE! and Christ Church in Alexandria who helped them through difficult times "as they helped lots of families. The people there always support us." Recently the family moved to Manassas where the cost of living was more affordable. He said they could have more living space and the food and other expenses were not so high as in Alexandria.

Ahmed is highly educated and worked at a high level for several State Department and energy programs. Suraya has a bachelor's degree in business administration and worked for an American program to teach English and computers in private schools.

But when they moved to the United States, Ahmed had to learn how to adjust. He said when you move from a country like Afghanistan to a country like the United States, you have to change your expectations. "You think you should have a high level job or at least not low but you don't have the experi-

ence in the U.S. system, knowledge of the U.S. rules and regulations so you need to start somewhere.

"There is a mental adjustment. You surrender your dreams. You need to compare yourself to the people who surround you and set a new goal. Find your weaknesses and challenges. Start somewhere to support your family. Find a mid-level job and go from there."

He says "I had to say, 'I'm in Alexandria, Virginia. What is the job level and what field of expertise is needed? Maybe the level of education needed for a job is different in the two countries.' You may have to adjust your dreams and imaginations. I talk to my wife and we know we have to have patience. But God is great and he is going to help us."

At this point Ahmed is not where he expected to be in his life. "I dream to be independent and wish I had the life I had back home. But I am on the path to get there. I am happy living in the U.S., and I can't wait to get my citizenship. The only issue is the safety of my parents."

"Afghans are very hard working people. We don't like to sit and wait for other people to help us." He points with pride to his ten-year old son who is a fifth grade talented and gifted student, especially good in math, and his second grade son, also a selected scholar. They recently had another son, born in America.

Ahmed took IT courses and now works remotely for a national company, and Suraya went to dental school and got a job in an Alexandria dental clinic before they moved to Manassas. Now she is raising their three sons.

"Everybody would love to live in prosperity in the country where you were born and grew up but I don't regret the work I did for the U.S. government benefiting people."

He urges, "To save all those members who have sacrificed their whole life to work for Americans— please, please consider the lives left still in Afghanistan."

## BULLETIN BOARD

FROM PAGE 11

sign placement, information services, promise flower distribution, cheerleaders, and route monitors. <https://www.volunteeralexandria.org/>

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides 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 need.

To learn more, email [info@alnv.org](mailto:info@alnv.org), or visit [www.alnv.org](http://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 needed to accomplish its goals. Interest-

ed candidates should email [FriendsofAMHC@gmail.com](mailto: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](http://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](mailto:donaldrea@aol.com).

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriend-A-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](mailto: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](http://www.alive-inc.org/volunteer.htm) or contact the Volunteer Coordinator at [volunteers@alive-inc.org](mailto:volunteers@alive-inc.org).

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**Peter Crouch 703.244.4024**  
**www.CrouchRealtyGroup.com**



### Hollin Hall Village | \$699,000

One level living at its finest. Adorable 3-bedroom, 2-bath home with a breezy and fluid flow throughout. Living room with wood-burning fireplace. Stainless and granite kitchen. Large multi-purpose room overlooks expansive and flat backyard. 7819 Yorktown Drive  
**Tracy Dunn 571.212.3658**  
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OPEN SUN 8/29, 1-3

### Heywood Glen | \$730,000

Lovingly cared for colonial with a lovely yard, large rooms throughout, 4 bedrooms, 2.5 baths, private back yard, lower level has lots of living space and storage space! Convenient location. HayesWoodHomes.com. 6114 Berlee Drive  
**Chris Hayes 703.944.7737**  
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OPEN SUN 8/29, 2-4

### Townes at Cameron Parke | \$640,000

Bright, open and spacious 4-bedroom, 3.5-bath, 2-car garage townhome in conveniently located community. New flooring throughout, freshly painted, updated lighting, and brand new sliding glass door out to deck. 105 Cameron Parke Court  
**Heidi Burkhardt 703.217.6009**  
**www.RealtorHeidiB.com**



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### Old Town \$799,000

Charming semi-detached Victorian townhouse in the SE quadrant with one of the prettiest shade-gardens in Old Town! Spacious living room with wood-burning fireplace, cozy sunroom in the rear. Excavated lower level laundry room and room for storage. 212 Franklin Street

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