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April 8, 2021

Earl Lloyd Statue Unveiled Trailblazer broke the color barrier of the NBA.

Gazette Packet

nder the glare of a national spotlight, Jackie Robinson broke the color barrier for Major League Baseball in 1947. Three years later, on a snowy evening in 1950, a similar but quieter revolution took place when a black man stepped onto a court in Rochester, N.Y., marking the first time an African American played for an NBA team.

That man was Earl Lloyd and on April 3, what would have been Lloyd's 93rd birthday, a statue of the basketball trailblazer was unveiled at a virtual dedication ceremony at the Charles Houston Recreation Center.

"Earl Lloyd's legacy goes much deeper than his success as a player on the court or coaching on the sidelines," said Ted Leonsis, owner of the Washington Wizards and Washington Mystics professional basketball teams. "Earl's perseverance paved the way for countless young African American men and women across the country to see for the first time that they, too, could play professionally. This statue will help ensure that all of his life lessons will never be forgotten and those who see it will be reminded of what they can accomplish."

Lloyd's NBA debut passed without fanfare. The Rochester Democrat and Chronicle didn't mention Lloyd, playing for the Washington Capitols, in its game story of the Caps' 78-70 loss to the Rochester Royals. But it was a watershed moment in American history.

Just four years earlier, in 1946, the Alexandria native had graduated from the segregated Parker-Gray High School, now the site of the Charles Houston Rec Center, where athletic teams had to travel to cities such as Roanoke, Charlottesville or Petersburg in an openbed canvas truck filled with hay because there were no hotels or eating establishments available to African Americans.

Nicknamed "Big Cat," Lloyd would go on to become the first African American to play on an NBA championship team when his Syracuse Nationals defeated the Fort Wayne Pistons in 1955. In 1960, the Detroit Pistons took him on as the NBA's first black assistant coach



Alexandria African American Hall of Fame committee members Julian "Butch" Haley Jr., Robert Dawkins and Jimmy Lewis stand in front of the Earl Lloyd statue April 3 at the Charles Houston Recre-



Earl Lloyd made history as the first African American to play in the NBA when he took to the court for the Washington Capitols on Oct. 31, 1950, in Rochester, N.Y.

and, later, he would be hired as the league's first African American

bench coach. In 1971, he became the NBA's fourth black head coach.

Tony Dungy, the first African American head coach to win a Su-

per Bowl, grew up in the Detroit area when Lloyd was named head coach of the Pistons.

"Earl was a pioneer and a trailblazer and had an impact on so many including lives, mine," Dungy said. "When Earl became head coach of the Pistons, that was a landmark occasion that told me as a

young athlete I could strive not only to be a player but someday to be a coach. And as I sat there in Super Bowl 41 as the first African American coach to win a Super Bowl, I thought back to Earl Lloyd and what he did to blaze the trail

As a high school basketball star, Llovd was named to the All-South Atlantic Conference three times and the All-State Virginia Inter-



Karen Lloyd and Cornelius Lloyd, the niece and nephew of Earl Lloyd, unveil the statue of their uncle at the April 3 dedication at the Charles Houston Recreation Center. Earl Lloyd was the first African American to play in the NBA, breaking the color barrier in 1950.

scholastic Conference twice. Following his graduation from Parker-Gray, the 6'6" Lloyd attended West Virginia State College, where

Championships in 1948 and 1949. Lloyd was named All-Conference three times and was All-American

"This statue will help ensure that all of [Earl's] life lessons will never be forgotten and those who see it will be reminded of what they can accomplish."

—Ted Leonsis, owner of the Washington Wizards and Washington Mystics basketball teams

> he led the school to two Central Intercollegiate Athletic Association Conference and Tournament

Following his college graduation in 1950, Lloyd was drafted into the NBA by the Washington Capitols. After seven games, he was drafted into the Army during the Korean War.

He returned to basketball in 1952 with the Syracuse Nation-

In 1958, Lloyd moved to Detroit, where he played two

seasons with the Pistons before retiring as a player and moving SEE EARL LLOYD, ON PAGE 3

City Council Palooza

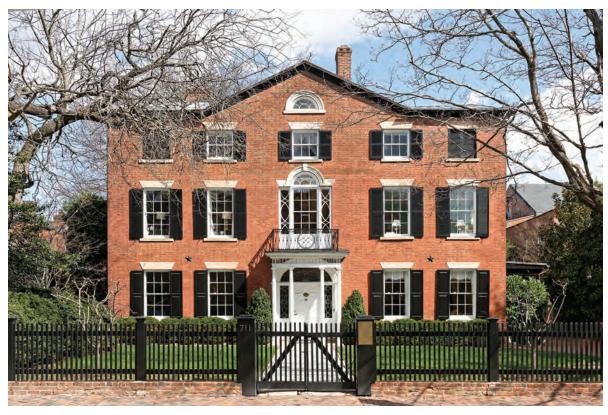
Meet the 13 candidates for six slots on Alexandria City Council. Primary is June 6; early voting begins April 23. See pages 4-5

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News

Earl Lloyd Statue Unveiled

into coaching. In 2003, he was enshrined in the Basketball Hall of Fame. Lloyd was inducted into the Virginia Sports Hall of Fame in 1993 and the CIAA Hall of fame in 1998. In 2001, Alexandria celebrated Earl Lloyd Day and in 2007, the new basketball court at T.C. Williams High School was named in his honor.

Additional speakers for the ceremony featured sports and political notables, including CBS broadcaster James Brown, NBA Commissioner Adam Silver, NBA Hall of Famers Dave Bing and Sonny Hill, Detroit Pistons coach Ray Scott, Sen. Mark Warner, Gov. Ralph Northam, Mayor Justin Wilson and Lloyd's sons Kenneth, Kevin and David.

Dr. Frank Enty was a teammate of Lloyd's in college.

"This means more than just a statue," Enty said. "It shows that someone coming from humble beginnings, from a segregated school in Alexandria, could rise and become a notable figure in the history of athletics. It means that any youngster who has the ambition, the determination, the stick-to-itiveness can also rise to great heights. That is what the statue really represents."



Earl Lloyd, serving as the 2006 George Washington Birthday Parade grand marshal, talks with members of the T.C. Williams JROTC program before the start of the parade.

The 8-foot statue of Lloyd, who died in 2015, was crafted by Brian Hanlon, the official sculptor for the NBA's Naismith Memorial Basketball Hall of Fame. It is on display as part of the Alexandria African American Hall of Fame located at the Charles Houston Recreation Center.

Said NBA Commissioner Silver: "More than 70 years after his debut, Earl Lloyd's impact is still being felt around the league."

www.alexandriaafricanamericanhalloffame.org



The West Virginia State College collegiate letter sweater of Earl Lloyd on display at the Charles Houston Recreation Center.



Earl Lloyd, front row center, graduated from the segregated Parker-Gray High School in 1946. With him in front: Coach Louis Johnson, William "Red" Jackson, Rozier Ware, Horace Burton, Oliver Ellis and Henry Brooks. Back: Lee McCoy, Albert Burts, Robert "Tex" Matthews, Francis McGee, Louis Napper and Willie Rice.



Playing for the Syracuse Nationals, Earl Lloyd (11), battles Fort Wayne's Mel Hutchins (9) for a rebound during an NBA championship game on April 5, 1955. With the series victory, Lloyd and teammate Jim Tucker became the first African Americans to become NBA champions.

Hop to It Lee-Fendall holds annual Easter Egg Hunt.

he Lee-Fendall House held its annual Easter Egg Hunt March 27 on the grounds of the historic building complete with a socially distanced visit from the Easter Bunny. With warm temperatures and sunny skies, families and children gathered to search for the hidden treasures

An additional day of Easter Egg Hunts was held April 3 in the Lee-Fendall garden.

www.leefendallhouse.org.

- Jeanne Theismann



The Prakob family, with daughters Kyra and Karyn, enjoy their found Easter eggs at the March 27 Lee-Fendall House Easter egg hunt.



Children and families count their found reassures on the ground of the Lee-Fendall House during the March 27 Easter egg hunt.



The Easter Bunny greets twins Blake and Brynn Wheeler at the March 27 annual Lee-Fendall House Easter egg hunt.

Owen Woodbury holds one of his Easter eggs while brother Colin pretends to be the Easter Bunny at the March 27 Lee-Fendall House Easter egg hunt.



Lisa and Brandon Wheeler with twins Brynn and Blake at the Lee-Fendall Easter egg hunt March 27.



Mercedes, Andrew and Skye Sigfrids at the March 27 Lee-Fendall House annual Easter egg hunt.

Lucky Thirteen June 8 primary will feature more than a dozen Democrats running for six seats.

By Michael Lee Pope Gazette Packet

ecent years have seen a dramatic shift in city politics. Three years ago, the incumbent mayor was unseated in an election where two incumbent City Council members were turned out of office. Now three of the six seats on the council are open, and 13 candidates are running for six seats. All of the candidates spoke this week to members of the Alexandria Democratic Committee, which conducted a straw poll that shows an unofficial pecking order heading into the spring campaign season.

Alyia Gaskins is a senior program officer at Melville Charitable Trust. She has professional experience working in public health and urban planning. Raised by a single mother, Gaskins says her experience in a struggling family



Alyia Gaskins

informs her outlook on food insecurity and housing instability. If elected, she says she will focus on neighborhood engagement, housing, transportation, small business and child success.

"I'm running to bring a desperately needed public health perspective," said Gaskins. "I know firsthand that health is more than health care."

John Taylor Chapman is one of the three incumbent City Council members running for reelection. As the longest serving member of the council, Chapman says he wants to build on his experience handling problems with sewage and student capacity.



John Taylor Chapman

As Alexandria comes out of the pandemic, Chapman says he wants to expand access to early childhood education and out-of-school opportunities.

"We all know they've experienced learning loss and hardships," said Chapman. "So we need to do what we can to try to get them caught back up."

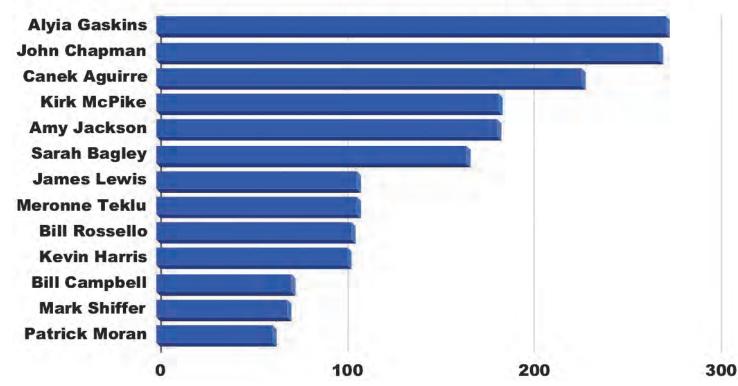
Canek Aguirre is one of three incumbent City Council members running for reelection. As the child of immigrants from Mexico, Aguirre is the first Hispanic member of the City Council. He led the city's Census efforts, which he says



Canek Aguirre

have helped secure millions of dollars over the next decade for the city's roads, schools, businesses and families. During the pan-





demic, he's focused on keeping non-English speaking communities safe.

"I knew language access was going to be a huge issue and made multilingual resources and outreach a priority in our city," said Aguirre. "When you see those signs in different languages across the city or happen to use one of those hand-washing stations, that was because of me."

Kirk McPike is the chief of staff to Congressman Mark Takano (D-Calif.). He's a member of the city's Budget and Fiscal Affairs Advisory Committee, and a former chairman of the Alexandria Economic Opportunities Commission. If elect-



Kirk McPike

ed, he says he'll work on housing affordability, address flooding and end classroom overcrowding.

"We need to get past the obstacles that lay directly ahead of us," said McPike. "I will work every day to improve communication and transparency between the city and its residents so that you feel listened to, heard and understood on the issues that matter most to you."

Amy Jackson is one of the three incumbent City Council members running for reelection. She says she learned the value of resilience as the daughter of a divorced single mother, a perspective she says now informs her decisions as a member



Amy Jackson

of the City Council. If elected to a second term, she says, she wants to improve infrastructure, implement broadband technology and promote the Eco City Alexandria effort.

"The last year has been tough for everyone, but we have seen the education crisis, which is a child-care crisis," said Jackson. "And it is because women are expected to care for their families, having to choose between their careers and their families, and most cannot care for their families if they don't have their jobs."

Sarah Bagley is executive director of Chisom Housing Group, a nonprofit organization that preserves at-risk affordable housing. She moved to the D.C. region to attend law school and start a career as a lawyer, although she now



Sarah Bagley

builds social-service programs for residents of low-income housing communities. She says her experience as a lawyer and affordable-housing advocate will be useful as a member of the City Council.

"I helped build programming that addresses food insecurity, workforce development, childcare challenges, transportation barriers and language and technology barriers," said Bagley. "My experience as a trial lawyer prepares me to ask critical questions, to look for positions based in fact and to advocate for those in need of strong voices to represent their interest."

James Lewis is director of policy and advocacy at the American Society for Clinical Pathology, and he previously served as communications director for U.S. Rep. Robin Kelly (D-Ill.) and U.S. Rep. Barbara Lee (D-Calif.). He's currently a member of the Alexandria Traffic and Parking Board, where he says he's worked block by block to solve issues ranging from pedestrian safety to traffic congestion.



James Lewis

"I want to be your infrastructure councilman," said Lewis. "I want to be the guy you call when there's a problem and is willing to work with you and your neighbors to come up with the solution."

Meronne Teklu is a management consultant at Deloitte, where she works with Fortune 500 companies to design long-term solutions and solve technology problems. The daughter of immigrants from Ethiopia, she was raised in a



Meronne Teklu

working-class family. She's been an organizer for Black Lives Matter, and she's worked with a nonprofit that works with students who are immigrants and first-generation Americans.

If elected, she says she would focus on youth, technology and investing in minority-owned small businesses.

"I believe that I will bring a fresh, data-driven perspective," said Teklu. "I'm running for City Council to amplify and elevate the voices of our marginalized and underserved communities."

See Lucky Thirteen, Page 5
www.ConnectionNewspapers.com

ASC to Host Sportswriter Shapiro

By Jeanne Theismann Gazette Packet

en Shapiro, the Pulitzer Prize-nominated sportswriter, editor and columnist for more than 40 years for the Washington Post, will be the featured speaker for the April 21st meeting of the Alexandria Sportsman's Club

Shapiro worked for the Washington Post from 1969 until his retirement in 2010. He covered high school and college sports before being assigned as the beat reporter for the Washington Redskins.

In 1979, he was named assistant sports editor responsible for the day-to-day operation of the sports department. In 1983, he was named deputy sports editor, then sports editor from 1986 to 1991 before he returned to full



Len Shapiro

time reporting and writing. Over the last 20 years of his career, he was the national NFL. correspondent, covered professional golf

and also wrote a weekly column focusing on sports media.

Shapiro covered every Super Bowl from 1972 until 2012, over 100 major championships of golf since 1991, numerous World Series, NBA and NHL playoff games, major boxing matches and postseason bowl games, Final Fours and covered four Olympics, including the Miracle on Ice U.S. hockey team in 1980 at Lake Placid.

Shapiro is the author of seven books, including biographies of

NFL Hall of Famer Sam Huff (Tough Stuff), the late Georgetown basketball coach John Thompson (Big Man on Campus) and an expose on illegal recruiting in college sports (Athletes For Sale). Numerous honors include nominations for the Pulitzer Prize in 1974 and

Shapiro is currently editor and publisher of County Zest and Style Magazine based in Middleburg, Va. He will share behind-the-scenes insight into the biggest stories he has covered over the years.

The ASC webinar meeting will be held April 21 at 7 p.m. Participation in the meeting is free and open to the public but pre-registration is required. For more information or to register, visit www.alexandriavasports.

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Lucky Thirteen

Bill Rossello is a management consultant and business executive who is currently a business owner. He says he wants to restore accountability and integrity at City Hall to make residents and neigh-



Bill Rossello

borhoods the central focus of city government. He wants to accelerate school construction without co-locating housing on school campuses. "I'm running because I think it's time for a change,"

said Rossello. "We need to promote responsible development and more sensible approaches to affordable housing, ones that preserve and enhance quality of life across the city and don't lead to more flooding

traffic congestion and school overcrowding.'

Kevin Harris is a business owner and community organizer who served as president of the citywide association of public-housing residents. He worked with his church to organize the distribution of food and mentor the previously incarcerated, and he ad-



vocated in support of city firefighters to collectively bargain. If elected, he says he'll work to increase equity for communities that are typically forgotten.

"I promise that when I hear about inequity or have the opportunity to make the lives of Alexandrians better, I will lead on that," said Harris. "I don't just talk about equity. I'm there on the ground working for it."

Bill Campbell is a former School Board member who has a professional background in mechanical engineering and paralegal studies. He's served on a number of boards and commissions and strategic planning committees, a range of experience he says will be valuable to the City Council. During his six years on the School Board, he said, he worked to eradicate bias in school policies and increase diversity in the city's gifted programs.

"We have significantly improved the relationship between the School Board and the City Council," said Campbell. "If I am elected to the Alexandria City Council, I will immediately bring a level of experience, a

level of respect and a level of influence."



Bill Campbell

Mark Shiffer is a technology executive specializing in artificial intelligence with a background in math, computer science and computational neuroscience. He says he wants to bring honesty, integrity and competence to City Council. He is opposed to allowing housing on school grounds, and he is a vocal critic of the bike

lanes on Seminary Road.



Mark Shiffer

"With Seminary Road, the city outright lied to residents saying the changes were about safety," said Shiffer. "Current policies prioritize developers and Jeff Bezos over our residents."

Patrick Moran is CEO of Tactical Land Care and son of former Mayor and Congressman Jim Moran (D-8). He says his time as a small-business owner has shown him firsthand the "stormwater crisis" that the city is facing. As chairman of the Alexandria Citizens Corps Council, Moran spearheaded the Resilient ALX Charter on disaster planning and emergency response.



"I believe that Alexandria can be the greatest small city in the world," said Moran. "It's a lofty notion and an exciting one, and one that might lead you to scratch your head at times. But the reality is we have something special here."



Black History and Economic Case for Reparations

Dear Editor:

Alexandria's outstanding Black History resources will soon be tested by a post-pandemic surge in educational travel, augmented by Americans (and others) who learned belatedly from last summer's events that their own traditional schooling had omitted some central truths about U.S. history. Our unique facilities, artefacts, documents, and tours will all be called upon. It's to be hoped also that Alexandria will be a hub for advancing Reparations, to balance the cruelties so pitilessly inflicted by the slave auction firms that once pocked Duke Street.

We've been able, locally and elsewhere, to eliminate a few of the many offensive residues of racism, though I can't help mentioning that my own street, Taney Avenue, named for the author of the incomparably evil Dred Scott decision, remains an ugly remnant. But we shouldn't, in going after Confederate- and Jim Crow-era monuments, perpetuate the "Good North versus Bad South" model that disserved us for so long. Groundbreaking research in the last few decades has shown that slavery itself was quite common in the North. Admittedly, it usually took a mitigated form: enslaved people in the North had important rights not available to those in the South. They could petition courts

for their freedom, could marry, enter into contracts, testify against white people in court, learn to read and write, serve in the military, and attend church even as members. Only in southern New England, in parts of Rhode Island and Connecticut, was the climate warm enough to sustain the plantation slavery prevalent in the South.

Generally, research has found, a Northern family would have only one or two slaves, who lived in the household like hired hands, and who were called "servants." In the 1771 tax valuation of my native town of Taunton, Massachusetts, eleven residents are found to have a single slave; two owned 2 slaves; one owned 3; five owned 7; one owned 8: and one owned 10. We may eventually find that enslaved labor was used more variously in the North than is now realized. In Taunton, for example, a baronially wealthy family in the ironmaking business had a "gang of slaves" and a "slave house" in the first decades of the eighteenth century, according to a Taunton historian's 1912 book.

It was common in the North for ministers to own enslaved persons. Presidents of Harvard (Rev. Increase Mather), Yale (Rev. Eliza Stiles), and Princeton (Rev. Jonathan Edwards, the much admired Great Awakening evangelist) had "lifelong servants," to use the euphemism of legal records. Abigail Adams's father, a minister in Weymouth, Massachusetts, owned slaves, a fact which may help explain Abigail's anguish over the continued existence of slavery. Abigail's son, President John Quincy Adams, became Congress's leading anti-slavery activist, and in 1838 he also privately raised money to buy the freedom of Dorcas Allen, the enslaved wife of a free black man employed as a waiter at Gadsby's Tavern on North Royal Street. Under tragic circumstances, Dorcas was being held in Alexandria's slave prison. (We now know, however, that President Adams felt obliged to tolerate the presence of enslaved persons owned by his wife's Maryland family in his own household.)

Still, it was certainly in slave trading rather than slave holding that Northerners usually made their fortunes. This began early, in the Massachusetts Bay Colony, founded in 1630. During its first decade, ever more Puritan immigrants, some of them well-to-do, came to Massachusetts to escape religious persecution in England; and settling and provisioning them supported a solid economy. When the environment for Puritans improved in England in the 1640s, however, the emigration stopped. Massachusetts merchants then looked to the West Indies, which

had a huge demand for labor for its brutally difficult sugar refining processes. Barbados was becoming the jewel in the crown of British colonies. The West Indies islands were far richer and more than twice as populous as New England, and they needed the timber and food that New England could supply: livestock, corn, beans, and of course fish -- herring and mackerel for slave food or bait, the better fish consumed locally or sent on to the Catholic markets of Europe. Even the impoverished adjacent Plymouth Colony benefitted: Plymouth raised horses for export to the Caribbean.

And then there was the slave trade itself. The Bible didn't forbid slavery, and the Bible was the basis of the Puritan law code of Massachusetts. The booming sugar industry of the West Indies required the strongest and fittest slaves, and it was customary to keep all slaves in the Caribbean area for a period of "seasoning," habituation to the abuses and physical demands they'd now be facing. In graded lots they'd then be sold along the Atlantic coast, with the least hardy being brought up to New England for its less exacting labors.

At its height, from the 1720s to 1807 (when importation of slaves was banned), the New England slave trade was centered in Rhode SEE LETTERS, PAGE 13

The preponderance of evidence is

there — the ward system occupies

a storied role in the development

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LETTER TO THE EDITOR

New Voting Rights Act in Virginia: Changes for Alexandria?

Dear Editor:

Just recently a federal judge ruled that the "at large" method Virginia Beach uses to elect Council Members is illegal and can't be used in future elections as It violates the Voting Rights Act, which in turn dilutes the voting power of the minorities. This action should open the door for all jurisdictions in the state of Virginia that use

the "at large" method to elect their Councils especially here is Alexandria which uses a convoluted "at large" voting process allowing its citizens to vote for all six of council seats from a slate of an undetermined number of candidates.

Conversely, the Alexandria School Board does not have an "at large" process. The City is divided into three voting districts, and three Board members are elected from each district, so voters can only vote for their three respective district's candidates. If "wards" are good enough for the School Board, then why are they not good enough for the Council as well?

If there is some actual merit to representational government, then it should apply to both the City Council and the School Board alike. of the democratic process of our country. Lets change our system now before we are taken to court and told to adopt a lawful system akin to Virginia Beach.

> Townsend A. "Van" Van Fleet Alexandria

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.

THURSDAY/APRIL 8

Flower Power. 2 p.m. Spring has sprung at the Carlyle House garden. Enjoy the beautiful flowering plants and learn more about flowers; including how they work, their role in the ecoystem, and how they help promote life on Earth. \$5, Ages 8+. For more information, contact Matt Felperin at (703)268-6064 or mfelperin@nvrpa.org.

SUNDAY/APRIL 11

Tell Me Your Name, 11 a.m. Join Carlyle House Historic Park staff for a tour focusing on the experiences of the enslaved community at Carlyle House and his plantations. The guided tour will explore the historical context of slavery in 18th century Alexandria and the importance of ongoing research efforts to connect with descendants. Reservations are required as space is limited. All COVID-procedures will be in p

lace during this tour. Call 703-549-2997 or email carlyle@ nvrpa.org

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President Joe Biden visits a Neighborhood Health Clinic April 6 at Virginia Theological

Biden Visits Local Vaccination Site

"That's the way

to beat this. Get

the vaccination

President Joe Biden

at Virginia Theological

Seminary vaccine clinic.

Jeanne Theismann Gazette Packet

resident Joe Biden made a visit April 6 to a Neighborhood Health vaccination clinic at Virginia Theological Seminary, using the occasion to announce the expansion of COVID-19 vaccine el-

"You're doing the right thing," Biden said to those waiting to receive the vaccine. "And when you go back, when you go home, get all your friends, tell them, 'Get a shot when they can.' Everyone's going to be able to [get the vaccine] before the month is out. Every age."

Biden announced that every adult will be eligible by April 19 to sign up to be vaccinated, a two-week acceleration from his when you can." original May 1 goal.

During a tour of the Immanuel Chapel site, the president spoke with staff and pa-

tients, most waiting for their second vaccine dose.

"That's the way to beat this," Biden said. "Get the vaccination when you can."

Roughly 300 people a day come through the vaccination site, with Neighborhood Health administering about 20,000 doses, or about 5,000 shots a week. Of those who reported their ethnicity and race,

Announces April 19 for expanded eligibility for all.

more than 85 percent have been people of color.

Neighborhood Health is focused on increasing vaccine equity. It has set up seven vaccination sites in areas accessible to underserved communities in Alexandria, Arlington and Fairfax County. The sites are located in churches, community centers and retail areas. The vaccine program is not open to the general public.

Instead, it is focused on its

low-income patient population as well as individuals referred from approximately 100 partner organizations that serve low-income communities and people of color who have been disproportionately impacted by the pandemic.

"We are grateful to our dedicat-

ed staff, volunteers and partners in the faith community, nonprofits, and local government who are working together to vaccinate the communities that have been most impacted by COVID-19," said Neighborhood Health's Executive Director Dr. Basim Khan.

"We are honored that President Biden chose to visit one of our vaccine sites.'



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2020: A YEAR OF IMPACT MESSAGE FROM THE PRESIDENT

2020 WAS A YEAR OF EXTRAORDINARY CHALLENGES,

with the outbreak of COVID-19 and glaring and violent examples of systemic racism. Both of these conditions affect us all, but profoundly affect our school children. I'm encouraged, though, that these adversaries can help unite us as a community to push through, to grow, learn and change for the better.

2020 WAS A YEAR OF CONSIDERABLE CHANGE. When school buildings closed because of the pandemic, we had to think fast, be flexible and take a chance for the kids. And we did. We quickly pivoted from the school-based program to our brand new virtual program, Move2Learn-At-Home, that includes online toolkits, instructional videos and virtual professional development and training.

2020 WAS A YEAR OF SELF-REFLECTION as tragic events unfolded, and the world witnessed the killing of unarmed Black men and women here in the United States. These tragedies spurred RB staff and board members to take a meaningful look inward to further examine the role we play in our community. Many of us participated in racial justice workshops—under the leadership of Allyship and Leadership Matters—that took us on a deep dive. We're committed to standing in solidarity and continuing this important journey.

2020 WAS A YEAR OF OPPORTUNITY. We developed new and lasting relationships with partners across the city, from ACPS parents and guardians, to the Alexandria Redevelopment and Housing Authority, Space of Her Own, and the ACPS Link Club, just to name a few. And we strengthened our existing partnerships with teachers and administrators. The need to work together is more important than ever these days—and always.

With you on our team we will make even greater strides for ACPS children.

2020 AT-A-GLANCE



Distributed more than 1,800 Move2Learn-At-Home toolkits directly to households, ACPS teachers and clubs, nonprofits, and local government agencies.



Awarded \$90,081 in grants to 33 ACPS teachers across 11 schools to get more than 5,100 kids active.



Piloted a Virtual Movement
Challenge, a popular competition
where everybody wins. Typically held
in the classroom, the at-home version
was a hit with the 80 participating
teachers and 1,880 kids from 10 out
of 14 elementary schools, increasing
those all-important Brain Boosts.
Nearly 100% of the teachers noted
the kids were better able to stay on
task and focus.



Kicked off an in-depth assessment of our work, with the goal of moving forward in a more purposeful manner to achieve equity. Led by an outside source, we surveyed more than 500 ACPS teachers/administrators and community leaders for an external perspective about RB and how we can do even better.

WHO WE ARE

Striving to make sure every Alexandria City Public School student has tools needed for success, to level the playing field—that's our only mission at RunningBrooke. Because we know that movement-based activities integrated throughout the day help kids feel, do and learn better.

Movement builds more than muscles. It helps kids grow academically, wherever their classroom. So they can do their best work. Simple yet revolutionary.

WHAT PEOPLE ARE SAYING

"You and your team should again be commended for the incredible impact you are having on our students, staff and families. You are the perfect example of an IMPACT partner."

"Wow, I am so lucky to have the chance to work with RunningBrooke to enrich students' lives through movement. Thank you again!"

We're grateful to our generous sponsors and donors who make this work possible and keep kids learning at their best. **THANK YOU!**

The LizLuke Team 2020 Presenting Sponsor MGAC

Delta Bridge

Six Half Dozen Design Studio The Alexandria Rotary Club



When it's Time to Downsize to a new living community.

Suggestions for transitioning

THE CONNECTION

he decision to trade the comfort of home where you've lived for years and transition to retirement can evoke a range of emotions. From leaving behind a place that holds memories of having raised an active family to sorting feelings around a perceived loss of freedom can be overwhelming.

"One of the hardest things to do is embrace change," said therapist Carol Barnaby, LCSW. The older we get the harder it is to embrace change. It takes about three to six months to adjust to new changes and routines.'

"That space between ending what was and becoming what will be can be a dark and scary place," added Carolyn Lorente, Ph.D., Professor of Psychology at Northern Virginia Community College.

Finding a retirement community where one feels comfortable can help make the transition easier. Virginia was ranked number one in the country for having the best resources for seniors by SeniorAdvice.com, an independent, non-profit organization that offers free information and guidance.

Touring a community before selecting one or deciding to move can allay fears of the sterile living conditions and sedentary lifestyles that are often associated with retirement communities, advises Barnaby. "Find activities to join in the care facility," said Barnaby. "Joining groups allows people to form connections.'

One such community is Sunrise of Old Town, which is scheduled to open later this spring. "We have activities going all day long to keep our seniors active and moving so that they have a sense of purpose," said Maggie McElroy of Sunrise. "Residents can bring their furnishings to help make their suites feel more like home."

Creating a sense of the familiarity of one's old home can make the transition less jarring. "We can bring items like photos and decorations that help recreate the familiar home environment," said Jerome Short, Ph.D., professor of psychology at George Mason University. "Then think about good aspects of the move for our health and safe-

"Take time to actively think about memories in your home and reminisce," said psychologist Stacie Isenberg, Psy.D. "You can do this while packing up. Take photos of each room before you pack up and consider making a video where you walk through it and narrate events that happened in the room. It will be a nice keepsake to reflect on ... and a way to get closure and say goodbye to your home.'



An abundance of options for luxury retirement communities in Northern Virginia including Sunrise of Old Town. Virginia is ranked number one in the country for quality or resources for seniors.



Gaynelle Bowden Diaz



Patricia Amaya



Рнотоѕ





Gee-Hyun McNease

"Every one of these women

has made such a difference."

Pat Miller of Alexandria Celebrates Women

Alexandria Celebrates Women

Local women honored for service during pandemic.

By Jeanne Theismann Gazette Packet

he Alexandria Celebrates Women nonprofit held its 2021 Women Awards March 29 in a virtual ceremony that recognized five women who have gone above and beyond in contributions to the community during the COVID-19 pandemic.

"Every one of these women has made such a difference," said Pat Miller of the Alexandria Celebrates Women organization. "They have stepped up during a year of challenges, needs and sacrifices that we could never have imagined."

The honorees were selected from nominations submitted during Women's History Month and proceeds from the virtual event will benefit the Alexandria Domestic Violence safe house.

Alexandria Celebrates Women 2021 Honorees

Patricia Amaya -- Amaya serves as custodial supervisor of the Alexandria Library. During the COVID-19 pandemic, Amaya worked to make the libraries safe for staff members and visitors. She offered her language skills to peo-

ple in line waiting for the vaccine and assisted community members seeking COVID testing and those waiting to make vaccine appointments. Taking in donations of fabric and purchasing other supplies, Amaya coordinated the library staff's mask-making initiative resulting in washable face masks that have been dispersed to library staff and to Volunteer Alexandria.

Gaynelle Bowden Diaz – During the COVID-19 pandemic, Diaz has worked to ensure that Alexandria Redevelopment and Housing Authority residents receive updated information on COVID-19 testing and vaccinations. She makes sure that residents have access to masks as well as cleaning products, toiletries, hand sanitizer and food. Diaz has worked closely with senior residents at the Ladrey and Annie B. Rose residential sites to ensure the city's older populations are receiving COVID-19 testing information while she connects them to resources and assists with vaccine registration and appointments.

Dr. Anne Gaddy – Gaddy led the Alexandria Health Department's Incident Command structure, with Gaddy taking the lead as Operations Section Chief overseeing

all COVID-19 response activities. Gaddy conceptualized, organized and led the AHD's vaccine team, resulting in tens of thousands of vaccinations. Beyond her leadership role, Gaddy is also critical to the implementation of the work. She manages vaccine inventory and has developed systems critical to planning and organizing the clinic events working 12-16-hour days, seven days a week.

Gee-Hyun McNease - At the onset of the pandemic, McNease began collecting personal protective equipment and supplies for local

SEE ALEXANDRIA, PAGE 11

Calendar

NOW THRU MAY 15

MEG Spring Show 2021." at Multiple Exposures Gallery, Alexandria. An exhibition of photography by MEG member artists at the gallery in the Torpedo Factory Art Center in Alexandria. The spring exhibition features two signature pieces by each MEG member artist.

NOW THRU MAY 1

The "Unfinished/Finished." At Del Ray Artisans explores when and how art is "finished." Every artwork in this exhibit has a "starting" artist and "finishing" artist. The exhibit features the work of local artists and high school students, plus offered an avenue for collaboration to combat the isolation we have all experienced during the pandemic. View at Del Ray Artisans, 2704 Mount Vernon Avenue, Alexandria VA. Details: www.DelRayArtisans. org/exhibits

IN-PERSON CLASSES RESUME AT THE ART LEAGUE

The Art League is welcoming students back into the studio just in time for the spring term. In-person classes start Monday, April 5, at The Art League Madison Annex located at 305 Madison Street in Alexandria. Over 40 classes are being offered in an array of disciplines from drawing, painting, ceramics, and sculpture to metal jewelry design, stained glass, and steel furniture design and construction. Visit www.theartleague.org.

THURSDAY/APRIL 8

The Enslaved Community At Woodlawn. Noon to 1 p.m. Virtual Discussion. In her upcoming presentation, Cassandra Good will reveal findings from her research of previously unknown names and stories of the enslaved people who lived and labored on the former plantation at Woodlawn. She will also talk about the Washington, Lewis, and Custis families and their roles in slavery in the 1800s.



A Classical Movements Concert will be held Saturday, April 10 at The Rectory in Alexandria.

Visit the website: http://www.woodlawnpopeleighey.org/events/the-enslaved-community-at-woodlawn

FRIDAY/APRIL 9

The Late Shift Online: Cherry Blossom Jubilee. 7-8:30 p.m. By the Torpedo Factory Art Center. Torpedo Factory Art Center welcomes the start of spring with The Late Shift Online: Cherry Blossom Jubilee. This family-friendly celebration is a free virtual satellite event for D.C.'s National Cherry Blossom Festival. The program will be live on the Art Center's Facebook page and archived on YouTube.

SATURDAY/APRIL 10

Playing with Watercolor Techniques. 9:30 a.m.-3:30 p.m. Virtual. (16-Adult) In this class you will paint a series of backgrounds while learning about various watercolor techniques. You will add a drawing to these backgrounds and continue painting as you learn more techniques. Artist Marni Maree will show you

how to take a drawing of your own (or one that she will share with you) and transfer it on to the backgrounds using a grid to enlarge it. \$102 per person. Virtual participants will receive a link to connect via Zoom and a supply list prior to the program. Register online at www.fairfaxcounty.gov/parks/parktakes (R3A.VDTX) or call Green Spring Gardens at 703-642-5173

SATURDAY/APRIL 10

Cherry Blossom Shop & Sip. At the Old Town Boutique District. Join the Old Town Boutique District for their annual Cherry Blossom Shop & Sip. Participants will be able to purchase an Eventbrite ticket for \$10, which will grant you access to 10% off at all Old Town Boutique District stores. Shop 'till you drop, then head to Fontaine for a complimentary cherry blossom-themed cocktail or mocktail. Admission: \$10 per ticket. Visit the website: oldtownboutiquedistrict.com

SEE CALENDAR, PAGE 14

Alexandria Celebrates

police departments. While working at the Defense Logistics Agency, the Agency identified a need for personnel to deploy in support of military forces operating in the U.S. Central Command Area of Responsibility. McNease is now part of a team that serves as the nation's combat logistics support and is responsible for managing the global supply chain for U.S. troops. The team's primary focus is coordinating for COVID-19 vaccines for all servicemembers and Department of Defense civilians operating in the Middle East. Cicely Woodrow -- Woodrow serves as the chief fiscal officer for the Alexandria Sheriff's Office. At the onset of the pandemic, she began collecting donations of housewares and performing contactless food deliveries for the Lazarus House. In January, Woodrow began volunteering at vaccination sites and has participated at six different locations over the last two months. Her efforts during the pandemic extended to thinking of ways to recognize and thank those working at the William Truesdale Detention Center, including deputies, health care workers, food service personnel and civilians.

The honorees were selected from nominations submitted during Women's History Month and proceeds from the virtual event benefit the Alexandria Domestic Violence safe house.

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Wellbeing pages, the first week of every month.

Delight in our HomeLifeStyle sections, the second week of every month. Peek at the top real estate sales, alimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our A-plus: **Education, Learning, Fun** pages, the third week of every month.

Senior Living, fourth week of every month.

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Legals

Legals



Public Hearing will be held by the City Council of the City of Alexandria, Virginia, virtually on Zoom webinar on Saturday, April 17, 2021 at 9:30 a.m., or as soon as may be heard on the hereinafter described items.

AN ORDINANCE to amend Section 5-6-231 (PURPOSE AND ORGANIZATION) and Section 5-6-236 (STORMWATER MANAGEMENT ENTERPRISE FUND) of Article C (STORMWATER UTILITY) of Chapter 6 (WATER AND SEWER) of Title 5 (TRANSPORTATION AND ENVIRONMENTAL SERVICES) of the Code of the City of Alexandria, Virginia, 1981, as amended. The proposed ordinance amends Section 5-6-231 to expand the stated purpose of the Storm-

The proposed ordinance amends Section 5-6-231 to expand the stated purpose of the Stormwater Utility Fee and amends Section 5-6-236 to align the ordinance with state code language as part of the recent increase of the Stormwater Utility Fee.

AN ORDINANCE to amend and reordain the Master Plan of the City of Alexandria, Virginia, by adopting and incorporating therein the amendment heretofore approved by city council to the Beauregard Small Area Plan chapter of such master plan as Master Plan Amendment No. 2020-00006 and no other amendments, and to repeal all provisions of the said master plan as may be inconsistent with such amendment.

The proposed ordinance accomplishes the final adoption of Master Plan Amendment No. 2020-00006 to amend Figure 15: Framework Streets, to retain Fairbanks Avenue in its existing alignment and not move it further west as shown in the adopted figure approved by the City Council on March 13, 2021.

AN ORDINANCE making supplemental appropriations for the support of the government of the City of Alexandria, Virginia, for fiscal year 2021.

The proposed ordinance accomplishes the adoption of supplemental appropriation for the operation of the City government in fiscal year 2021.

AN ORDINANCE to amend and reordain Section 3-2-181 (LEVIED; AMOUNT), 10 Section 3-2-188 (CLASSIFICATION AND TAXATION OF CERTAIN 11 COMMERCIAL AND INDUSTRIAL REAL PROPERTY), and Section 3-2-189 12 (TIER I POTOMAC YARD METRORAIL STATION SPECIAL ASSESSMENT 13 DISTRICT TAX) of Division 1, (REAL ESTATE), and Section 3-2-221 14 (LEVIED ON TANGIBLE PERSONAL PROPERTY OTHER THAN MOBILE 15 HOMES, AUTOMOBILES, TRUCKS, ANTIQUE MOTOR VEHICLES, 16 TAXICABS, MOTOR VEHICLES WITH SPECIALLY DESIGNED 17 EQUIPMENT FOR USE BY THE HANDICAPPED, MOTOR-CYCLES, 18 CAMPERS AND OTHER RECREATIONAL VEHICLES, BOATS AND 19 TRAILERS; AMOUNT), Section 3-2-222 (LEVIED ON MACHINERY AND 20 TOOLS USED IN MINING OR MANUFACTURING BUSINESS; AMOUNT), 21 Section 3-2-223 (LEVIED ON MOBILES, TRUCKS, TRAILERS, SEMI-TRAILERS, 23 ANTIQUE MOTOR VEHICLES, TAXICABS, MOTORCYCLES, CAMPERS 24 AND OTHER RECREATIONAL VEHICLES, BOATS AND TRAILERS; 25 AMOUNT) of Division 3 (TANGIBLE PERSONAL PROPERTY AND 26 MACHINERY AND TOOLS), all of Article M (LEVY AND COLLECTION OF 27 PROPERTY TAXES), Chapter 2 (TAXATION), Title 3 (FINANCE, 28 TAXATION AND PROCUREMENT) of The Code of the City of Alexandria, 29 Virginia, 1981, as amended

AN ORDINANCE to amend Title 2 of the Code of the City of Alexandria, Virginia, General Government, Chapter 5, Officers and Employees, by adding Article E, Collective Bargaining, Sections 2-5-67 through 2-5-80.

AN ORDINANCE to amend Chapter 4 (COMMITTEES, BOARDS AND COMMISSIONS) of Title 2 (GENERAL GOVERNMENT) of the Code of the City of Alexandria, Virginia, 1981, as amended, by adding a new Article AA (INDEPENDENT COMMUNITY POLICING REVIEW BOARD) and to amend Article A (GENERAL PROVISIONS) of Chapter 1 (POLICE PROTECTION) of Title 4 (PUBLIC SAFETY) of the Code of the City of Alexandria, Virginia, 1981, as amended to add Sections 4-1-6 (INDEPENDENT POLICING AUDITORY/INVESTIGATOR) and 4-1-6 (INDEPENDENT POLICING AUDITORY/INVESTIGATOR) DUTIES AND RESPONSIBILITIES).

PUBLIC HEARING on the Alexandria Children and Youth Master Plan 2025.

THE PUBLIC IS ADVISED THAT AMENDMENTS OR ADDITIONS MAY BE MADE TO PROPOSED ORDINANCES WITHOUT FURTHER PUBLICATION. IT IS RECOMMENDED THAT PERSONS INTERESTED IN ANY OF THESE ORDINANCES OBTAIN FREE FULL-TEXT COPIES FROM THE CITY CLERK AT CITY HALL. If the mayor finds and declares that weather or other conditions are such that it is hazardous for members to attend the meeting, this meeting will be continued to the following Saturday, April 24, 2021. GLORIA SITTON, CMC, CITY CLERK





Members of a Social Responsibility Group team meet at Charles Houston Recreation Center April 6 prior to their last day of canvassing low-income neighborhoods providing registration information and assistance for the COVID-19 vaccine. Picture (l-r) in back: Deputy Tim Wauhop, Recreation/Community Outreach Coordinator Michael Johnson, Acting Captain Courtney Ballantine, and Community Volunteer Steve Nelson. In front: Deputy Emilia Ramirez, Officer Emily Morris, Officer Bennie Evans, ARHA Residential Services Director Gaynelle Diaz, and Officer Benjamin Saks.

Taking it to the Streets

Vaccine assistance provided by canvassing groups.

or the past 6 weeks, teams referred to as Social Responsibility Groups have been canvassing door-to-door across the city to provide information to low-income families regarding the COVID-19 vaccine.

"We have covered well over 5,000 residents and businesses and registered over 300 residents in low-income neighborhoods," said Recreation/Community Outreach Coordinator Michael Johnson. "Many of these people might not have even gotten the shot if not for the efforts of these SRGs."

The groups are comprised of city employees, local business owners, clergy, Alexandria Sheriff's Office deputies, Alexandria Police Department officers, Fire Department employees, Recreation Department employees and ARHA representatives.

- Jeanne Theismann

Obituary

Obituary



Sylvia Abernathy Green died peacefully on March 22, 2021 at the age of 89 in her home at the retirement community of Westminster at Lake Ridge, Virginia, with family and her beloved dog, Della, at her side. She was preceded in death by her husband, the Rev. James M. (Jim) Green.

Sylvia was born to Dulcie and Sam Abernathy on February 20, 1932 in Mt. Holly, NC. She was known to family and friends by her nickname "Dibbie," owing to her sister not being able to pronounce Sylvia and calling

her instead "di baby." Growing up in Mt. Holly, she could often be found helping in her father's grocery store, along with her three sisters. While attending Flora MacDonald College, she met her husband Jim Green. They lived in North Carolina and Kansas before settling in northern Virginia in the 1960s. Dibbie helped raise their family while Jim attended Virginia Theological Seminary and became rector of Alexandria's Church of the Resurrection.

Dibbie loved meeting new people of all ages and walks of life and always made a point of asking people their names. She was more a listener than a talker and this endeared her to many. She was a talented seamstress, especially hand smocking, and worked for a time at a children's clothing boutique. Later she served as a receptionist at the law firm of Burns Doane Swecker and Mathis in Old Town Alexandria for many years. Every summer the family vacationed at Sunset Beach, NC, where she satisfied her love of fishing and crabbing. Dibbie also had an adventuresome spirit and was widely traveled, climbing the Great Wall of China, riding a camel in Moroco, and white-water rafting in her 70s, among other incredible experiences. Survivors include her three children, Elizabeth Earle Green (Robert Grovac) of San Diego, Thomas McIver Green (Noelle) of Alexandria, and Nancy Green Jackson (Burt) of Severna Park, MD, and her three grandchildren, Amanda Wimer and Ben and Robert Jackson.

At a later date, Dibbie's ashes will be interred in the Memorial Garden of the Church of Resurrection as she wished. Donations in her memory if desired may be made to Shrinemont http://shrinemont.com/donate/ or the Carpenter's Shelter https://carpentersshelter.org/give/

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

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Senior Living, fourth week of every month.

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News

Black History

Island, especially Newport, with its excellent harbor. Small ships were used to enable river travel inland from the west coast of Africa and also, of course, to maximize profits; these ships could be built on local wharves, offering a valuable source of income. The necessary timber, hemp, flax, and iron were available close by. Vessels left Rhode Island with holds full of rum to be exchanged for kidnapped Africans; these victims would be brought, though with a steep loss of life, to the Caribbean islands. There they would be traded for molasses to bring up to Rhode Island for distilling. Rhode Island was proud to have knocked off French brandy as the favored liquor in Africa, and to be able to shrink the perennially outsized colonial debt for English manufactures. Of course a great deal of rum was consumed at home, at a time when hard liquor was considered vital for strenuous physical labor. Massachusetts soldiers in the French and Indian War, for example, were rationed a cup of rum a day. In 1750, rum was New England's main manufacture, and the tiny, thousand-mile-square patch of Rhode Island, with a population under fifty-eight thousand, had more than thirty distilleries in 1764, operating at stratospheric profits.

These profits are among the numbers on which discussions of Reparations should dwell. It's in the nature of capitalism that sums of money, once generated, reproduce and multiply. The wonderful amenities we see all around us are, quite literally, the end product of slavery. In the 1950s, Rhode Island capital bailed out the then-bankrupt textile company where my mother and grandfather had worked in a town next to Taunton; in fact, most of the town's businesses had been established with Rhode Island funds.

In 1835, an itinerant Christian minister who preached in southeastern Massachusetts and Rhode Island suggested that slavery could be ended peacefully if Southern slaveholders were to put a price on their enslaved workers and Northerners paid it. It would be honorable to end slavery in this way, without bloodshed. Let the North and the South both sacrifice, he said, without adding the obvious fact that both had grown rich from slavery for centuries.

It's often said that slavery is America's Original Sin. But unlike the Original Sin of Adam and Eve, it's one in which posterity has, perforce or otherwise, been complicit, not just punishable. It's a violation that can be expiated only by the satisfaction of Reparations.

Elisabeth Vodola Alexandria



Announcements

Announcements

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Being Driven Only Slightly Crazy



By KENNETH B. LOURIE

So this is what it's like to be out of the house and driving around: mask on, surgical gloves in the console, hand sanitizer in the glove box; not so different than before my than before my two covid-19 vaccinations. Today, Sunday, April 4, is my "day of liberation," as I've heard it called, the day two weeks after your final shot when the vaccine is supposed to reach its peak effectiveness. Not that I anticipate acting/living any differently than I have for the past 12 months, nevertheless; the shackles feel like they're off a little bit. I can now go out and about and be less fearful for my life.

Still, I'm not going to throw caution to the wind. Considering I'm a 66-year-old man with cancer, the definition of "comorbidity," which places a covid-19 target squarely on my back, front actually given the location of my chest/lungs, I am unlikely to ever unmask. And underlying that "comorbidity," is that my oncologist thinks that I have non small cell lung cancer, stage IV, and my endocrinologist thinks I have papillary thyroid cancer, stage IV; two for the price of one, you might say. As a result of this dual diagnosis, I tend to envision my future with lingering trepidation. Ergo, I don't see myself footloose and fancy free anytime soon. Presumably, my doctors talk with each other about my "unique" two-cancer status, but I wouldn't know, would I? As the Brits often question the end of their sentences.

I know that I can email them anytime I want though, but the covid-19 norm is that we see each other on video, not in person. And not that I'm overly concerned, but a face-to-face appointment, one that occurs while we're in the same examining room, might one day save my life. In addition, one other day, I'd love to have a Team Louire meeting with both my doctors present in the same examining room at the same time which would allow me to be my own judge and jury to determine a prudent way forward.

Though this kind of meeting would alter my "if it ain't broke, don't fix it" philosophy (since in the 12-plus years since my diagnosis, we've never had a group-think like this) still; to quote my late father, the idea has merit." And even though my father died in early December, 2006, I still hear his parental advisories and invoke them at most every turn, especially when I recycle his jokes. Most notably: "You're very seldom wrong, but this time, you're right." If I heard that once in my life, I've heard it a thousand times, maybe literally.

Thankfully I, along with my brother Richard, inherited our father's sense of humor and positive attitude. Whenever I've contemplated a change in my treatment, whether because of a blip on my radar, or an anomaly in one of my diagnostic scans, generally speaking, I've viewed it all as just another cancer-treatment step that has to be taken. No big deal. And diagnosis to date, fortunately, I've taken more steps forward than backward even with my primary cancer being changed recently to thyroid from lung. For clarity in the midst of this turnabout (which I'm not exactly sure is fair play), I remember asking my oncologist what type of cancer I had now, after being diagnosed originally with non small cell lung cancer in Feb., 2009. He said I still have lung cancer, but I also have thyroid cancer (lucky me). When I followed up by asking him which is better to have, he unequivocally said thyroid cancer which is the only cancer for which I am currently being treated. The immunotherapy that I had been taking to fight the lung cancer has been stopped for almost a year. As far as my current treatment indicates, I have thyroid cancer (though both cancers are stage IV and are considered "termina

In a "Three Stooges" episode entitled "Restless Knights," Curly was asked how he wanted to die: "to be burned at the stake or have his head chopped off." Curly replied: "I'd rather be burned at the stake." His explanation: "a hot steak is better than a cold chop." All cancers/protocols considered, I'd rather be diagnosed with thyroid cancer, so long as there are no covid-19 complications.

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



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ENTERTAINMENT

Restaurants, Breweries Bloom With New Growth This Springtime

By Hope Nelson Gazette Packet

s the weather warms up and the dogwoods begin to blossom, it seems a perfect time to celebrate spring – and all the outdoor dining it entails. From new waterfront

APPETITE

wine bars to refreshed loft décor to expanded

brewery offerings, there's so much going on in Alex-

andria's food scene. Here are some of your best bets.



Just in time for glorious spring weather, Barca has opened its doors in Old Town. The Spanish tapas and wine bar has taken up residence both directly over the water with its Pier concept and in a more brick-and-mortar style restaurant via the Wine Bar. Either way, diners can soak up some sunshine and fresh air (or air-conditioning, in the indoor dining room) while they sip on wine, beer and cocktails and nosh on the likes of pan con tomate, a variety of cheeses, salads, sandwiches and more.

Lena's Celebrates Spring with Full Bloom

Since early in the COVID-19 pandemic, Lena's Pizzeria and Tap has sought to find ways to spice up outdoor dining via its Loft at Lena's, celebrating each season with themed décor and menu items as the calendar continues to turn. Now it's springtime again, and Lena's is embracing all the weather has to offer with its Full Bloom concept.

"With the seasons changing so are we!
Our incredible team has really outdone

"With the seasons changing so are we! Our incredible team has really outdone themselves to bring the community an exciting and bold, completely original, new spring concept," Lena's owner, Jason Yates, said in a statement. "The Yates Family and our entire team look forward to welcoming you and after this past year; it's time we all live life in full bloom."

Port City Expands Outdoor Space, Hours

Get ready to lift a pint of Optimal Wit for this: Port City Brewing Company is celebrating the dawn of spring with longer outdoor seating hours – as well as additional seating space. The new hours are 3-9 p.m. Monday-Thursday, noon-10 p.m. Friday and Saturday, and noon-8 p.m. on Sunday. Further, the brewery is retiring its reservation system, so plan for first-come, first-served service.

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.

CALENDAR

From Page 11

SATURDAY/APRIL 10

Del Ray Vintage & Flea Market. The Del Ray Vintage & Flea Market will again be held in two open-air lots at the corner of Mt. Vernon and Bellefonte Avenues in the Del Ray section of Alexandria. The market provides vendors and shoppers an opportunity to participate safely at an outdoor event on a monthly basis during April-December. There is ample room to offer a wide variety of vendors for shoppers, also including food, live music, and antique appraisals. Visit delrayvintageflea.com.

SATURDAY/APRIL 10

Un Solo Istante -- Opera and Art Song. 2:30 p.m. and 4 p.m. At The Rectory, 711 Princess Street, Alexandria. Returning to DC after captivating audiences in appearances at Washington National Opera and Wolf Trap Opera, award-winning tenor Joshua Blue and soprano Ashley Marie Robillard offer an enchanting program of art songs and operatic excerpts, including arias and duets by Mozart, Verdi, and Donizetti and songs by Claude Debussy, Florence Price, and more. Featuring Joshua Blue, tenor | Ashley Marie Robillard, soprano | Aurelien Eulert, piano. Visit

the website: https://www.classicalmovements.com/secretgardenconcerts/

SATURDAY/APRIL 10

Dance Film, "Not and Exit." 7 p.m. During the pandemic arts organizations were one of the industries that were hit the hardest. Local Motion Project, and Alexandira non-profit dance organization kept artists working by producing a dance film with local dance artists, was directed by Alexandrian film maker Jane Pittman. Q&A to follow with artistic directors, dance artists and film maker. Tickets can be purchased at bit.ly/notanexit2021.

SATURDAY/APRIL 10

Japanese Garden Virtual Program. 11 a.m. to noon. At Green Spring Gardens. For gardening enthusiasts, learn about a design form thousands of years in the making with the "Plants & Design: Japanese Garden Virtual Program." In Japanese garden design, stone, gravel, water, bridges, paths, moon gates and plants all hold significance. Whether you want to create your own garden or simply learn to appreciate the elemental meanings, this virtual program with horticulturalist Bevan Shimizu teaches you the essentials in Japanese garden design. A link will be emailed up to an hour before the event. The cost is \$18 per person. Call 703-642-5173.



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