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# Alexandria Gazette Packet

**WELLBEING**  
 PAGE 10

25 CENTS

SERVING ALEXANDRIA FOR OVER 200 YEARS • A CONNECTION NEWSPAPER

APRIL 2, 2020



T.C. Williams High School juniors spend time together March 30.



ACPS Superintendent Dr. Gregory Hutchings gives a daily video update on the ACPS website

PHOTOS BY  
 JANET BARNETT  
 GAZETTE PACKET

## Social While Distancing Students, organizations stay connected while staying safe.

BY JEANNE THEISMANN  
 GAZETTE PACKET

**S**ocial distancing has become the new normal as friends, neighbors and businesses look for ways to stay connected while staying safe amid the COVID-19 pandemic.

Businesses have taken to web conferencing while teens are finding ways to stay in touch in the absence of classes.

"It's a frustrating situation but I think our teachers and staff at T.C. are handling it really well with getting out content," said T.C. Williams High School junior Maeve

Waller as she was hanging out in a parking lot with a few of her friends. "It's nice that we can still do things like this – staying 6 feet apart but still be with our friends."

Governor Ralph Northam made the decision March 23 to cancel all classes for the remainder of the academic year. ACPS teachers and staff have moved as much teaching as possible online with daily video updates on the situation posted by Superintendent Dr. Gregory Hutchings Jr. on the ACPS website and social media pages.

"We know these are unprecedented times," Hutchings said

SEE SOCIAL WHILE, PAGE 13



The Rotary Club of Alexandria holds its weekly meeting via the Zoom web conferencing app.

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**Alexandria City Schools** are distributing "Grab'n Go" meals to ensure our children have food.

**Alexandria Community Shelter** - Experienced sign language interpreter is needed.

**Dunbar Boys and Girls Club** seeks a few volunteers to disinfect the club.

**St. Joseph Catholic Church** needs volunteers every Thursday to hand out bags of food to approximately 35 people.

**Truck-to-Trunk Mass Food Distribution!** ALIVE! Inc. needs On-Call Warehouse Workers, Translators, Van Drivers, Truck Drivers, Traffic Flow Coordinators, Food Bag Distributors.

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**[volunteeralexandria.org/careforcommunity](http://volunteeralexandria.org/careforcommunity)**

# To the Rescue

CARES Act, SBA loans aim to save small businesses.

BY JEANNE THEISMANN  
GAZETTE PACKET

In just a matter of weeks, the COVID-19 pandemic brought most small businesses across the country to a standstill. On March 27, Congress passed the Coronavirus Aid, Relief and Economic Security act (CARES Act), a \$2.2 trillion unprecedented financial assistance package aimed at helping small and mid-size businesses survive mandated closures.

"There are 600,000 restaurants in America alone," said "Mango" Mike Anderson of the HomeGrown Restaurant Group. "If it weren't for these loans, I don't know how we would make it otherwise."

Prior to passage of the CARES Act, the Small Business Administration made funds available through its Economic Injury Disaster Loan (EIDL) program. The CARES Act creates a new loan program – the "Paycheck Protection Program" (PPP) Loans.

"Nothing has been predictable about this crisis," said Bill Reagan, Executive Director of the Alexandria Small Business Development Center. "But these loans are a lifeline to try to sustain small businesses."

Reagan suggests that local business owners apply for the SBA's Economic Injury Disaster Grant Program, which provides up to \$10,000 of emergency funds that do not require repayment.

"This is the low-hanging fruit," Reagan said. "I advise all business owners to start filling out the application. Receiving funds through the EIDL grant does not preclude you from applying for other programs – the grant amount received would be deducted from any future loans."

The Paycheck Protection Program loan program will be administered through local banks beginning April 3.

"Lending institutions are now all aware of how this will work and have the application forms," Reagan said. "We're waiting to see how this will shake out and trying to put out



The HomeGrown Restaurant Group is providing contactless take out from Holy Cow, the Sushi Bar and Pork Barrel BBQ on Mount Vernon Avenue in Del Ray. The state-wide closure of on-site dining has been extended to June 10.

the latest information on our website."

Paycheck Protection Program loans may have a principal loan amount of up to \$10 million, a term of up to 10 years and an interest rate of no more than 4 percent per annum. Payments can be deferred between 6 months and 1 year. In addition to payroll, the Paycheck Protection Program loans can be used for: payroll support (including paid sick or medical leave); employee salaries; mortgage, rent and utility payments; insurance premiums; and other debt obligations.

"The CARES Act loans are supposed to

be incredibly fast," said Anderson, who has started the application process. "Still, it's been incredibly hard. Everything changes day by day and we have no way of knowing what long-term effect this will have. At the end of the day we'll still have to pay the piper."

With the state-wide stay-at-home mandate in place through June 10, many small business owners are unsure of what the future holds.

SEE TO THE RESCUE, PAGE 3



Imagine Artwear is one of many small businesses that have been forced to temporarily close due to the COVID-19 pandemic.



Jill Erber, owner of Cheesetique in Del Ray, started the Family Meal Alexandria program March 27. The initiative provides free meals to Alexandria restaurant and hospitality workers economically impacted during the COVID-19 pandemic.

## Recovering After Disaster

BY MICHAEL LEE POPE  
GAZETTE PACKET

The Small Business Administration has issued more than \$1 million in low-interest disaster loans in Alexandria since 1987, and most of those loans were never paid back in full, according to documents received through a public-records request.

Now, with the economy in crisis, leaders at the federal officials are rolling out a new loan program that recipients won't need to pay back in full if they keep their employees during the downturn. The move comes as businesses across Alexandria are trying to figure out how they are going to stay afloat now that Gov. Ralph Northam has ordered residents across Virginia to stay at home until June 10.

"It doesn't surprise me that there are some of these loans that didn't get repaid," says Bill Reagan, executive director of the Alexandria Small Business Development Center. "The SBA does not want to harm the business."

Most Small Business Administration disaster loans are for natural disasters like hurricanes or floods, and those are available to individuals and businesses in areas that have been declared disaster zones. Sometimes the loans are for an economic crisis like 9/11, when the federal government offers Economic Injury Disaster Loans. This year the SBA is creating a new \$350 billion Paycheck Protection Program, which will be forgiven as long as the money is used to keep employees on the payroll.

"This unprecedented public-private partnership is going to assist small businesses

with accessing capital quickly," said SBA Administrator Jovita Carranza in a written statement announcing the program. "Our goal is to position lenders as the single point-of-contact for small businesses — the application, loan processing and disbursement of funds will all be administered at the community level."

ALEXANDRIA HAS SEEN its fair share of disasters. Perhaps none, before now, were as devastating as Hurricane Isabel in September 2003, when flood waters in Alexandria rose as high as 10 feet in some places. The Small Business Administration issued more than half a million dollars in disaster loans for Hurricane Isabel, including three businesses and seven individuals. The money helped rebuild flooded structures as well as mitigate the economic crisis it created along

the waterfront in Old Town.

"We had to send money back to customers because we couldn't honor their private charter," says Charlotte Hall, who was vice president of the Potomac Riverboat Company at the time. "We couldn't honor their birthday party or their anniversary party, and we helped them find another venue for their wedding. And they had to pay that venue, so we had to give them their money back — understandably so."

The Small Business Administration issued a \$163,800 loan to the Potomac Riverboat Company to help keep the business afloat, literally. Hall recalls that era as a time of difficult decisions complicated by the complicated bureaucracy of navigating the federal loan application process. She says it would

SEE RECOVERING, PAGE 5

ALEXANDRIA GAZETTE PACKET ♦ APRIL 2-8, 2020 ♦ 3

## PEOPLE AT WORK



Jeremy does what he calls “Hans Brinker and the silver skates.” Donnelly says this exercise is important should you have to jump out of the way quickly and it gets your heart rate up.



Jeremy says he is ready to be molded into an Adonis.

PHOTOS BY SHIRLEY RUHE/ALEXANDRIA GAZETTE

# Who's at the Door? It's Your Trainer



Beth Donnelly demonstrates the impact of exercise on the core body.



Cynthia Baskin shows off the Superwoman TRX suspension trainer, her favorite exercise, a good one for the core.

BY SHIRLEY RUHE  
GAZETTE PACKET

“**S**hall we start with the monster walk?” Beth Donnelly, home personal trainer for clients 55+, has met Cynthia and Jeremy Baskin in the gym of their building on S. Eads in Arlington. Donnelly says her clients are 55-82 years old and she meets with them in their homes or the gyms in their buildings. Her business, Sararafitz, is based in Alexandria and serves clients in the metropolitan area.

She says, “This is a great exercise to wake up the glutes. We spend a lot of time loosening the muscles and warming up.” Cynthia Baskin pulls the yellow band around her ankles while her husband Jeremy Baskin pulls on his band across the room. “Drop the band and walk up and back two sets. When I use bands, it builds the glutes.”

Donnelly says what they do is mostly functional, what they do in everyday life. “We do balance in a lot of what we do.”

Cynthia has been training with Donnelly since May, and Jeremy says he's a little behind “but she convinced me. Cynthia has great powers of persuasion. I'm ready to be molded into an Adonis.” Donnelly says the goal is actually more to thrive in life than build weight like it might have been when they were younger.

Next they work 15 reps with ten-pound dumbbells, then on to the walking lunge. “Drop the band, up and back two sets. Donnelly says, “This is challenging balance, one foot in front of the other.”

Cynthia says she likes Donnelly's flexible style, giving you options. “I want somebody who is checking my form and helps me stick with it, and we actually have fun.” Cynthia heads for the Superwoman TRX suspension trainer which she likes the best because it is a great one for the core. She grabs the

SEE WHO'S AT THE DOOR?, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

# Recovering After Disaster

FROM PAGE 3

have been impossible without help from the Small Business Development Center, which helped her company and many others in Alexandria figure out how the federal government could help keep them in business during the recovery period.

“The challenge we had with 9/11 and Hurricane Isabel was convincing business owners to come in and apply for a disaster loan. In fact we had to request Congressman Moran to ask the president to extend the disaster loan deadlines three different times,” recalls Reagan at the Small Business Development Center. “This time it’s very different. Businesses are contacting us all day long. I get off the phone and there are 10 more calls.”

**“It doesn’t surprise me that there are some of these loans that didn’t get repaid. The SBA does not want to harm the business.”**

— Bill Reagan, executive director of the Alexandria Small Business Development Center

**APPLYING FOR A** disaster loan is no small task, and applicants are often denied. The process involves a heap of paperwork, and oftentimes borrowers have to put up so much collateral that they wonder if the loan is worth it. That was the reaction of Brett Tate after the 9/11 attack eliminated 85 percent of his Alexandria-based janitorial services company, which contracted at the Pentagon. He said navigating through the federal bureaucracy was a massive headache, although he acknowledges that the \$350,900 loan helped sustain his business.

“The loans are really not helpful. What is helpful is a grant,” said Tate, owner of B&G Building Maintenance.

“There’s been a lot of bailouts for banks and the car industry, and those people didn’t have to pay back one red dime.”

Tate says he paid off the 2001 disaster loan, although the SBA records show that the loan was not paid in full according to a public records request from the nonprofit Investigative Reporters

and Editors. For many businesses, paying down the disaster loan can be a difficult burden — even at a low rate of interest. A 2012 report from the SBA’s inspector general showed U.S. taxpayers were owed \$171 million for delinquent disaster loans. That’s part of the reason why federal officials are now rolling out the new Pay-

check Protection Program, which is designed to start as a loan and then become a grant if businesses prove they were able to keep paying their employees. Businesses will be able to get as much as \$2 million by showing how much money they are losing this year compared to last year.

“Businesses can look at re-

ceipts,” says Carol Chastang, a public affairs specialist with the Small Business Administration. “What they were bringing in, how they were able to pay their employees, how they were able to cover their operating expenses. And then what happens to January 1 to March 30 of this year. Clearly there will be a difference.”

## ARE YOU PASSIONATE ABOUT TRANSIT?

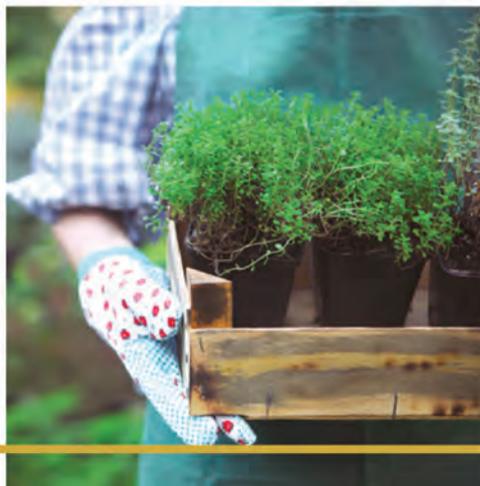
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## Governor Issues Statewide Stay at Home Order for Virginia

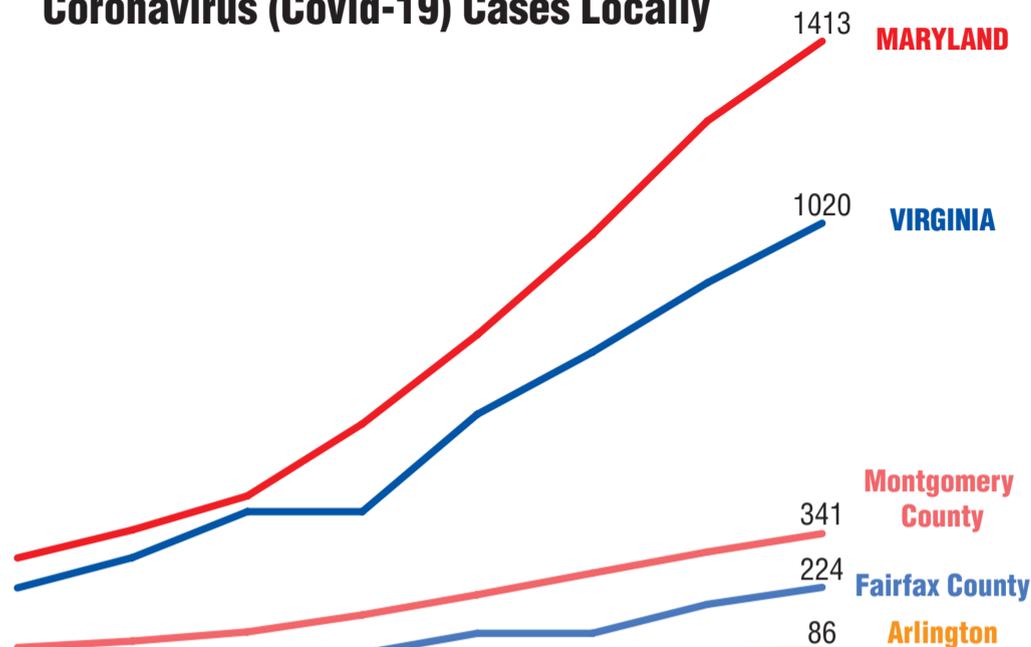
On Monday, March 30, Gov. Ralph Northam issued a statewide Stay at Home order to protect the health and safety of Virginians and mitigate the spread of the novel coronavirus, or COVID-19. The executive order takes effect immediately and will remain in place until June 10, 2020, unless amended or rescinded by a further executive order.

The order directs all Virginians to stay home except in extremely limited circumstances. Individuals may leave their residence to seek medical attention, work, care for family or household members, obtain goods and services like groceries, prescriptions, and others as outlined in Executive Order Fifty-Three, and engage in outdoor activity with strict social distancing requirements.

The executive order also directs all Virginia institutions of higher education to stop in-person classes and instruction. Private campgrounds must close for short-term stays, and beaches will be closed statewide except for fishing and exercise.

"We are in a public health crisis, and we need everyone to take this seriously and act responsibly," said Northam. "Our message to Virginians is clear: stay home. We know this virus spreads primarily through human-to-human contact, and that's why it's so important that people follow this order and practice social distancing. I'm deeply grateful to everyone for their cooperation during this unprecedented and difficult time."

### Coronavirus (Covid-19) Cases Locally



Last week, Governor Northam issued Executive Order Fifty-Three closing certain non-essential businesses, prohibiting public gatherings of more than 10 people, and directing all K-12 schools to remain closed for the rest of the academic year.

Frequently Asked Questions about Executive Order Fifty-Three can be found <https://www.governor.virginia.gov/>.

For the latest information about the COVID-19 outbreak, visit [virginia.gov/coronavirus](http://virginia.gov/coronavirus) or [cdc.gov/coronavirus](http://cdc.gov/coronavirus).

## To the Rescue

FROM PAGE 3

"Closing Imagine was very sad," said Carol Supplee, owner of Imagine Artwear boutique on King Street. "It feels very different from other times we have been through – snowstorms, 9/11 – because you don't really know if you are going to reopen and don't know how long you can hang on."

Supplee said that she and other business owners did their best to remain open despite the uncertainty.

"A lot of shop owners tried to hang in there as long as possible but realized that the customers just stopped shopping," Supplee added. "One by one we've thrown in the towel as far as trying to keep open for business. And if we get through this part, we don't know whether shoppers will ever get back to shopping as they

used to."

Anderson points to Jill Erber, owner of Cheesetique in Del Ray, as a hero in the hard-hit restaurant and hospitality industry.

"Jill started the Family Meal Alexandria program to provide free meals to any out of work restaurant people," Anderson said. "Between 2-4 p.m. take-out meals are available at Cheesetique. It's amazing to see and Jill made that happen."

According to Erber, vendor partners Baldor, Chefs Warehouse, International Gourmet Foods & Euro USA donate food with Cheesetique providing the facilities and staff to prepare and distribute.

"The ongoing pandemic is hitting folks in the hospitality industry especially hard," Erber said in announcing the program that began March 27. "We want to do our part to keep these

amazing people and their families fed as their opportunities for work shrink."

Erber is also accepting donations via GoFundMe to help with supplies and labor.

"We will feed those in need and employ more people in order to prepare and distribute meals," Erber said. "That's what we call a win/win."

Still, the rapidly changing pace of daily updates to loan program guidelines and state mandates leaves a lot of uncertainty.

"I hope these loans can sustain our local businesses until they can ratchet back up," Reagan said. "June 10 is a benchmark date at this stage but we can't rush back in before it's healthy for the community good."

As Anderson added: "This is not easy – a lot of guys are not going to make it to the other side."

### WEEK IN CORONAVIRUS

#### 44 Confirmed Cases, Stay Home

On March 31, the Alexandria Health Department confirmed eight additional cases of COVID-19 in Alexandria, bringing the total to 44. The health department is identifying and contacting individuals who came in close contact with the confirmed cases. The close contacts will be asked to self-quarantine and actively monitor for fever and respiratory symptoms. If they start experiencing symptoms, they will immediately undergo testing.

The City of Alexandria and the Alexandria Health Department strongly urge everyone to STAY HOME except for essential trips such as food purchases and medical care, and keep six feet apart from others when in public. Your neighbors and loved ones are counting on you to stop the spread of COVID-19.

#### Farmers' Markets Open for Pickup of Pre-Orders Only

Farmers' market food vendors may offer only pickup of pre-ordered food. No food or other items may be displayed or offered for sampling or sale at the market location. Vendors who offer pre-ordering are listed at [www.ALXatHome.com](http://www.ALXatHome.com). Market managers have been asked to increase the distance between vendor stands, encourage handwashing and social distancing by vendors and customers, actively discourage lines, and ensure that customers who have picked up their orders exit promptly.

## WELLBEING

# Cooking in the Age of Coronavirus

## Turning pantry staples into delicious and nutritious meals.

BY MARILYN CAMPBELL  
THE CONNECTION

**D**uring this time of social distancing, more time spent indoors and fewer trips to bare-shelf supermarkets, stocking the pantry with a food supply that's meant to last for weeks has become the new normal. No longer is dining out an option. From potato chips washed down by soda to canned tuna paired with frozen broccoli, cooking and eating food that's on hand can throw an entire household into an unhealthy culinary rut.

"This is not a snow storm that will melt in a few days. This isn't the time to eat more brownies, drink more wine and munch continually because you don't have much structure in your life," said licensed nutritionist Janet Zalman, MS, of the Zalman Nutrition Group. "You can't say, 'I'm going to go back to eating healthy when this pandemic is over,' because we don't know how long it's going to last. Eating healthy and keeping our bodies healthy can make a difference in a crisis, especially for preexisting health conditions like heart disease, obesity and diabetes."

With a little creativity, it's possible to turn pantry staples into healthy, but savory dishes that can be soul-soothing during this time of heightened anxiety, says Terri Carr of Terri's Table in Potomac. "Stews, chilies and soups [made with] ground meats, potatoes, canned beans and tomatoes and stock or broth cooking in a slow cooker or on the stovetop for a couple of hours release aromas that are inviting and comforting," she said. "Pasta dishes can be very diverse depending upon what ingredients you have available. They don't have to be limited to typical pasta sauces. Adding lots of onions, a bit of garlic, parmesan and even greens at the end of cooking the pasta can be very tasty and healthy."

The right mixture of herbs and seasonings can turn ho-hum meals into flavorful powerhouses. "Pesto is a terrific change and several types of pesto are easily available at grocery stores," said Carr. "I add leftover chicken to pasta dishes to provide protein and use up leftovers. Adding sundried tomatoes gives a



PHOTOS BY TERRI CARR

**A pantry stocked with a carefully planned array of staples can keep meals healthy and interesting.**

big flavor boost in pasta dishes."

Even with the limited availability of some foods, it's still possible to find key ingredients to stock a healthy pantry. "Whole-grain pasta such as brown rice or buckwheat is a complete protein and you can add beans and vegetables on top of that for a complete protein ... option," said Teri Cochrane, author of *The Wildatarian Diet* —Living as Nature Intended, and founder of the Global Sustainable Health Institute. "Dried beans or canned, organic beans are very cost-effective. You can get a bag of dried beans for less than two dollars. You can sauté frozen vegetables and when you pair that with brown or wild rice you can have a full protein meal for almost pennies per person."

"There are no frozen vegetables right now, but fresh vegetables are still in the supermarket," said Zalman. "You can wash them with soap and water."

From savory to sweet, ideas for preparing that produce abound, says Zalman. "You can roast carrots," she said. "Apples are around. You can make baked apples if you want something sweet. Have it with yogurt or ice cream or almond milk and you have a dessert."

**"If you want turkey burgers, but don't have turkey use canned salmon and make a salmon burger. It's delicious, inexpensive and healthy."**

— Janet Zalman,  
Zalman Nutrition Group

SEE WELLBEING, PAGE 14

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Be a part of our **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, glimpse 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.

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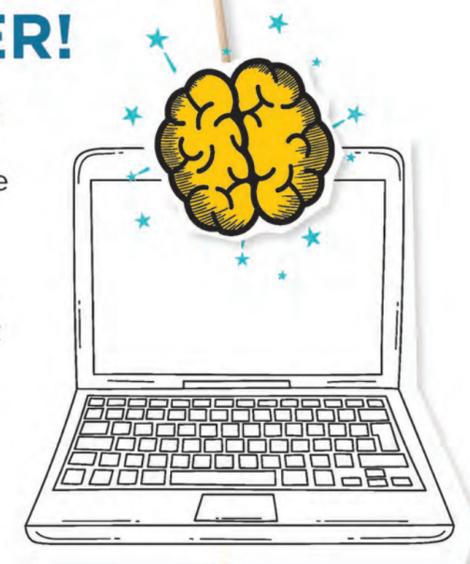


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## BULLETIN BOARD

Submit civic/community announcements at [Connection-Newspapers.com/Calendar](http://Connection-Newspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

### GOVERNOR ORDERS STAY-AT-HOME ORDER

Governor Ralph Northam issued a statewide Stay-at-Home Order this week to protect the health and safety of Virginians and mitigate the spread of the novel coronavirus, or COVID-19. The executive order takes effect immediately and will remain in place until June 10, 2020, unless amended or rescinded by a further executive order. The order directs all Virginians to stay home except in extremely limited circumstances. Individuals may leave their residence for allowable travel, including to seek medical attention, work, care for family or household members, obtain goods and services like groceries, prescriptions, and others as outlined in Executive Order 53, and engage in outdoor activity with strict social distancing requirements. The executive order also directs all Virginia institutions of higher education to stop in-person classes and instruction. Private campgrounds must close for short-term stays, and beaches will be closed statewide except for fishing and exercise.

### GOVERNOR ORDERS STATEWIDE CLOSURES

Governor Ralph Northam last week issued a statewide order to protect the health and safety of Virginians and reduce the spread of the novel coronavirus, or COVID-19. Executive Order 53 orders the closure of certain non-essential businesses, bans all gatherings of more than 10 people, and closes all K-12 schools for the remainder of the academic year. This order went into effect at 11:59 p.m. on Tuesday, March 24, 2020 and will remain in place until 11:59 p.m. on Thursday, April 23, 2020.

**Public Gatherings** -- All gatherings of more than 10 people are banned statewide, beginning at 11:59 p.m. on Tuesday, March 24, 2020. This does not include gatherings that involve the provision of health care or medical services, access to essential services for low-income residents, such as food banks; operations of the media; law enforcement agencies; or operations of government.

**K-12 Schools** -- All schools will remain closed through the end of this academic year. The Virginia Department of

Education (VDOE) will issue guidance to help divisions execute plans to continue instruction, while ensuring students are served equitably, regardless of income level, access to technology, English learner status, or special needs.

**Recreation and Entertainment Businesses** -- The following recreation and entertainment businesses are considered non-essential and must close to the public beginning at 11:59 p.m. on Tuesday, March 24, 2020:

- Theaters, performing arts centers, concert venues, museums, and other indoor entertainment centers;
- Fitness centers, gymnasiums, recreation centers, indoor sports facilities, indoor exercise facilities;
- Beauty salons, barber shops, spas, massage parlors, tanning salons, tattoo shops, and any other location where personal care or personal grooming services are performed that would not allow compliance with social distancing guidelines to remain six feet apart;
- Racetracks and historic horse racing facilities;
- Bowling alleys, skating rinks, arcades, amusement parks, trampoline parks, fairs, arts and craft facilities, aquariums, zoos, escape rooms, indoor shooting ranges, public and private social clubs, and all other places of indoor public amusement.

**Dining and On-Site Alcohol Establishments** -- All dining and congregation areas in the following establishments must close to the public beginning at 11:59 p.m. on Tuesday, March 24, 2020. These establishments may continue to offer delivery and/or takeout services. Establishments include:

- Restaurants;
- Dining establishments;
- Food courts;
- Farmers markets;
- Breweries;
- Microbreweries;
- Distilleries;
- Wineries; and
- Tasting rooms.

**Retail Businesses** -- The following retail businesses are considered essential and may remain open during normal business hours:

SEE BULLETIN, PAGE 14

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Cynthia and Jeremy Baskin work through the modified plank that Jeremy has nicknamed Jer's Favorite.

## Who's at the Door? It's Your Trainer

FROM PAGE 4

bands and swings forward like she is ready to fly.

One of the most difficult exercises comes up. Jeremy describes the plank as defying physics. "Forty five seconds. 30 to go. 15 to go." Jeremy pictures Donnelly on a horse holding a riding crop. "If you don't make it, you get a taste," he laughs.

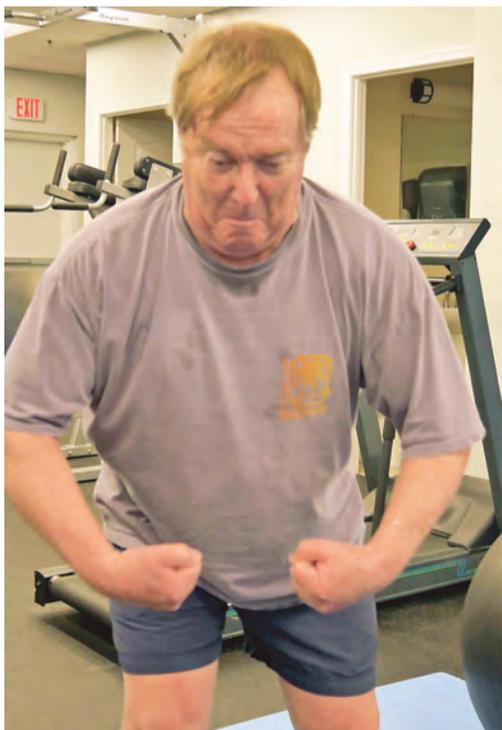
Jeremy says let's do the one I like the best. It's sort of a modified plank. "We call it Jer's Favorite." Turns out Jeremy has given nicknames to a number of the exercises. They stretch out face down on mats side by side with arms lifting their bodies and legs stretched in back on tiptoes. "O.K. 40 seconds. 30 to go. 3-2-1" and a sigh of relief. Cynthia says, "I feel that one all over my body."

"Oh, let's do this one," Donnelly says as she places two large pink balls in front of the mirror in the

gym. O.K. sit on the ball. Let's do it for 40 seconds." She gives Cynthia and Jeremy each a smaller ball to squeeze between their knees. "What I love is that the large ball is unstable so they engage their core. The small ball is working their interior muscles and notice they are on tiptoes so it takes more."

She says this is harder than it looks. "I have one 82-year-old woman and just staying upright on the ball is a challenge." But she continues, "It doesn't take long for your body to learn muscle memory from when you were younger."

Although Cynthia and Jeremy do the same basic exercises, Donnelly adjusts it for each depending on specific health concerns. Cynthia has had two knee surgeries so Donnelly is careful not to do exercises that put stress on her knees, a little more careful with things like the curtsy. Donnelly says what's fun is that they do this together.



Cynthia and Jeremy balance on large balls. "It's harder than you think."

PHOTOS BY  
SHIRLEY RUHE  
ALEXANDRIA GAZETTE

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## APPETITE

# Restaurant Owners, Managers Speak About Covid-19 Impacts

BY HOPE NELSON

These are uncertain, unprecedented times for the community – and the economy. And in this age of social distancing and stay-at-home orders, the restaurant industry has been forced to pivot, then pivot again, according to the city's needs and the state's orders. Rather than report on the latest status of eateries in town, we at "Appetite" thought it might be a better course to let the restaurant managers and owners speak for themselves. Below you'll hear their thoughts about what's happened, what's to come and how the community can take part.

### Jeni Britton Bauer, Founder, Jeni's Splendid Ice Creams:

"It's been extremely challenging. The safety of our employees, customers, and communities is our top priority, and we've made the switch to only offering local delivery from our shops to help prevent the spread of COVID-19. We're so grateful for the support we're continuing to receive from the community – every single order helps us to pay our team."

### Ian McGrath & Teddy Kim, co-owners The People's Drug, Chop Shop Taco, King's Ransom and The Handover:

"It became clear basically overnight that our revenue was absolutely slammed to a halt. We've really concentrated on smaller, more one-of-a-kind places that emphasize personal connections, and before this we never placed much emphasis on takeout. We ba-

sically turned to our senior team members at each place and said, 'If you are into it, you are free to run this as a mom and pop right now, and see what you can come up with. Just tell us what we can do to support you.' What's been amazing is to see what they've managed to come up with, through their talent, creativity, and ridiculously hard work. They've succeeded in making something that still serves the community, and they seem to be gaining the sort of traction that we hope will enable us to support the rest of our team and have a place to return to as things regain some normalcy down the road."

### Rob Krupicka, owner of Elizabeth's Counter:

"Every day is like the first day of business. You don't know what sales will be (they keep changing). You try new things every day (products, specials, food delivery services, etc.). You don't know how much staff you will need or if they will show up. We want to give all we can to serve our customers and we keep trying. We are not 'give up' types of people. But this is hard. It's very hard. On top of the pressure of an ever-changing market, we have to essentially renegotiate with our landlords, vendors, utilities and seek out federal assistance all at the same time. We are finding a way. I'm in awe of our staff, the community and our customers. They keep us going."

### Trae Lamond, owner of Chadwicks (via Instagram):

"To our Chadwicks community: it's because of you

SEE SPEAK ABOUT, PAGE 12



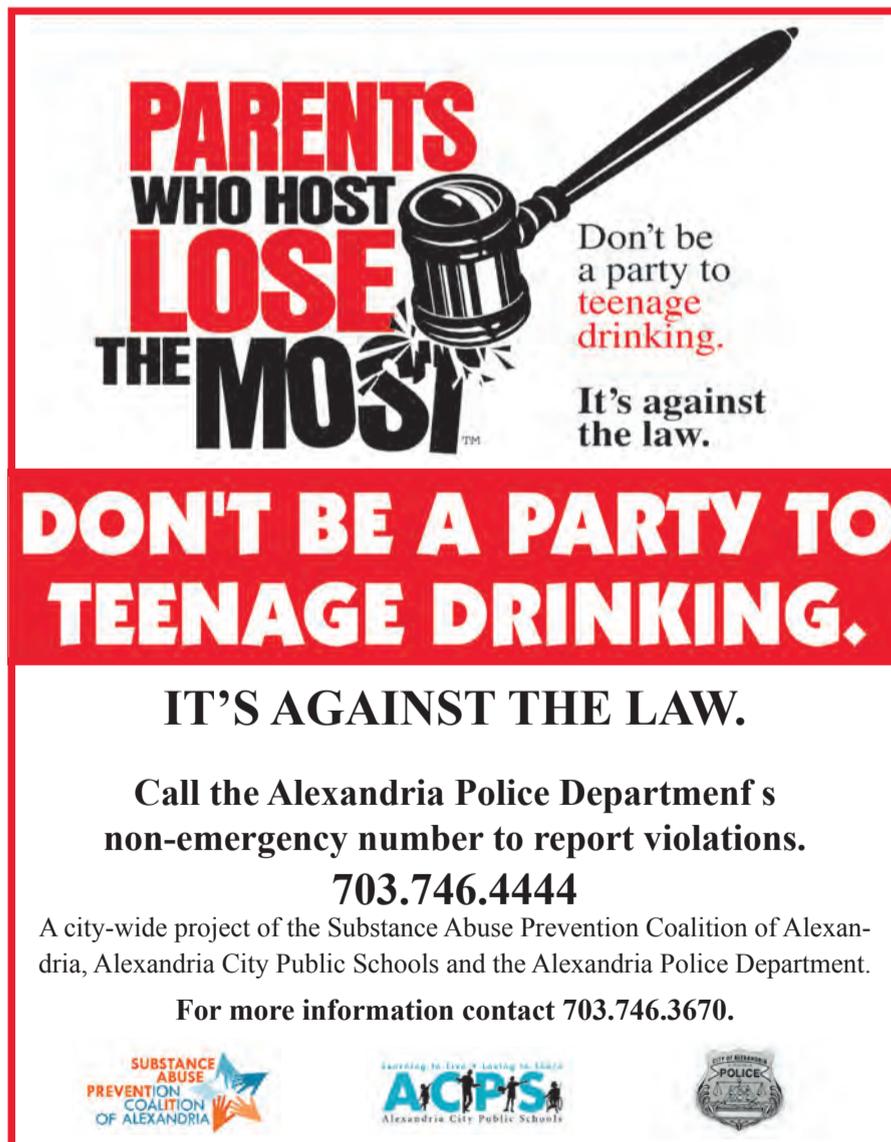

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PHOTOS BY JANET BARNETT/CAZETTE PACKET

Seniors from St. Stephen's & St. Agnes gather March 30 while practicing social distancing.

# Social While Distancing

FROM PAGE 1

March 30 as week three of the school closure began. "By the end of this week, we will be able to share more specific details of our extended continuity of learning plans effective after April 13 since our school buildings will remain closed throughout the academic year."

ACPS is providing free breakfast and lunch for any ACPS student or their family at five sites across the city, including three pop-up mobile sites and two new "grab and go" meal locations: Community Lodgings, 607 Notabene Drive; and Old Towne West Apartments parking lot, 500 S. Alfred St. Details can be

found at the ACPS website.

A group of high school seniors from Saint Stephen's & St. Agnes got together March 30 in a parking lot to enjoy the outdoors but also practice social distancing.

"Our hope is to have graduation," said SSSA senior Liliana Dowling. "We don't have classes but are trying to stay connected as much as we can as a senior class."

The Alexandria Rotary Club has been conducting its weekly meetings via the web conferencing app Zoom.

"I think the consensus is that our virtual Rotary meetings have gone very well," said club president Sharon Meisel. "This is going to be a

great way to stay connected and to keep our work on-going for however long we need to."

Northam's Executive Order of March 30 included a stay-at-home provision that is in effect through June 10 that prohibits any public gatherings of more than 10 people.

"Please, give us some grace and know that soon we will move into a routine where things will be more constant and predictable," Hutchings said in his March 31 video update. "Our team is working hard across t

he division to make sure our kids get an engaging education through the end of the school year and beyond."

## Speak About Covid-19 Impacts

FROM PAGE 12

that our glass is feeling half full – your curbside pickup, delivery orders and gift card buys mean the world, and you're helping this small business stay in business. With your continued support, our entire team will be here for you for years to come. We can't wait to have you back here at Chadwicks, and until then we'll see you curbside or on your front porch. Don't give up the ship! #chadwickslovesyou"

**Alex Taylor, Beverage Director at King's Ransom / General Manager at The Handover:**

"Times are challenging and unprecedented. With periods of uncertainty, our species tend to congregate together for support, discussion, escapism. This is the environment that we normally create and enjoy cultivating. However, this opportunity has been removed. Thus we scramble to find ways to help our neighbors and

visitors cope. That is where the challenge exists. While we cannot be there physically for them, we can still be the facilitators of hospitality and keep up our spirits for them in the hope that the only thing infectious is our smile and demeanor."

*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.*

Legals

Legals

### NOTICE OF PUBLIC HEARING

#### ALEXANDRIA RENEW ENTERPRISES CITY OF ALEXANDRIA, VIRGINIA

Notice is hereby given pursuant to Sections 15.2-2204 and 15.2-1903 of the Code of Virginia, as amended, that the Board of Directors of the City of Alexandria, Virginia Sanitation Authority, d/b/a Alexandria Renew Enterprises ("AlexRenew") will hold an electronic Public Hearing, pursuant to City of Alexandria Ordinance No. 5273, on April 15, 2020, to consider adoption of a resolution concerning the following public project:

The RiverRenew Tunnel System Combined Sewer Remediation Project ("RiverRenew"), which is for the purpose of construction and installation of new sewer infrastructure intended to reduce discharges of combined sewage to the Potomac River, Hooffs Run, and Hunting Creek. Completion of RiverRenew is critical to ensure the City of Alexandria meets discharge reductions as mandated by the General Assembly by July 1, 2025. As part of the RiverRenew project, AlexRenew shall construct infrastructure designed to control discharges from Outfalls 003 and 004, and convey flows to the AlexRenew Water Resource Recovery Facility (the "Hooffs Run Diversion Sewer").

The resolution shall affirm the critical nature of the RiverRenew project, and authorize and direct the acquisition, whether by purchase or via condemnation pursuant to Sections 15.2-5114(6), 25.1-200 et. seq., and 25.1-300 et. seq., of the Code of Virginia, as amended, of rights in lands of those easements determined to be required for the construction of the Hooffs Run Diversion Sewer.

The real property affected by the proposed easements is identified as Tax Map No. 073.02-08-09, owned by AVR Alexandria Old Town Hotel LLC, located at 1460 Duke Street, in Alexandria, Virginia.

A copy of the resolution and related materials is available upon request.

All interested parties are invited to remotely attend via video and telephone conference to express their views with respect to the proposed resolution, and may be heard by the Board during the Public Hearing, which will be held electronically on April 15, 2020 at 9:30AM EST via online video conferencing and telephone conferencing.

Individuals interested in observing or providing public comment may do so by emailing [lorna.huff@alexrenew.com](mailto:lorna.huff@alexrenew.com) and requesting a link to the electronic hearing. Shortly before 9:30AM EST, on the date of the electronic hearing, an email will be sent to all requesting parties for participation. Please note that pursuant to City of Alexandria Ordinance No. 5273, and in light of the ongoing COVID-19 pandemic, this meeting shall be closed to in-person participation by the public.

Members of the public wishing to submit written comments in advance of the hearing may do so via an email to [lorna.huff@alexrenew.com](mailto:lorna.huff@alexrenew.com), or by mail to:

Public Comment for April 15, 2020 Board Hearing  
Attn: Lorna Huff  
Alexandria Renew Enterprises  
1800 Limerick Street  
Alexandria, VA 22314

Any questions related to this hearing should be addressed to:

Lorna Huff  
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## Cancer in a Pandemic



By KENNETH B. LOURIE

So far as I can tell, I'm being treated as per usual. Meaning, treatment for my recently diagnosed thyroid cancer is on track. On track meaning multiple hospital visits at two health care facilities (some even on the same day) over five consecutive days to include four radioiodine injections, pre-and post-treatment CT scans, lab work, miscellaneous other medical appointments and a low iodine diet to boot spread out over a nearly six-week interval including one over-night at the hospital.

To say I'm looking forward to the experience would be naive. To say I'm looking forward to killing the remaining thyroid cancer in my body would be more accurate. The thyroidectomy I had in late January was very successful but approximately 15 percent of the cancer remains, embedded under my collarbone and elsewhere. Consequently, treatment of my pre-existing/underlying stage IV non small cell lung cancer will be further delayed while we address the thyroid cancer which the surgeon was unable to remove. And now that I have my schedule, as of March 27, I now know when and where and how the process will play out.

One potential major complication: the coronavirus pandemic. Given the screening questions I have been asked of late when calling for medical information, if I am unlucky and somehow become infected or come in contact with someone who has been diagnosed or travel/have traveled to an area of the country/world particularly hard hit, I am guessing my treatment stops/never gets started. And not to be too paranoid about something which hasn't even happened yet but, I'd just as soon not become another statistic and/or not get my cancer treatment and allow my two types of cancer to live on without any checks or balances. (Generally speaking, if the cancer is left alone, it likely won't spontaneously go into remission. Quite the opposite in fact and therein lies my fear of having 'cancer in a pandemic.')

I imagine that at any time over the next six weeks, a hundred things could change that could adversely affect my treatment/schedule, many of which are beyond my control. And not that I'm a controlling person, but when it comes to medical treatment that might actually be saving/extending my life, I do become a bit preoccupied. And if push does come to shove, so to speak, there's not much that I can say or do about circumstances (staffing issues, medicine shortages, reduced hours, increase in patients, etc.) which might affect the availability of health care. As a cancer patient, you 'd like to have a little predictability given that your normal routine is hardly what you anticipated. However, none of us anticipated a pandemic and now all us patients are waiting for chips to fall and wondering/hoping our names will be on the treatment list.

Unfortunately, cancer treatment is not hit or miss. It mostly needs to hit. And if some of the hits can't happen when protocol says it should, there is reason to be afraid. But being afraid now, before any of these pandemic-related complications have even occurred is a waste of time, energy and emotional wherewithal. I don't need to worry yet. If any of these worse-case scenarios do happen, there will be plenty of time to worry later. At the moment, I'm scheduled, I'm not sick and I'm able to social-distance, self-isolate and shelter-in-place until further notice.

I just wish 'further notice' wasn't a month from now. So much can happen to so many at so many places, most of which I can't prevent. And yet, if these happenings are not prevented, it's possible the powers that most likely will inform me that circumstances have overtaken their plans and my treatment will have to be delayed. I'm so close. Thirty days however is an eternity for a cancer patient. Somehow, I have to stop watching the calendar. I have to watch my "ps" and "qs" instead and avoid any unnecessary social interactions. I'd like to think that come the end of April, I'll be ready, willing and available. I just hope that I can say the same thing about the medical professionals and hospitals where I'll be getting treatment.

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

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## WELLBEING

### Cooking in the Age of Coronavirus

FROM PAGE 7

Instead of reaching for a bag of potato chips, Zalman suggest slicing and baking sweet potatoes that have been brushed with oil and sprinkled with a dash of salt. "You can make popcorn on the stove and add herbs, a drop of salt unless you have high blood pressure," she said.

When the butcher section of the grocery store is low on meat, it's time to think inside the can. "If you want turkey burgers, but don't have turkey use canned salmon and make a salmon burger," said Zalman. "It's delicious inexpensive and healthy. "If you have kids you can make casseroles like a tuna casserole or a salmon casserole."

In fact, healthy cooking is a way to spend the extra family time we're given. "A good way to get families together in the kitchen is [making] things from scratch such as soups and breads or treats," said Cochrane.

### BULLETIN BOARD

FROM PAGE 7

Grocery stores, pharmacies, and other retailers that sell food and beverage products or pharmacy products, including dollar stores, and department stores with grocery or pharmacy operations;

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To promote social distancing during the COVID-19 coronavirus pandemic, all City of Alexandria facilities are now either closed to the public or open by appointment only, until further notice. Customers may call 311 or 703-746-4311 to request in-person information or service. If the request cannot be resolved over the phone or online, the customer will be accommodated in person if possible.

All City recreation, nature and art centers; museums and indoor historic sites; and library branches are closed to the public. All other facilities, including City Hall, are open by appointment only. More information on closures, cancellations and other operational changes can be found at alexandriava.gov/Coronavirus.

Residents, businesses, and visitors who need to access City services may use alternate means in order to complete necessary transactions, including the following examples:

Over 175 City services are available through Alex311 on the web at alexandriava.gov/Alex311; via the Alex311 app for iOS or Android; at @AlexandriaVA311 on Facebook or Twitter; or by calling 311 or 703.746.4311, weekdays from 7 a.m. to 7 p.m. and Saturdays from 8 a.m. to noon. Voicemail is available after hours and during heavy call volume, and messages will be returned in a timely fashion.

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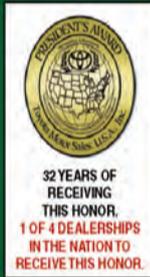
CHECK ENGINE LIGHT DIAGNOSIS **NO CHARGE** INITIAL DIAGNOSIS

WE WILL RETRIEVE VEHICLE CODES & GIVE YOU AN ESTIMATE OF REPAIR COSTS.



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**ALEXANDRIA TOYOTA**



**SAFETY FIRST ALWAYS!**  
Have Your Vehicle Checked for Open Campaigns/Recalls  
Recall Hotline: 703-684-0710

**SERVICE & PARTS DEPT HOURS:**  
Monday - Friday, 6:00am to 7:00pm  
Saturday, 7:00am to 5:00pm

**YOU HAVE SATURDAY OFF. THAT'S EXACTLY WHY WE DON'T!**

**ToyotaCare Customers**  
Don't Forget Your **FREE** Service.  
5,000 • 10,000 • 15,000 • 20,000 • 25,000  
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Call your ASM for details  
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Covers up to 4 years/45,000 miles

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**ALIGNMENT SPECIAL**  
**\$69<sup>95</sup>**

Your car's alignment suffers, and can cause uneven tire wear and steering problems.  
**INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

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**SIGHT LINE WIPER BLADES**  
**BUY 1 GET 1 FREE**  
Sight Line only.

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**FREE BATTERY CHECK-UP**  
Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

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**BRAKE SPECIAL**  
**\$79<sup>95</sup>**

**Includes:** Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.  
**MACHINE ROTORS ADDITIONAL.**

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**BG VITAL FLUID SERVICE**  
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**OIL & FILTER CHANGE**

**\$24<sup>95</sup>**

NON-SYNTHETIC

**\$34<sup>95</sup>**

SYNTHETIC

**Includes:** Genuine Toyota oil filter, up to 5 qts of conventional oil\*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

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**NEW HOURS SPECIAL!**  
**DROP OFF YOUR VEHICLE BETWEEN 6AM & 7AM**  
**WITH A SCHEDULED APPOINTMENT & RECEIVE**  
**12% OFF ANY ONE REPAIR.**

MAXIMUM DISCOUNT, \$150  
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Jack Taylor's  
**ALEXANDRIA TOYOTA**

**TRUESTART™ BATTERIES**



**\$129<sup>95</sup>**

**INCLUDES BATTERY INSTALLATION**  
**Includes:** 84 month warranty, 24 month free replacement, 24 month free roadside assistance.  
Does not apply to hybrid batteries.

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CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**

McEneaney Associates has always had one motto in mind... not to be the biggest, but the best. This year marks our 40th year in Alexandria, and we are celebrating our investment in helping to build our town into the thriving community it is today. To learn more about our Associates and our firm, visit [www.WeAreAlexandria.com](http://www.WeAreAlexandria.com)

#WeAreAlexandria



**Quaker Hill | \$1,067,000**

Exceptional spacious and stylishly updated 3-level, 4-bedroom, 3.5-bath colonial with front porch view of community lake. Inviting updated kitchen with island opens to bright family room with gas fireplace. Elegant master suite. Finished 2-level garage/studio space.

**Susan Sarcone 703.795.6772**  
[www.SarconeSchneider.com](http://www.SarconeSchneider.com)



**Clover | \$979,000**

Absolutely charming at every turn! This 3-bedroom, 2.5-bath home offers a wonderful sized living room, formal dining room, family room with fireplace, office/sitting room, and a bright kitchen. Spacious bedrooms including one on the main level. Large lot with patio.

**Tracy Dunn 571.212.3658**  
[www.tracybdunn.com](http://www.tracybdunn.com)



**Cedar Knoll | \$870,000**

This gorgeous 3-level, 4-bedroom, 2.5-bath Colonial offers open and abundant space for entertaining, as well as relaxing and unwinding. The tranquil back yard and serene surroundings promise to provide much enjoyment in the coming summer months!

**Sandy McMaster 571.259.2673**  
[www.McMasterRealEstate.com](http://www.McMasterRealEstate.com)



**Stratford Landing | \$825,000**

This beautifully designed, expansive, 5-bedroom, 3.5-bath Craftsman boasts large, airy rooms throughout, high ceilings, and gleaming hardwood floors. Thoughtfully manicured yard, with a front porch and a back deck and flagstone patio. Move-in ready!

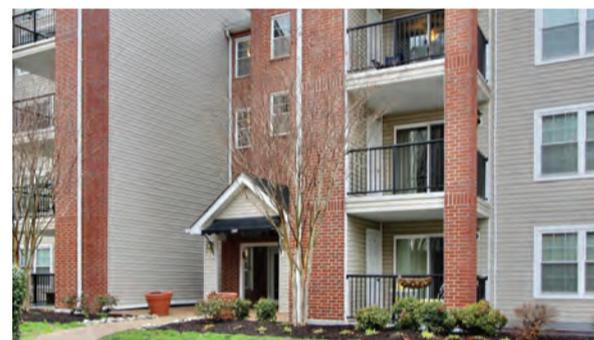
**Tracy Dunn 571.212.3658**  
[www.tracybdunn.com](http://www.tracybdunn.com)



**Cameron Station | \$349,000**

Ground floor unit – No stairs/elevator needed. All new appliances, granite counter tops, and lighting. Freshly painted and floors refinished. Bathroom was recently remodeled. Close to shopping, Metro, & Amazon HQ2. Everything you are looking for in one place!

**Ross Hunt 703.403.2959**  
[www.RossHuntRealtor.com](http://www.RossHuntRealtor.com)



**Pointe at Park Center | \$239,000**

Beautiful, light-filled condo in fantastic location! Gleaming hardwoods throughout. Tons of cabinet space and a breakfast bar. Large bedroom has walk-in closet with built-in shelving. Updated full bath with huge shower stall. In-unit washer/dryer! Lovely patio.

**Kim Peele & Hope Peele 703.244.6115**  
[www.ThePeeleGroup.biz](http://www.ThePeeleGroup.biz)



**Fairfax City | \$959,900**

Luxury colonial with two-car garage in the convenient location. 5,000+ finished SF on 3 levels with 5 bedrooms upstairs, 4.5 remodeled baths. Stunning kitchen opens to amazing family room with a wall of windows overlooking the private garden & stone patio.

**Catherine Davidson 703.201.1998**  
[www.cmdrealty.net](http://www.cmdrealty.net)



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