



Canada's Andre de Grasse, center, races for the gold medal ahead of Americans Kenneth Bednarek, left and Noah Lyles.



Principal Pete Balas, left, with Noah Lyles' mother Keisha Cain Bishop at the Aug. 2 Tokyo Olympics watch party at Alexandria City High School.



Alexandria's Noah Lyles wraps himself in the U.S. flag following his bronze medal run of 19.74 seconds in the men's 200-meter final Aug. 4 at the Tokyo Olympics.

## Noah Lyles Takes Bronze

Chance for gold in 4x100m final Aug. 6

BY JEANNE THEISMANN  
GAZETTE PACKET

Alexandria's Noah Lyles, one of the most talked up to the Tokyo Olympic Games, left the world's biggest athletic stage with a bronze medal in the men's 200-meter final Aug. 4 at the Olympic Stadium in Tokyo.

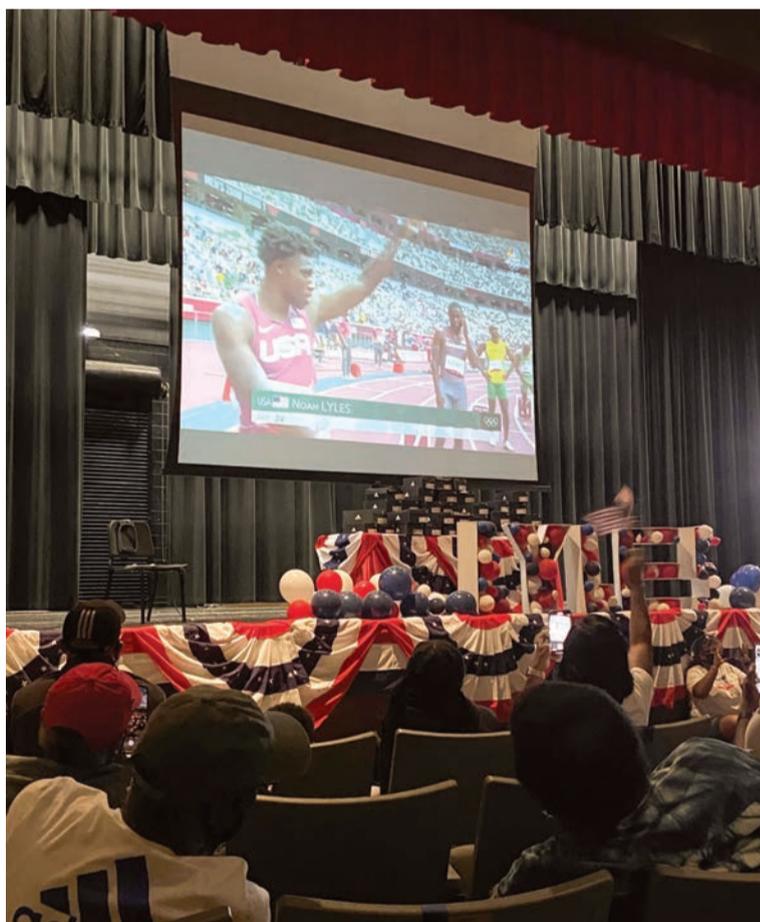
"I've dreamed of being on this track for five long years," Lyles said after his semifinal heat Aug. 3.

Canada's Andre de Grasse took home the men's gold medal with a personal best 19.62 seconds. Lyles' USA teammate Kenneth Bednarek took silver in 19.68, also a personal best, with Lyles finishing in 19.74.

Lyles was seen as a contender for 200-meter gold following Usain Bolt's retirement in 2017. Bolt's world record in the 200 meter was set in 2009 at 19.19 seconds. Lyles missed a spot on the 2016 Olympic team by six-hundredths of a second.

Before coming to the Olympics, Lyles won two world championship gold medals in 2016 for the 200m and 4x100m. He most recently won two world championship gold medals for the 200m and 4x100m relay in 2019. His fastest time in the 200m was 19.50 seconds in 2019, making him the fourth-fastest man in the world in the 200m.

Lyles was a high school stand-out at what was then T.C. Williams High School, where he graduated in 2016. His younger brother Josephus, also a professional sprinter, joined their mother Keisha Cain



A crowd watches Noah Lyles on a big screen as he takes to the starting line of the 200m qualifying heat Aug. 2 at the Tokyo Olympics watch party at Alexandria City High School.

**"I've dreamed of being on this track for five long years."**

— Noah Lyles after his 200m semifinal heat.

Bishop at Alexandria City High School Aug. 2 where the Lyles Brothers Sports Foundation sponsored a watch party to cheer on Lyles

during his qualifying 200m heat. Lyles still has a chance for a gold medal Aug. 6 when he is expected to run in the men's 4x100m final.



Josephus Lyles poses for photos during the Aug. 2 Tokyo Olympics watch party for his brother Noah at Alexandria City High School.



Noah Lyles' mother and brother, Keisha Cain Bishop and Josephus Lyles, center, watch Noah Lyles run his 200m qualifying heat during a Tokyo Olympics watch party Aug. 2 at Alexandria City High School.

PHOTOS BY  
JEANNE  
THEISMANN  
GAZETTE PACKET



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## Spending Spree General Assembly returns to Richmond to appropriate federal stimulus cash.

BY MICHAEL LEE POPE  
GAZETTE PACKET

In the 1985 hit movie “Brewster’s Millions,” Richard Pryor is given the task of spending \$30 million in 30 days. Hijinks ensue. In some ways, that’s also the plot of the General Assembly session this week. But the stakes are bigger, and the jokes aren’t as funny.

Lawmakers are working their way through appropriating \$4.3 billion of stimulus cash from the American Rescue Plan. Most of the money was already earmarked before lawmakers arrived in town as Gov. Ralph Northam made a series of announcements outlining his priorities. Each of those announcements indicated a tacit agreement between House Democrats and Senate Democrats and the governor’s office.

The biggest item on the list of spending items is a huge infusion of cash into the Unemployment Insurance Trust Fund, pumping \$862 million into the fund in an effort to prevent tax increases on businesses in 2022. Because the trust fund is usually replenished by taxes levied on business, they would have been on the hook for restoring it. But the infusion of cash from Uncle Sam means taxes won’t go up for business owners.

“Shoring up the commonwealth’s unemployment insurance trust fund is a smart investment that will prevent Virginia businesses from paying higher taxes and allow our economy to continue surging,” said Northam in a written statement announcing the proposal. “Together with the General Assembly, we are taking important steps to ensure Virginia remains a place where businesses, workers, and families can all thrive.”

The proposal was viewed by some critics as a gift to big business at a time when many people are struggling to make ends meet, yet



Senate Finance and Appropriations Chairwoman Janet Howell oversaw the massive spending bill in the Senate, where senators appropriated more than \$4 billion in federal stimulus money.

back because you’re dealing with a situation where you have someone who’s not paying rent. That’s not a healthy situation if you’re a landlord.”

Most Democrats don’t share that view.

“This should not be used as an opportunity to get rid of anyone,” said Del. Cia Price (D-95). “Get your money, and then let’s move forward.”

Republicans tried and failed to make several amendments to the spending plan, offering a number of potential changes as the spending bills moved through the House and Senate. One of the Republican amendments was introduced by Del. Jason Miyares (R-82), who is also on the ballot for attorney general this fall. He introduced a budget amendment that would have given the attorney general authority to prosecute straw purchases of firearms.

“If you want to lower gun violence in Virginia, where well north of 80 percent of crime is done by repeat offenders, you get the repeat offenders off the streets,” said Miyares. “You go after those who are trying to traffic and buy guns illegally and you put them behind bars and off our streets.”

That amendment, along with every other proposal from House Republicans, was defeated by the Democratic majority. Many Democrats said that it was noteworthy that Miyares voted against all the gun-violence prevention measures last year but now wants to use the special session to crack down on straw purchases. Some questioned the need for creating new authority for the attorney general and the timing of the proposal.

“If Delegate Miyares wants to use the budget and this session as an opportunity to film a campaign commercial, it’s certainly his prerogative. He wouldn’t be the first one to do it,” said Del. Marcus Simon (D-53). “As far as I know this has not been an issue that is under-prosecuted or people get away with anything here.”

another sign of how the new Democratic majority in the House and Senate are often business friendly to the detriment of working families. Some people said the dollar amount set aside to help business

analyst at the Commonwealth Institute for Fiscal Analysis. “There are trade offs involved and there are differences in terms of timing of when certain benefits would really affect whoever would be impacted by the proposal.”

Lawmakers are also spending \$700 million to expand access to broadband internet; \$312 million to improve HVAC systems in public schools; \$250 million for Rebuild Virginia grants to help small businesses; \$125 million to modernize sewer systems that dump raw sewage into rivers and streams (including the one in Alexandria); \$20 million for bonuses to law enforcement officers; \$10 million for food banks; and \$10 million for substance abuse treatment services.

“With so many competing interests, the balancing act is never

easy,” said Sen. Janet Howell (D-32), who is chairwoman of the Senate Finance and Appropriations Committee.

The appropriations bill also allows lawmakers an opportunity to set some new policies as budget language, creating a new requirement for landlords to apply for rental assistance from the Virginia Rent Relief Program before evicting anyone. Sen. Chap Petersen (D-34) tried to create an exemption for small-scale landlords who have a handful of properties. When asked about his budget amendment, Petersen said landlords should not be forced to apply for rental assistance.

“You seem to think that applying to the federal government is no fuss no muss, and they’ll just open up your application and write you a check that day. It doesn’t work that way,” said Petersen. “The landlord oftentimes wants the property

**“With so many competing interests, the balancing act is never easy.”**

— Sen. Janet Howell (D-32),  
chairwoman of the Senate Finance  
and Appropriations Committee

owners next year could have been better spent by helping people in need now.

“That’s the kind of thing that we think should be balanced against some of the immediate needs,” said Chris Wodicka, senior policy

substantial or high COVID-19 community transmission wear masks in indoor public settings, regardless of vaccination status. Alexandria is currently within the threshold of 50 to 99 new cases per 100,000 residents in the past seven days and is in a state of substantial transmission. Alexandria’s current rate is 62.73 per 100,000 residents. Loudoun, Arlington and Prince William counties are

also considered communities of substantial transmission.

### ALEXANDRIA LIBRARY REQUIRES MASKS

Beginning Friday, July 30, Alexandria Library will require all persons regardless of vaccination status to wear a mask in Library facilities due to a recent spike in COVID-19 cases in Alex-

andria, and its surrounding areas. Due to the City’s recent announcement of substantial COVID-19 community transmission, the Library has implemented measures to ensure the safety of its staff and patrons.

### WHAT TO EXPECT

All customers over the age of 2 are required to wear a face covering while at the Library.

SEE BULLETIN, PAGE 8

### BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar).

Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

### MASK POLICY UPDATE FOR CITY FACILITIES

Effective July 30, the City of Alexandria now requires that all visitors and employees wear masks in City facilities, whether or not they are vaccinated. This update follows new guidance from the Centers for Disease Control and Prevention (CDC) that residents in communities with

# Alexandria's Level of Transmission: Substantial

Protect yourself and those around you; updated recommendations for school and more.

Following a recent increase of cases, the City of Alexandria has been elevated to a state of substantial COVID-19 community transmission for the first time since early May.

Because Alexandria is currently in a state of substantial transmission, and is exceeding 50 new cases per 100,000 residents in the past seven days, everyone over the age of 2 should wear a mask in public indoor settings. The Centers for Disease Control and Prevention (CDC) updated their K-12 school mask recommendations in response to emerging data about the Delta variant. The CDC recommends universal indoor masking for all teachers, staff, students, and visitors to all schools.

This week, the CDC has updated guidance about precautions to take to protect yourself and others from COVID-19. The CDC has updated information for fully vaccinated people given new evidence on the B.1.617.2 (Delta) variant currently circulating in the United States. The CDC has added a recommendation for fully vaccinated people to wear a mask in public indoor settings in areas of substantial or high transmission, which includes the City of Alexandria, Arlington and Fairfax County.

Fully vaccinated people might choose to wear a mask regardless of the level of transmission, the CDC says, particularly if they are immunocompromised or at increased risk for severe disease from COVID-19, or if they have someone in their household who is immunocompromised, at increased risk of severe disease or not fully vaccinated.

Fully vaccinated people who have come into close contact with someone with suspected or confirmed COVID-19 should be tested 3-5 days after exposure, and wear a mask in public indoor settings for 14 days or until they receive a negative test result.

CDC recommends universal indoor masking for all teachers, staff, students, and visitors to schools, regardless of vaccination status.

Every Alexandrian can take precautions to help reduce the spread of COVID-19, says the City: choose outdoor gatherings over indoor gatherings, stay home and get tested when symptomatic or exposed; wear a mask



PLEASE CONTINUE TO FOLLOW THESE GUIDELINES  
POR FAVOR, CONTINÚE ACATANDO ESTAS DIRECTRICES



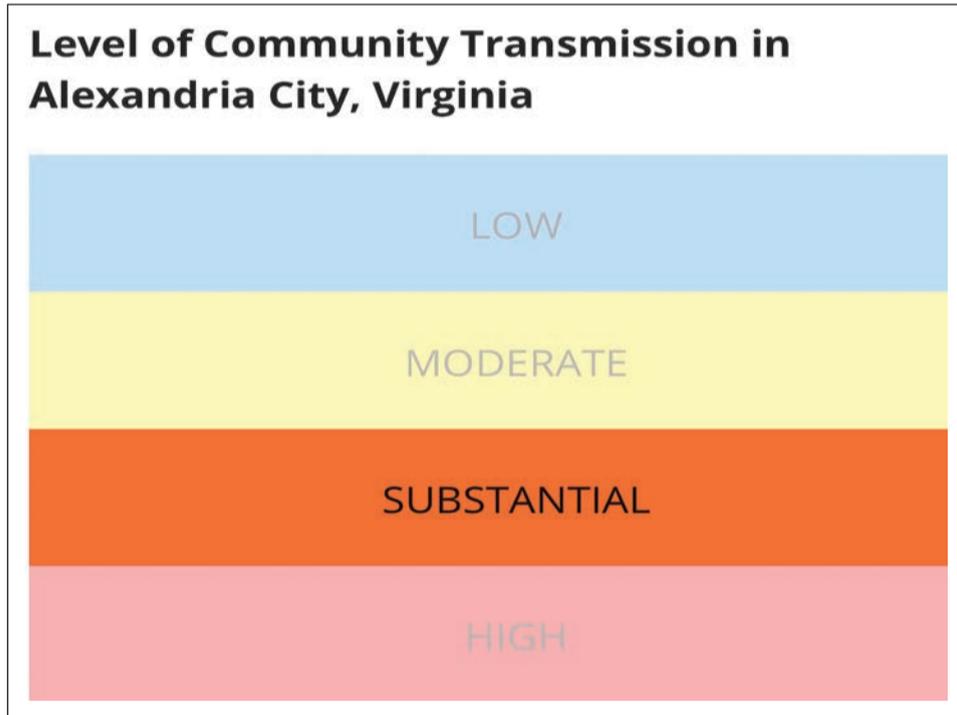
If you are sick, do not enter and get tested  
Si está enfermo, no entrar y hágase una prueba



Wash hands often  
Lávase las manos frecuentemente



All visitors and employees in City of Alexandria facilities are required to wear a mask regardless of vaccination status.



<https://covid.cdc.gov/covid-data-tracker/#county-view>

over your nose and mouth in public indoor settings, maintain at least 6 feet of distance from others, and wash your hands.

Because Alexandria is currently in a state of substantial transmission, everyone, regardless of vaccination status, should wear a mask in public indoor settings. The CDC also recommends universal indoor masking for all teachers, staff, students, and visitors to all schools.

The City of Alexandria has updated requirements for wearing masks and maintaining physical distance in City facilities per guidance from the Centers for Disease Control and Prevention (CDC):

All visitors and employees in City facilities are required to wear a mask regardless of vaccination status.

Everyone who has not been fully vaccinated is strongly encouraged to find an appointment at [vaccines.gov](https://vaccines.gov), and should continue to wear a mask and maintain 6 feet of physical distance from others while inside City buildings.

This new guidance is indicated with signs at facility entrances.

Meeting rooms, hallways and elevators will remain set up with safety measures in place to provide the option to maintain physical distance. Virtual options may be available for meetings as indicated at [alexandriava.gov/Calendar](https://alexandriava.gov/Calendar). Plexiglass partitions will remain in place until it is determined they are no longer needed.

The federal government continues to require that masks are worn when using public transportation, including on buses, trains, and airplanes.

On Aug. 3, the five Northern Virginia Health Directors issued a joint letter from the Health Directors of the City of Alexandria, as well as Arlington, Fairfax, Loudoun and Prince William counties to Northern Virginia Mayors, Chairs and Chief Administrative Officers with the recommendation that individuals wear masks while indoors in government and other public settings, regardless of vaccination status. The recommendation follows all five jurisdictions' recent upward trend in average number of daily cases and being categorized as communities of substantial transmission.

## Sales Tax Free Weekend

From Friday, Aug. 6 through Sunday, Aug. 8 in the Commonwealth of Virginia, you can purchase qualifying items, including school supplies, clothing, footwear; hurricane and emergency preparedness items; and Energy Star and WaterSense products without paying sales tax. Items include:

**School supplies, clothing, and footwear**  
Qualified school supplies  
-\$20 or less per item

Qualified clothing and footwear  
-\$100 or less per item

**Hurricane and emergency preparedness products**

Portable generators  
-\$1,000 or less per item  
Gas-powered chainsaws  
-\$350 or less per item  
Chainsaw accessories  
-\$60 or less per item  
Other specified hurricane preparedness

items -\$60 or less per item

**Energy Star and WaterSense products**

Qualifying Energy Star or WaterSense products purchased for noncommercial home or personal use - \$2,500 or less per item

For more information, visit the Department of Taxation's Sales Tax Holiday website, <https://www.tax.virginia.gov/virginia-sales-tax-holiday>

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# Friendship Firehouse Festival Returns

25th anniversary celebration to be held Aug. 7.

By JEANNE THEISMANN  
GAZETTE PACKET

Following a one-year hiatus, the Friendship Firehouse Festival returns Aug. 7 for a 25th anniversary celebration of the city's historic Firehouse Museum and firefighting history.

Held on the 100 block of S. Alfred Street, the festival will include live music, craft vendors, raffles, hands-on activities and tours of the Firehouse Museum and 19th century fire equipment.

Sponsored by the Friendship Veterans Fire Engine Association, the festival will run from 9 a.m. to 2 p.m. and celebrate Friendship's 247th year. This year's festival is being held in memory of Joe Shumard, a longtime president and board member of the association.

Food and beverages will be available and free Friendship fire helmets will be distributed to children. The Animal Welfare League of Alexandria will have dogs and cats available for adoption.

The Friendship Fire Company, established in 1774, was the first fire company in Alexandria. The Friendship Firehouse was built in 1855 and is now a museum open to the public.

[www.friendshipfireco.org](http://www.friendshipfireco.org)

This year's Friendship Firehouse Festival will be held in memory of longtime Friendship Veterans Fire Engine Association president and board member Joe Shumard. Shumard died unexpectedly in October of 2020.



ANET BARNETT/GAZETTE PACKET

The 25th anniversary of the Friendship Firehouse Festival will be held from 9 a.m. to 2 p.m. Aug. 7 on the 100 block of S. Alfred Street.

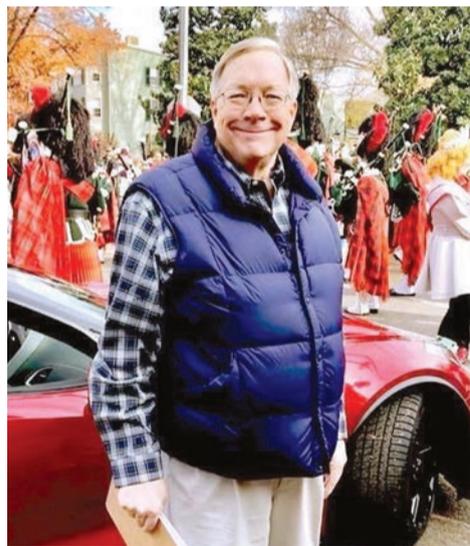


PHOTO CONTRIBUTED

# Alexandria Love Your Pet Day Returns This October with New Old Town Location

After a one-year delay due to the pandemic, the Alexandria Love Your Pet Day festival returns on Sunday, Oct. 3, in a bigger and more accessible location: Oronoco Bay Park at 100 Madison St. The popular event will take place from 11 a.m. to 3 p.m., and proceeds will go to the Animal Welfare League of Alexandria (AWLA), which is organizing the event.

"We know Alexandrians love their pets," said AWLA Executive Director Stella Hanly. "The Alexandria Love Your Pet Day Festival gives them a chance to celebrate that, by bringing together local animal-themed vendors and nonprofits as well as artisans, entertainment and more, for a fun day the whole family can enjoy — including the

pups!" Along with shopping and a variety of food and drink choices, the festival will also offer family-friendly entertainment and activities throughout the day. Musical acts Uno Dos Tres Andrés (sponsored through the generosity of the Alexandria Library) and Rainbow Rock Band will headline the main stage, magician Chris Michael and interactive training and musical demos will round out the festivities. The AWLA will offer a Family Entertainment area, with animal-focused crafts, games and, of course, adoptable animals.

Working alongside the AWLA to renew this community event are founding event

SEE ALEXANDRIA LOVE, PAGE 10

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**#ALXSidewalkSale**








## Stop To Remember Benjamin Thomas

The teenager was lynched across from Market Square on Aug. 8, 1899.

BY AUDREY DAVIS

On Sunday, Aug. 8 at Market Square, Alexandria citizens will stop and remember Benjamin Thomas who was lynched across the street from the plaza on that date in 1899. He was a Black teenager who was accused of a crime but denied his right to a fair trial. Just two years earlier, on April 23, 1897, Joseph McCoy, another young Black man, was lynched a few blocks away. Both lynching sites were close to the location of today's City Hall.

Market Square, in the heart of Old Town Alexandria, stands for everything that we are proud of in our city. Market Square is where we welcome new citizens and honor the victims of the Holocaust and Sept. 11. It is where we welcome political leaders, enjoy festivals, art shows, and our famous farmer's market. Every day at Market Square you can see the diversity that makes Alexandria a vibrant place to live and work.

Now imagine being African American living in Alexandria be-

fore the turn of the century ... You would recognize the u-shaped building known as City Hall — built in 1872 after a fire gutted the original building in 1871. It was still the hub of the city. You might have lived in one of the historic Black enclaves like Hayti, the Bottoms, the Berg, or Uptown. You and your family probably worshipped at one of Alexandria's historic Black churches, which functioned as spiritual and social refuges, places where you could speak freely.

As an African American, your life was spent navigating a system with laws that always changed for people of color. As a hub of the domestic slave trade that sentenced thousands of African American men, women, and children to a lifetime of bondage and cruelty, this city was complicit in the treatment of Black people as property whose humanity was never considered.

This did not change with the end of the Civil War. As an African American, you had little recourse if you had to challenge the white establishment. The threat of violence to you or your family was

always there. While Alexandria's documented lynchings were in 1897 and 1899, incidents of racially based hate crimes occurred throughout Virginia from shortly after the arrival of the first Africans to the present day. Today, we fight to end that legacy.

The Alexandria Community Remembrance Project (ACRP) is a city-wide initiative dedicated to helping Alexandria understand its history of racial terror hate crimes and working toward creating a welcoming community bound by equity and inclusion. Since its approval by Alexandria City Council in 2019, the ACRP has encouraged hundreds of Alexandria citizens and friends to get involved in a community-wide journey to make equity a core city value. The Alexandria Community Remembrance Project has presented multiple programs on social justice with an impressive list of speakers working in African American history and social justice. The ACRP has been acknowledged by the Equal Justice Initiative for its work toward community engagement. Alexandrians can find the first tangible result of

these committees in the new markers installed at the lynching sites of McCoy and Thomas. You can also see the presence of the initiative in the annual remembrances for both men and the inclusion of this history in Alexandria's historical narrative.

On Sunday, Aug. 8 at 7 p.m., Alexandria will host a Remembrance Ceremony at Market Square to instill hope and renewed pride in all residents.

It is the moment Alexandrians will come together as a community to remember the short life and horrific death of Benjamin Thomas and pledge to fight for equality, justice, and safety from racial terror hate crimes for every person in our community. Learn more about the lives of Benjamin Thomas and Joseph McCoy on the Alexandria Community Project website - <https://www.alexandriava.gov/historic/blackhistory/default.aspx?id=106501>

Join us in becoming part of this movement - all are welcome.

*Audrey Davis, is Director of the Alexandria Black History Museum.*

## Biden Can Do More to Keep Guns Out of Unsafe Hands

BY PAUL A. FRIEDMAN

How badly do we want to reduce gun violence in America, whether from suicides, mass shootings, domestic violence or some combination of the above?

Some people don't want to make any effort because they believe in an absolutist view of the Second Amendment in which only the final clause is relevant — "the right to keep and bear arms shall not be infringed." As late Supreme Court Justice Antonin Scalia did in the Heller decision, they dismiss the opening clause, "A well regulated Militia, being necessary to the security of a free State ..." as if it isn't there.

Others repeat a mantra that we should just enforce existing laws. Yet, that's easier said than done. For instance, according to an inquiry into public FBI records by FiveThirtyEight.com, "In an average year, almost 275,000 background checks take longer than three business days. In 2020, there were 535,786 such checks."

This year is on pace to break that record. Three business days matter because if a check isn't done in that

time, a firearms dealer may sell the gun even if the search of his records is incomplete. After the three business days, the FBI will continue to search but, if the gun has been sold, too often an insufficient effort is made to get that gun back from someone later determined to be prohibited from buying the gun.

Case in point, in 2015, the White nationalist mass murderer at Mother Emanuel AME Church in Charleston, SC bought his gun after the FBI search went beyond three days. Even though his illegal drug use record was discovered the day after he was allowed to buy his gun, no effort was made to get his gun back. Tragically, he didn't kill those nine people until about two months later.

Worse yet, the FBI may need more time to find a prohibitive record but, after 90 days, even if the search is not complete, the bureau's regulations require it to stop work and delete the background check from its computers. Once deleted, it's impossible to know how many people who have been sold guns would have been denied. That needs to change.

On April 8, President Joe Biden made a speech to the nation about

his agenda for gun violence prevention.

Unfortunately, he didn't include fixing this, or taking another powerful step to keep guns out of prohibited hands. We could require fingerprints before the sale of a gun.

In 2013, Politifact discussed this with Daniel W. Webster, director of the Johns Hopkins Center for Gun Policy and Research and a

professor at the Johns Hopkins Bloomberg School of Public Health when it was examining the case for Maryland to pass the law. Politifact reported that, "In the five states where fingerprint licensing is currently required for handgun purchases, gun death rates are among the lowest in the nation."

In fact, Maryland's law has

SEE BIDEN CAN, PAGE 7

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

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The Alexandria Gazette Packet is distributed weekly to selected homes in the City of Alexandria. Any owners or occupants of premises that do not wish to receive the paper can notify the publisher by telephone at 703-778-9426 or by email to [circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com), and the distributor will be notified to discontinue service.



## LETTERS TO THE EDITOR

### On the Deaths of MPD Officers Kyle DeFreytag and Gunther Hashida

U.S. Rep. Don Beyer (D-VA), who represents the Northern Virginia suburbs of the Nation's capital, today issued the following statement on the deaths of Metropolitan Police Department Officers Kyle DeFreytag and Gunther Hashida, both of whom reportedly died of suicide months after responding to the Jan. 6 attack on the U.S. Capitol.

"I mourn the passing of Officers DeFreytag and Hashida," said Beyer. "They, and all of the officers who defended the Capitol and our democracy on Jan. 6, are heroes and deserve our thanks. It is increasingly clear that many of those who put their lives at risk to

protect the Capitol that day are still suffering from both physical and mental wounds."

Officers DeFreytag and Hashida are the third and fourth police officers to die by suicide in connection with the Jan. 6 attack. The deaths of U.S. Capitol Police Officers Howie Liebengood and MPD Officer Jeffrey Smith were confirmed earlier this year. Smith and DeFreytag resided in Beyer's Northern Virginia district, as did fallen U.S. Capitol Police Officer Brian Sicknick.

We encourage anyone in crisis to call the National Suicide Prevention Lifeline at 1-800-273-8255 or text TALK to 741741

### How Enslaved People Came To Be Called "Contrabands"

We much appreciated Jeanne Theismann's front-page article regarding an historic first for the Commonwealth: the inclusion of Alexandria's Contrabands and Freedmen Cemetery, the burial place of about 1,800 African Americans, in the national African American Civil Rights Network.

An additional intriguing part of the story is how enslaved people during the Civil War came to be called "contrabands," normally a term reserved for illegally smuggled goods or spoils of war, and thus began to gain their freedom as early as 1861. In that year Union Major General Benjamin Franklin Butler, originally from Massachusetts and commander of Fort Monroe in Virginia's Hampton Roads, refused to return three escaped slaves who rowed across the water from Norfolk County and sought refuge at his fort.

Butler, a lawyer by training, argued that

because Virginia had seceded and was no longer part of the United States, the Fugitive Slave Act requiring return of runaway slaves didn't apply. He decreed that neither those three men nor any slaves who escaped should be returned to slaveholders pledging loyalty to the Confederacy. The result was that thousands of slaves made their way to Fort Monroe, thus providing valuable Union labor there, and also setting an example for other Union forts, where so-called contraband camps arose. One of those camps was here in Alexandria. Gen. Butler himself, although often at odds with his Commander in Chief, Abraham Lincoln, went on to command the Army of the James, which had the largest contingent of African American troops among all the Union armies.

**Stephanie Kanwit**  
Alexandria

### Adequate Healthcare Needed for All

Dear Editor:

Concern for the unvaccinated resonates rather hollowly in the absence of adequate healthcare for millions of Americans. Why do you care about my vaccination status, but not about my cancer, my diabetes, my bad heart? they can justifiably ask. True, there is the CHIP

program for children, but I don't personally know any children who would be reassured to find out that they themselves were entitled to healthcare but their parents were not.

**Elisabeth Vodola**  
Alexandria

### Drudi: Class Action Lawsuits Are Repugnant

Recall my letter from a couple years ago challenging Va. Sen. Scott Surovell's call for allowing state class action lawsuits: [www.alexandriagazette.com/news/2019/dec/17/opinion-letter-editor-shady-influences/](http://www.alexandriagazette.com/news/2019/dec/17/opinion-letter-editor-shady-influences/) I have an example, in the form of a letter, of why this sort of lawsuit is so repugnant:

Earlier this summer I received a postcard with print barely big enough to read about a lawsuit over a data security incident where

a medical provider network's computer network was the target of an external unauthorized cyberattack in which patients' personal information may have been compromised. The lawsuit includes "any person who was notified by or on behalf of [the medical provider network] regarding the Data Security Incident," in other words a class action lawsuit. Even though the suit was filed on behalf

SEE LETTERS, PAGE 9

### Biden Can Do More

FROM PAGE 6

worked out so well that it just passed a new provision adding rifles and shotguns to the law, which previously just applied to handguns and long guns. Thus, we need the President to add these to his agenda now. There's no time to wait.

*Paul A. Friedman, JD, is the Founder/Executive Director of Safer Country, [safercountry.org](http://safercountry.org), a gun violence prevention nonprofit, and the elected Alternate Delegate for Biden for President from Virginia's 8th congressional district to the 2020 Democratic National Convention.*

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## LIVING LEGENDS OF ALEXANDRIA

# Sister Act Lindsey Swanson and Katey Halasz honored as Living Legends.

BY MIKE SALMON

**W**hen 18-year-old Kelley Swanson died just a few weeks after her graduation from T.C. Williams High School in 2005, her family wanted her spirit of giving and desire to help others to continue. Less than a year later, the Kelley Cares Foundation was formed to honor Kelley's passion as a volunteer with the special needs community. Kelley was a soccer star during her time at T.C. Williams and believed everyone should have the opportunity to compete in sports, regardless of ability.

In the 16 years since her death, the Kelley Cares Foundation has spearheaded the construction of numerous facilities and programs to serve children and adults with special needs.

"As difficult as it has been at times, I think this has given our family a sense of purpose and helped us through our grief," said Lindsey Swanson, Kelley's older sister.

Lindsey, along with Kelley's twin sister Katey, has been the face of the foundation, which also consists of parents Margaret "Mimi" and Sanden "Sande" Swanson and brothers Ryan and Andrew.

"Mimi and Sande Swanson have spent their whole lives helping others in need," said Alexandria Sheriff Dana Lawhorne. "It's no surprise that Lindsey and Katey have followed in their footsteps."

Added family friend Pat Miller in her nomination of the family as Living Legends of Alexandria: "They are good, solid people."

An early project for the foundation was the Kelley Cares Miracle Field located at the Nannie J. Lee Recreation Center. A

Miracle Field is a synthetic turf baseball diamond designed specifically for use by individuals with special needs. The surface is covered in a rubber-like compound that allows a firm, yet cushioned surface for wheelchairs, walkers and more. The goal is to allow

youth and adults with special needs to play sports such as baseball, softball, T-ball and even kickball in an inclusive and safe environment.

Kelley Cares Foundation partnered with



PHOTO BY STEVEN HALPERSON/TISARA PHOTOGRAPHY

Lindsey Swanson and Katey Halasz are Living Legends of Alexandria.

the Miracle League of Alexandria and the City of Alexandria to fund the project and move it from an estimated completion date of 2020 to November of 2012.

The Kelley Cares Miracle Field and inclusive playground at the Lee Center is also home to the city's Therapeutic Recreation program, where Kelley was a volunteer for many years.

The Miracle Field is also used for older adult walking programs, as a play area for children

enrolled in camps and activities at the recreation center, and for the city's youth T-ball league.

According to Recreation Services Division Chief Margaret Orlando, who oversees the

city's Therapeutic Recreation programming, "the league play is designed to provide important access to an organized fitness activity while helping to increase participants' self-esteem."

The Miracle League hosts youth and adult baseball leagues for people with disabilities in the spring and fall with "Angels in the Outfield" volunteers from community groups assisting participants with batting, fielding and running the bases.

While the Miracle Field may be the marquee project of the Kelley Cares Foundation, it is just one of many efforts to benefit families with special needs children and adults.

Other endeavors include the Multi-Sensory Room at the Lee Center; the Kelley Cares Foundation Multi-Sensory Mobile; the Lee Center pre-K Tot Lot; and donated iPads and Apple TVs for the Therapeutic Recreation Program to help supplement its programming needs.

In 2015, the Kelley Cares Foundation dedicated the Ruthanne Lodato Memorial Playground. Located at the Lee Center, the fully inclusive and accessible playground features a cushioned play surface, extended ADA

walkways around the park and play equipment that provides a safe place for the special needs community to play.

The Foundation worked with CVS Caremark, the Miracle League of Alexandria and community supporters to raise funds for the playground.

"Given her work with children, and her past support as an avid volunteer with the Kelley Cares Foundation, it was natural to name the playground after the late Ruthanne Lodato. Ruthanne was a long-time music teacher in Alexandria who was active in teaching all kids, including those with special needs, the wonders of music," Lindsey said.

Another signature effort for the family was helping establish the Project Lifesaver program in Alexandria. Founded in 1999, Project Lifesaver International is a nonprofit committed to quickly locating missing persons who wander because of Alzheimer's, Down syndrome, dementia and autism amongst others. The Alexandria program was implemented through the Sheriff's Office in 2006.

"Mimi Swanson approached us and the Foundation provided the seed money to bring the program to the city," said Under-sheriff Tim Gleeson. "She wanted to do something in memory of her daughter Kelley."

Added Lawhorne: "The Swanson family's support of Project Lifesaver is crucial to getting the tracking monitors to those who need them but can't afford them."

Over the course of many years, the Kelley Cares Foundation has stepped in to provide transportation to Special Olympics competitions for the Bellefonte Wizards, a basketball team comprised of men and women who live in Alexandria residential programs that assist adults with intellectual disabilities. The support from Kelley Cares allowed the team to travel across the state, ultimately taking third place in 2013 at the Virginia Special Olympics State Championships that year.

"I'd like to think that Kelley would be proud to see what the Foundation has done for children and adults with special needs," said Katey. "Still, she would always be looking for ways to do more."

Lawhorne added, "Lindsey and Katey helped establish Kelley Cares in memory of their sister. Together the family continues to change lives through their kindness and generosity. Our world is a little brighter because of the Swanson family."

To learn more about the Living Legends project or to nominate a 2022 Legend, visit [www.AlexandriaLegends.org](http://www.AlexandriaLegends.org).

**"Lindsey and Katey helped establish Kelley Cares in memory of their sister. Together the family continues to change lives through their kindness and generosity."**

— Sheriff Dana Lawhorne

### BULLETIN BOARD

FROM PAGE 3

Failure to comply will result in denied entry. No food or drink will be allowed in the Library to ensure that masks are worn at all times for the safety of customers and

Library staff.

Access to computers is available with a 2 hour time limit. Library staff are able to provide only limited computer assistance at this time.

HOURS AND PROGRAMS

The days and hours of Library opera-

tion will remain the same. Visit the Locations page for more information about our branch locations and hours. Library programs will continue to be virtual. Join us (online) for an upcoming program or event. For more information, visit [\[va.org/reopen\]\(http://va.org/reopen\).](http://alexlibrary-</a></p>
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### FALL RECREATION PROGRAM AVAILABLE FOR REVIEW

The Department of Recreation, Parks & Cultural Activities' fall programming will offer a variety of

in-person options for all ages and new virtual programs. A complete list of fall programs will be available on the City's website Wednesday, August 4. Registration for fall classes

SEE BULLETIN, PAGE 9

# LETTERS TO THE EDITOR

FROM PAGE 7

of however many tens or hundreds of thousands of persons, this is the first I, and presumably the vast majority being notified, are hearing of it.

A settlement has been worked out: The medical provider network will compensate "ordinary losses" of up to \$300 per person and "extraordinary losses" of up to \$7,500 per person, but the total aggregate compensation would be capped at \$2 million, with all cash payments being "adjusted pro rata" if claims totaling more than the two million dollars are filed. The settlement proposes, subject to the court's approval, that the medical provider network also pay attorney's fees and costs of over a million dollars.

The postcard includes Instructions to go to a website to make a claim, but, while recipients of the postcard are told they have a right to "opt out," the postcard does not explain how to do so, nor even does it identify in which court the class action was filed! It does give a deadline date for those who "wish to object to the Settlement or exclude" themselves, but it does not note that the word "or" is used to mean "exclusive or" as in they may not do both; only by drilling down

into the details of the settlement website the postcard references, does one learn that if one excludes oneself, one no longer has a right to object to the attorney's fees or any of the settlement's provisions.

So the companies involved have their damages conveniently capped; a deadline of January 15, 2022 is set for filing claims so that, even if someone suffers an "extraordinary loss" after that date, the settlement seemingly shields the medical provider network from liability, while the attorneys suing them gross over a million dollars, if the judge approves the settlement terms. Standard tort practice is for plaintiff attorneys to set their contingency fee at one-third of the award/settlement, so one is tempted to wonder whether the two-million-dollar cap may have been reverse engineered from the attorney's fees or vice-versa. This is an example of how class action lawsuits function and why the Virginia legislature was well advised to not allow them in the Commonwealth's courts.

**Dino Drudi**

315 N West Street  
Alexandria, VA 22314  
202-526-0891(c)

## BULLETIN BOARD

FROM PAGE 8

and activities offered by RPCA will begin at 9 a.m. on Wednesday, August 18, for City residents and on Friday, August 20, for nonresidents. Fall registration applies to programs taking place September through December 2021.

Summer registration continues to be open for the end of the season classes and camps. Visit alexandriava.gov/Recreation to learn more about the City's summer recreation programs and to register. For in-person registration, visit the Lee Center, 1108 Jefferson St. or call the Registration and Reservation Office at 703-746-5414 Monday through Friday between 9 a.m. and 8 p.m.

### CITY OF ALEXANDRIA HIGHLIGHTS VARIOUS WAYS TO VOTE

The City of Alexandria encourages voters to learn about the various ways that they can cast their ballot in the upcoming November General Election and in future elections. Recent legislative changes have created a permanent absentee voting list, made the use of drop boxes permanent for returning mail-in ballots in person, and provided for prepaid postage on all return by mail ballots.

BY MAIL

As of July 1, all registered voters can request to be added to the permanent absentee voting list. Voters on the permanent absentee list will be automatically mailed a ballot to their residence address for every general election and primary election (if the voter selects a political party for primary elections). Voters who choose not to be added to the permanent list still have the option

of requesting a mail-in ballot for single elections. Voters can apply for a mail-in ballot online at vote.elections.virginia.gov or can request an application by calling 703.746.4050.

All voters who receive a ballot by mail for any election now permanently have the option of dropping the completed ballot in the drop box outside of the Office of Voter Registration and Elections (132 N. Royal St.). The drop box is available 24 hours a day, 7 days a week, from the first day of early voting until 7 p.m. on Election Day for each election. Additional drop boxes will be available at all polling places on Election Day and at the Beatley Library satellite voting location (5005 Duke St.) during operating hours.

Postage on ballot return envelopes will be prepaid for voters who choose to return their ballot through the U.S. Postal Service. Mailed ballots that are postmarked by 7 p.m. on Election Day and received by noon on the Friday after the election are included with the final election results.

For the November 2 General Election, applications to request a ballot by mail must be received by the Office of Voter Registration and Elections by 5 p.m. on October 22.

#### EARLY VOTING

Early Voting begins 45 days before every primary and general election. The deadline to vote early is 5 p.m. on the Saturday immediately before an election.

For the November 2 General Election, early voting will be available at the following locations:

Office of Voter Registrations and Elections (132 N. Royal St., Suite 100)  
Beginning Friday, September 17  
Monday through Friday, 8 a.m.-5 p.m.  
Closed Monday, October 11

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.

**Senior Living**, fourth week of every month.

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# Feed Hungry Children in Alexandria

## ALIVE! resumes food donations.

BY SHIRLEY RUHE  
GAZETTE PACKET

**A**LIVE! resumes its food collection from the community. While the warehouse was open and food distribution continued during COVID, they didn't accept individual donations to limit exposure.

Food donations are now accepted at the food warehouse at 801 S. Payne Street on Thursday from 3 p.m.-7 p.m. and on Saturday from 9 a.m.-noon. Food may also be dropped off by appointment. Call 703-837-9300 or email [info@alive-inc.org](mailto:info@alive-inc.org).

Donations must be from the current list of needed donations which can be found on the website at [www.alive-inc.org](http://www.alive-inc.org).

Lauren Poon, ALIVE! development and communications manager says at this time of the year, fruit cups, juice boxes, small cereal packages and granola bars are more seasonally important because of their supplemental kids'



ALIVE! community food donations resume after COVID.

program. "We distribute kids bags of food this summer that include breakfast, lunch and healthy snack foods thanks to a grant from No Kids Hungry."

Poon adds the majority of food is purchased with continued CARES funding (\$750,000 received in 2021) from the City of Alexandria for the Food Program to purchase and distribute food to City residents facing financial hardship

and families and individuals quarantined because of the COVID-19 coronavirus pandemic. "Food donations from the community help us get high demand items and fresh foods that are hard to buy in bulk."

She says although some goods like rice were affected by COVID which delayed delivery, ALIVE!'s strategy of buying in bulk when it was available allowed them to

avoid food shortages.

Donated food is distributed at the weekend sites and neighborhood pop-ups to 4,000 families a month including 8,000 children.

### CURRENT NEEDS:

#### FRUITS AND VEGETABLES

- canned fruits and vegetables
- fruit or vegetable juice
- applesauce
- fruit cups

#### GRAINS

- Brown or wild rice
- Quinoa
- Couscous
- Oatmeal and cereal
- Pasta and Pasta Sauce
- Wheat or multigrain crackers
- Granola bars

#### PROTEINS

- canned or dried beans & peas
- canned beef stew, chili,
- bean soup
- peanut butter

#### OTHER

- Liquid shelf stable milk
- Canola, olive and vegetable oil

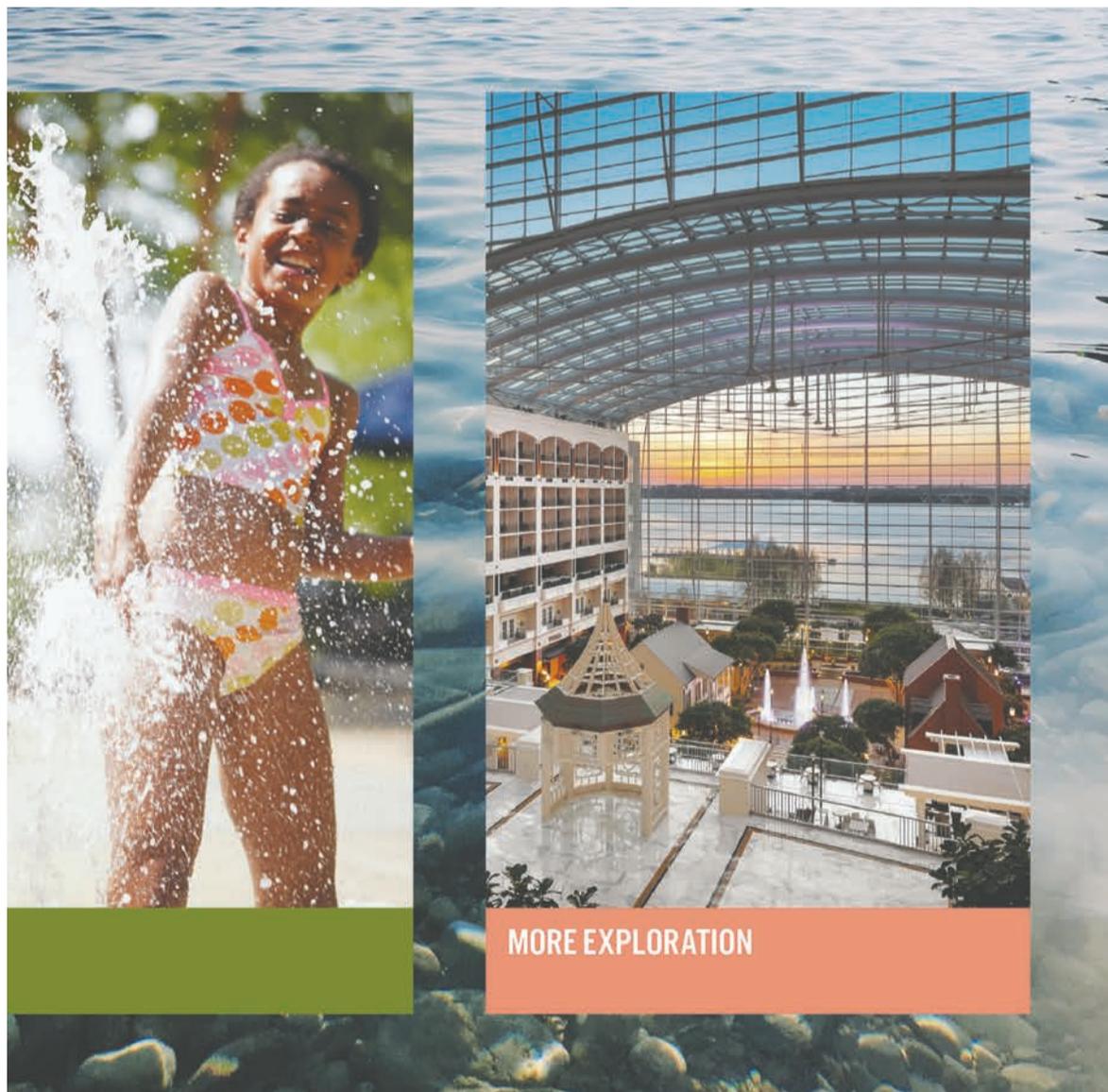
## Alexandria Love Your Pet Day

FROM PAGE 5

members Alexandria Public Library, Dogtopia of Alexandria, Frolick Dogs, Pinnacle Pet Spa & More and VCA Animal Hospitals.

"In past years, we've enjoyed having hundreds of visitors — both human and canine — come by to show how important pets are in Alexandria," said festival founding member and Event Coordinator Stephanie Frederick. "With the new, easy walk-up location in Oronoco Bay Park, we look forward to welcoming even more attendees."

The Oct. 3 event is also open to friendly, leashed pets, and more information about the entertainment schedule can be found at [AlexandriaLoveYourPetDay.com/Schedule](http://AlexandriaLoveYourPetDay.com/Schedule). Adoptable animals from the AWLA and several other regional rescues will be in attendance, and those interested in participating as a vendor or sponsor of Alexandria Love Your Pet Day can learn more at [AlexandriaLoveYourPetDay.com/HowtoPartner](http://AlexandriaLoveYourPetDay.com/HowtoPartner).



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# CALENDAR

## THURSDAY/AUG. 5

"A Caruso and Lanza Celebration" with Errin Duane Brooks.

7 p.m. At The Secret Garden of the Rectory, 711 Princess Street, Alexandria. Metropolitan Opera tenor Errin Duane Brooks makes his Washington, D.C. debut celebrating the centennial of Enrico Caruso's death and Mario Lanza's birth with beloved songs and breathtaking arias by Verdi, Puccini, Bizet and Leoncavallo - including "Nessun dorma." Visit the website: <https://www.classicalmovements.com/secretgardenconcerts/>

## AUG. 6-28

"Together" Art Exhibit. At Del Ray Artisans Gallery in the Colasanto Center, 2704 Mount Vernon Avenue, Alexandria. "Together" is an art exhibit (August 6-28, 2021) of works by Del Ray Artisans' outstanding volunteers and board of directors. Celebrate their dedication and enjoy their artwork. Visit <https://delrayartisans.org/event/together>.

## SATURDAY/AUG. 7

Friendship Firehouse Festival. 9 a.m. - 2 p.m. At 100 block of South Alfred Street, Alexandria. Celebrate Friendship's 247th birthday. Visit the historic Friendship Firehouse Museum, learn about fire safety past and present and see City firefighting equipment up close. There will be displays by community organizations, craft vendors, and food and beverages available. Children receive free Friendship fire hats. For COVID safety, museum entry will be staggered during the Festival. For more information see <https://www.alexandriava.gov/FriendshipFirehouse> and <https://www.friendshipfireco.org/>.

## SATURDAY/AUG. 7

Floral Design Workshop: Summer Edition. 1-2:30 p.m. (16-Adult) Create a beautiful summer flower arrangement with the help of certified floral designer Betty Ann Galway. Learn how to properly care for and handle flowers along with creative design ideas. \$39 per person (plus \$30 supply fee). Register online at [www.fairfaxcounty.gov/parks/parktates](http://www.fairfaxcounty.gov/parks/parktates) (OD2.NDJ4) or call Green Spring Gardens at 703-642-5173.

## SUNDAY/AUG.. 8

The U.S. Park Service presents a free concert at Ft. Hunt Park, 8999 Ft. Hunt Rd. in Alexandria, Sunday, August 8 from 7 to 8 p.m. featuring Oasis recording artist Lesson Zero. For more information see: [www.youtube.com/lessonzero](http://www.youtube.com/lessonzero) or [www.reverbnation.com/lessonzero](http://www.reverbnation.com/lessonzero)

## SATURDAY/AUG. 14

Original Summer Picnic. 10 a.m. to 2 p.m. At the Original Mount Vernon High School, 8333 Richmond Hwy, Alexandria. Join SFDC Saturday, August 14 from 10 a.m. - 2 p.m. for the original Summer Picnic at Original Mount Vernon High School.

There will be live music, food trucks, local vendors, and more! All you need is a blanket or chair and they'll provide the rest. Visit the website: <https://www.eventbrite.com/e/original-summer-picnic-tickets-162577151637>



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SEE CALENDAR, PAGE 12

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# Alexandria Restaurant Week Returns With In-Person and To-Go Offerings

70+ Restaurants to Participate Aug. 20-29, 2021

For 10 days and two weekends, more than 70 restaurants in Alexandria, Va., will offer a \$49 in-person and/or to-go dinner for two during Alexandria Restaurant Week, Aug. 20-29, 2021. [www.AlexandriaRestaurantWeek.com](http://www.AlexandriaRestaurantWeek.com)

Nearly 50 of the participating restaurants will offer solo diners a \$25 in-person and/or to-go dinner for one, in addition to serving the \$49 dinner for two. This dinner-for-one offering was created during Alexandria Restaurant Week To-Go in January 2021 in response to increased interest from single diners during the pandemic. The online menu book makes it easy to browse delicious selections from dozens of Alexandria eateries and enjoy special menus in-person or from the comfort of your own home.

<https://www.flipsnack.com/BCB58C-CC5A8/2021-summer-alexandria-restaurant-week/full-view.html>

New Alexandria Restaurant Week participants include Ada's on the River, a new riverside eatery in Old Town built around a



custom wood-burning oven; KungFu Kitchen, known for its Northern-style authentic Chinese food in the West End; and Sisters Thai and the Magnolia Dessert Bar, a new restaurant duo in Old Town North's EDENS development. More than 40 restaurants will offer the \$49 dinner for two and \$25 dinner for one both in-person and to-go, including Cedar Knoll, Myron Mixon's and Royal Restaurant.

Alexandria Restaurant Week showcases

the inventiveness of local chefs in neighborhoods throughout the city, including Old Town, Del Ray, Carlyle and Eisenhower, and the West End. From neighborhood favorites to restaurants specializing in international cuisine, guests will savor the flavors of Alexandria's distinctive collection of eateries.

View our menu flip-book and view participating restaurants at [www.AlexandriaRestaurantWeek.com](http://www.AlexandriaRestaurantWeek.com).

## Alexandria Restaurant Week To-Go Menu Highlights:

❖ Enjoy unparalleled views of the Potomac at newly opened Ada's on the River with Scallop Crudo or Melon Salad to start followed by Prime NY Strip Au Poivre or Pan Seared Branzino Fillet.

❖ Head to French eatery Bistro Sancerre in Old Town for date night and choose from Escargot, Truffled Deviled Eggs and more to start and end with delectable Profiteroles or Chocolate Mousse.

❖ Enjoy an Instagrammable setting at The Loft at Lena's Wood-Fired Pizza and Tap in Del Ray with a three-course offering for one or two people featuring Grilled Chicken Alfredo, Italian Lemon Cake and more, or take it to-go.

❖ In Old Town, The Light Horse's dine-in or to-go dinner offering includes an abundance of options, including Build Your Own Mac N Cheese, Duck Confit Empanadas and more.

❖ In the Carlyle neighborhood, Tequila & Taco offers a three-course dinner for two in-person or to-go featuring a Dip Trio, Mixed Enchiladas or Tacos + Empanadas plus a Key Lime Pie dessert.

❖ Old Town North's Yunnan by Potomac, a southwestern Chinese noodle house, recently reopened after renovating its dining room and offers a hearty meal filled with steamed Lotus-Leaf Buns, Handmade Dumplings and Mixian Noodles.

## CALENDAR

FROM PAGE 11

### SATURDAY/AUG. 14

Garden Tour: Green Spring Up and Down. 10-11:30 a.m. (Adults) Extension Master Gardener docents lead a special "Grand Tour" of Green Spring! View some upper demonstration gardens, then take the garden path less travelled to explore the naturalistic lower garden areas: the Virginia Native Plant Garden, woodland stream valley, and ponds. Tour involves a steep slope with loose gravel. \$15 per person. Register online at [www.fairfaxcounty.gov/parks/parktaks](http://www.fairfaxcounty.gov/parks/parktaks) (code 8A0.10PR) or call Green Spring Gardens at 703-642-5173.



The Alexandria Summer Sidewalk Sale will take place Aug. 14-15 in Old Town and Del Ray.

### SATURDAY/AUG. 14

Tea with Martha Washington. 1 p.m. At Mount Vernon Inn Restaurant, 3200 Mount Vernon Memorial Hwy., Mount Vernon. Join Martha Washington for a cozy tea as she shares memories of her and the General's life as a young married couple, during the Revolutionary War and Presidency, and at their beloved Mount Vernon. Enjoy some of the Washingtons' favorite treats and delicacies prepared by the Mount Vernon Inn Restaurant. Following the program, guests are invited to take a self-guided tour of the estate. Call 703-780-2000 or

visit [mountvernon.org](http://mountvernon.org)

### THURSDAY/AUG. 14

Savory Soiree: "Two to Tango: Celebrating Piazzolla at 100." 4 p.m. and 7 p.m. At The Secret Garden of the Rectory, 711 Princess Street, Alexandria.

Honor the centennial year of Astor Piazzolla with a multi-course dinner of Argentinian food and Malbec wine – and the singular sound of the bandoneon in a program featuring the entrancing music of the composer who brought tango to international attention, along with other celebrated tango composers and original music by Emmanuel Trifilio.

Visit the website: <https://www.classicalmovements.com/secretgarden-concerts/>

### AUG. 14-15

Alexandria Summer Sidewalk Sale. Throughout Old Town and Del Ray. One of the longest running seasonal summer shopping events returns to the D.C. region's Shop Small destination for independent boutiques, Alexandria, with the annual Alexandria Summer Sidewalk Sale throughout Old Town and Del Ray. The event features record participation with more than 70 Alexandria boutiques stepping out of their storefronts and offering discounted summer merchandise

plus activations on King Street and in Del Ray. Learn more at [VisitAlexandriaVA.com/SidewalkSale](http://VisitAlexandriaVA.com/SidewalkSale).

### SUNDAY/AUG. 15

Brush Up Your British. 2-3 p.m. At Green Spring Gardens, Alexandria. Celebrate Britain's National Afternoon Tea Week by exploring linguistic and cultural differences between Britain and America. Compare customs and manners in these two nations "divided by a common language" - at the tea table and beyond! A link to the virtual program will be emailed up to an hour before the start of the program. Optional afternoon tea boxes prepared by our caterer

will be available for pick up at Green Spring Gardens between 10 a.m. and 1 p.m. on the day of the program.

Tea boxes include savory finger sandwiches, pastries, scone with cream and jam, and tea bag.

Lecture only: \$12/ Optional tea box: \$24. Register online at [www.fairfaxcounty.gov/parks/parktaks](http://www.fairfaxcounty.gov/parks/parktaks) (code FB8.E4K2) or call Green Spring Gardens at 703-642-5173.

### THE BIRCHMERE

All shows are at 7:30 p.m., unless otherwise noted. Tickets available at [Ticketmaster.com](http://Ticketmaster.com). Contact The Birchmere at 703-549-7500 or [www.Birchmere.com](http://www.Birchmere.com).

Fri. Aug. 6: Air Supply "The Lost In Love Experience" \$99.50

Sat. Aug. 7: 1964: The Tribute \$35.00

Sun. Aug. 8: EU Featuring Sugar Bear "Birthday Show!" \$39.50

Mon. Aug. 9: Big Bad Voodoo Daddy \$69.50

Thu. Aug. 12: Paul Thorn w/ Jamie McLean \$39.50

Fri. Aug. 13: Chrisette Michele \$69.50

Sat. Aug. 14: Ann Wilson of Heart \$115.00

Sun. Aug. 15: Jonathan Butler \$55.00

\*All shows are at 7:30pm, unless otherwise noted.

**Obituary**

**Monserat B. Munoz** passed away peacefully on February 22, 2021 in the loving arms of her family and friends. Eric A. Rodriguez, duly appointed by the Circuit Court of Alexandria, is the Executor of her estate. Please feel free to contact Mr. Rodriguez with any concerns regarding the estate at (954) 235-9880.

**Legals**

**Etasse Limited**  
Company No. 1473307  
(in voluntary liquidation)

**NOTICE** is hereby given, in accordance with the BVI Business Companies Act, 2004 that the above named company, is in voluntary liquidation. The voluntary liquidation commenced on 14 July 2021 and Sharon Mungall of Little Bay Consulting, P.O. Box 3042, Road Town, Tortola, VG1110, British Virgin Islands is the voluntary liquidator. Dated: 14 July 2021 (Sgd) Sharon Mungall Voluntary Liquidator

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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Hearings to solicit public comments on the drawing of state and congressional legislative districts in Virginia.

A total of eight public hearings will be held in July and August. Hearings are scheduled regionally both in person and virtually. Hearings will be livestreamed and archived online

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## Still Bedridden in Burtonsville



By KENNETH B. LOURIE

Though not nearly so much as last week. Improving for sure, but “slowly and painfully,” as the Emergency Room doctor predicted. “Weeks, not months,” she replied in response to our “How long?” question. Now back to Gate A17 in Houston:

“Would you mind if I said a healing prayer for you?” I looked over at Dina, and we both said “No, not at all.” The lady, Solange was her name, motioned for a male companion standing a few feet away to come over to where she and I were sitting. She explained to him the reason and within a few seconds, they both began praying for me. Though their words were not identical, they both invoked “God, Jesus Christ, the father, his children, died on the cross” and so forth for about 15 seconds in a sincere attempt to heal my burns. After her companion walked away, I looked back over to her and said: “Actually, my feet are not the worst problem I have. I have cancer.” Which prompted her, this time alone, to invoke similarly powerful references on my behalf. When she completed her healing, we both thanked her. She asked if we lived in Houston and told us of her church where healing, as I witnessed today, is a regular element and she assured me that some of her fellow parishioners have been healed. Who am I to question the power of God? Nobody, that’s who. Praise the Lord and pass the percocet.

Now I’m sort of looking forward to my next recurring quarterly scan scheduled for mid-September to see what happens. My last few scans have been characterized as “stable.” Shrinkage would be a change and a welcome one at that. However, after being given a terminal, stage IV non small cell lung cancer diagnosis in Feb. 2009 with a “13 month to two year” prognosis, 12 and one half years later, I have learned to embrace “stable.” It may not cure, but neither will it kill. Nor is it ideal, but it’s a living for which I’m extremely grateful.

Anyway, back to real-time. It’s now a bit more than two weeks since “the burning.” I am sort of ambulatory but only by using a “walker,” and infrequently as possible. The more I stay off my feet, the less damage I will do to the skin as it heals from the inside out; the main reason the recovery is so slow and arduous. But I am able to “walker” now to my in-home office from my den where I’ve been laid up, literally, approximately 30 feet, where I can access my desktop computer and type this column, email and on-line bank, et cetera; a distance which would have been too painful to ‘walker’ even a few days ago. So yes, progress indeed.

In an odd confluence of circumstances, ever since I burned my two soles, I haven’t really thought much about my underlying, overriding condition: cancer. “The burning” seems to have taken over my subconscious. Rather than compound the daily grind of living with cancer, the burns and subsequent at-home care have done just the opposite: they replaced whatever medical preoccupation I had/have about my cancer with the difficulties and challenges caused by these second degree burns. In a weird way, it’s been an easier last few weeks, emotionally, as so much of my focus and treatment has been on this new/temporary problem instead of the existing permanent one: stage IV, papillary thyroid cancer. I wouldn’t say it’s been a relief and certainly not a reprieve, but it’s definitely been a break in the action, if you know what I mean? Nevertheless, I’ll be happy when I’m back to abnormal and can walk again without any assistance. And the next time I’m at the beach, I’ll be the one wearing sneakers and socks all day. You can be sure I won’t walk barefoot ever again.

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

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## NEWS

The bocce competitor's bracket ranges up to the over 90-years-old category. Register now for the Northern Virginia Senior Olympics at <https://nvso.us/>



FILE PHOTOS BY SHIRLEY RUHE ARLINGTON CONNECTION

## Northern Virginia Senior Olympics Opens 39th Year in September

BY SHIRLEY RUHE ARLINGTON CONNECTION

Step up and claim your Olympic medal awarded after each event. There is something for everyone at the Northern Virginia Senior Olympics (NVSO), set to begin Sept. 18 with the opening ceremony at the Thomas Jefferson Community Center in Arlington at 9:30 a.m.

More than 50 events will be offered from swimming, tennis and the softball throw to jigsaw puzzle and bowling. Although some past events will no longer be offered this year, crossword and table tennis doubles have been added.

Herb Levitan, this year's event director, says NVSO eliminated events this year such as bridge and Mexican train dominoes where people had to sit close together. Levitan has been competing himself since around 2007. He says it's good to try new things and even though you see the other competitors once a year, you make friends for sure.

The events will be offered at 17 community centers, parks, schools and clubs from Sept. 18-30th beginning with the 1600 meter run and ending with bocce and horse-shoes.

Participants must be 50 years old by Dec. 31, 2021 and live in the counties of Fairfax, Arlington, Loudoun, Fauquier, Prince William and the cities of Alexandria, Fairfax and Falls Church. County.

This is the 39th season for Northern Virginia Senior Olympics, and a number of participants have been competing for years.



The horseshoe competition is held each year at the Fairfax City Senior Center, Green Acres. Register now for the Northern Virginia Senior Olympics at <https://nvso.us/>

Some have returned to a college sport while others have retired and taken on a new challenge. Some enter as many as 10-12 events and train most of the year while others join an event with a friend and just for fun.

Registration this year is online only with a \$15 registration fee which covers multiple events. Registration closes Monday, Sept. 6. It is expected that all participants will have been vaccinated against COVID-19 and will follow all protocols during the competition.

See <https://nvso.us/> to register and for a schedule of events.

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Quintessential Old Town! Walk everywhere! Sunny eat-in kitchen. French doors to delightful patio/garden. 2 bedrooms. Newer bath. Great upside in this delightful home. NO Condo or HOA fees. Off-street parking space! Charming! 902 1/2 Pendleton Street **Sue Feintheil 703.819.1964**  
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Beautifully renovated, 2-level condo features 2 bedrooms, 2 full baths, and a 1-car garage. Everything is done, including a new HVAC system and water heater. Balcony off eat-in kitchen. Large master bedroom with 2 custom-designed closets. 716-A Norfolk Lane #A **Sandra Gehring 703.626.9851**  
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