



*The*  
**COLUMNS**

A PUBLICATION of THE MUSEUM DISTRICT ASSOCIATION

JULY 2020



**SPECIAL  
COVID-19  
QUARANTINE  
ISSUE**

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LIFE**  
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## CORONAVIRUS (COVID-19): WHAT YOU NEED TO KNOW

The coronavirus (COVID-19) is here in our community. It is up to all of us to do our part and stop the spread of COVID-19.



### COVID-19 is spread mainly from person-to-person:



- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### Symptoms include:



- Fever
- Cough
- Shortness of breath and difficulty breathing

These symptoms may appear 2-14 days after exposure.

There is no treatment for COVID-19.

### To protect yourself from COVID-19:

- Stay home as much as possible and limit visitors in your household (they may have been exposed to the virus and not show symptoms).
- Try to only leave your house to get groceries and essential supplies.
- When you leave your house, wear a cloth mask
- If you feel sick, stay home and isolate yourself from other people in your household. Do not go to work.
- Clean your hands often with soap and water for 20 seconds. If soap and water is not available, use hand sanitizer
- Cover your coughs and sneezes
- Clean and disinfect frequently touched surfaces daily.

**The best way to protect yourself and your family from COVID-19 is to stay home and not allow visitors into your home. This includes family that does not live with you.**

### What to do if you are sick with COVID-19:

- Stay home except to get medical care. Do not go to work.
- Separate yourself from other people in your home, this is known as home isolation. Try to sleep in a separate room and use a separate bathroom than other people in your home.
- Call ahead before visiting your doctor.
- If you are sick, wear a face mask when you are around other people.
- Cover your coughs and sneezes with a tissue. Throw away tissues immediately.
- Clean your hands often. Use soap and water or hand sanitizer if soap and water are not available.
- Avoid sharing personal household items (like dishes, drinking glasses, utensils, towels, or bedding with other people in your home).
- Clean and disinfect all “high-touch” surfaces everyday (like phones, remote controls, counters, tabletops, doorknobs, toilets, tablets, and bedside tables).
- Monitor your symptoms every day.

### What to do if you were exposed to coronavirus disease (COVID-19)?

If you had close contact with a person sick with COVID-19, the Virginia Department of Health (VDH) recommends that you stay at home for 14 days after the last time you saw the person and practice social distancing. Close contact includes:

- Living in the same household as a sick person with COVID-19,
- Caring for a sick person with COVID-19,
- Being within 6 feet of a sick person with COVID-19 for about 10 minutes, or
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed or sneezed on, kissing, sharing utensils, etc.).

### Call 911 if you have a medical emergency:

If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

### Do you have any questions about COVID-19?

Call our COVID-19 Call Center! We have public health professionals available to talk to you in English and Spanish.



**Call: 877-ASK-VDH3**



**For more information about COVID-19, visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)**

MUSEUM DISTRICT ASSOCIATION

Founded 1964

PO Box 7186 • Richmond, Virginia 23221

804-410-1632 • museumdistrict.org



The mission of the Museum District Association is to unite, protect and advance the interests of the neighborhood in order to realize its potential and improve the quality of life in the neighborhood and community.

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The Columns . . . . . JANINE DOYLE
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To reach any of our board members by phone, please call 804-410-1632 and leave a message stating the person you wish to reach.

The board meets at 7 p.m. on the third Monday of most months at All Saints Presbyterian on Grove Avenue. If you would like to make a presentation to the board, please email or call the president.



A MESSAGE FROM THE COLUMNS COMMITTEE

There's no question that 2020 has been an eventful year for Richmond and for the world, for a multitude of reasons. As the global pandemic continues, we're hopeful that this special "COVID-19 Quarantine" edition will bring you some helpful information and maybe a few little snippets of joy in this trying time.

Think of this issue as us "checking in" with you, sharing how our community is coping and acknowledging what we're all thankful for. Enjoy our featured series of Museum District resident profiles highlighting the innovative ways we're still connecting with each other and staying active. Read the harrowing yet uplifting story of a long-time MD resident who battled and survived COVID-19. Pick up some home spa/self-care tips and learn about staying centered while embracing the lifestyle we've lovingly dubbed "Porch Life."

There's no way to know for sure what lies beyond the horizon, and that uncertainty can be daunting. We all need opportunities to recharge, and The Columns team is happy to be a potential source of light for our neighbors in these trying times. Enjoy this "COVID-19 Quarantine" edition — and keep an eye out for our return to print this August.

Be safe and be well,
The Columns Committee

THINK OF THIS ISSUE AS US "CHECKING IN" WITH YOU, SHARING HOW OUR COMMUNITY IS COPING AND ACKNOWLEDGING WHAT WE'RE ALL THANKFUL FOR.



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The mission of the Richmond Public Library is to inform, enrich, and empower Richmond's residents: to enrich lives of and expand opportunities for all citizens by promoting reading and the active use of cultural, intellectual, and information resources through a dedication to excellence and professional service.

In addition to books, e-books, recorded books, and DVDs, we offer programs and classes, meeting room use, wireless Internet access, fax service, free notary service (please call ahead for this service) and public use PCs. **Belmont now accepts credit/debit cards and offers self-checkout!**

Due to the recent pandemic, we have made adjustments to procedures to ensure the health and safety of customers and staff. Masks are required to enter the library.

Please be aware of the following changes:

**Updated Hours:** Monday and Wednesday – 10:00-7:00  
Tuesday, Thursday, Friday – 10:00-6:00

**The Library is open for the following services:**

- Checking out, returning, renewing items, and placing items on hold.
- Computer usage is limited to 60 minute sessions, which can be extended in 15 minute increments, not to exceed 90 minutes per day.
- All in-library events and programming is currently suspended.
- Notary service is temporarily suspended.
- Faxing charges are temporarily suspended.
- Meeting rooms and study rooms are not available.

**Virtual Events:**

- Virtual Events include Victoria's Kitchen, RPL Presents (virtual storytime), Science Tellers, RPL's Reading Buddies, and more.

These can be found at the following link:

<https://rvalibrary.org/summer-reading-2020/virtual-programs/>.

The Belmont Library is located at 3100 Ellwood Avenue.  
For information: [RichmondPublicLibrary.org](http://RichmondPublicLibrary.org) • 804-646-1139



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MUSEUM DISTRICT - RICHMOND VA



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Please pass your copy on to someone else!



60-year-old **WILLIAM (BILLY) POARCH** has lived in the Museum District for 31 years. Billy is the CEO of the nonprofit ACTS, an interfaith organization working to prevent homelessness in the Greater Richmond Area by providing funds, support and other resources to our neighbors in financial crises.

In March 2020, after a trip to New York, Billy became ill with COVID-19. Below is his story of survival and the power of neighborly love.



# SURVIVING COVID-19 IN THE MUSEUM DISTRICT

Interview by **JANINE DOYLE**

## Q: WHEN DID YOU FIRST KNOW SOMETHING WAS WRONG?

**A:** "I went to New York on a small trip from March 6-11. On March 13 (which was ironically Friday the 13th), I had a little cough, but I thought it was just due to allergies. I felt fine and didn't have any other symptoms that morning.

"By 3 o'clock that afternoon, I told one of my employees that I was sick and needed to go home. I remember driving down Monument Avenue, halfway to my house and realizing 'I shouldn't be driving.' I immediately took my temperature when I got home and had a fever of 103 degrees."

## Q: HOW DID YOUR SYMPTOMS PROGRESS?

**A:** "For the first four days, the fatigue and chills were absolutely horrible. I've never experienced anything like that in my life. I was sleeping 19 hours a day and could barely drag myself out of bed. I lost 20 pounds in the first week.

"On day 13, I emailed my doctor, letting him know that I was feeling better but still had a nagging cough. He ordered a chest X-ray and called me immediately after to tell me that both of my lungs were completely covered in pneumonia. This proved to my doctor beyond a shadow of a doubt that I had COVID-19 — he said normal pneumonia doesn't look like that!

"While he stayed very positive and told me I was going to be fine, my doctor did also say he couldn't believe he had been talking to me for 15 minutes and I wasn't gasping for air.

"The pneumonia caused a deep burning and it felt like someone was sitting on my chest. I started feeling better for a couple of weeks, but then two weeks later I started

**FOR THE FIRST FOUR DAYS, THE FATIGUE AND CHILLS WERE ABSOLUTELY HORRIBLE. I'VE NEVER EXPERIENCED ANYTHING LIKE THAT IN MY LIFE.**

# SURVIVING COVID-19

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coughing and feeling horrible again.

“On May 1, that was the first actual day that I felt like I was recovering. So my symptoms lasted from March 13 to May 1.”

## Q: WHAT WAS THE RECOVERY / TREATMENT LIKE?

**A:** “I was instructed to take Tylenol for the fever, but I was sleeping so much so I didn’t take it very often — I just let the fever run its course, and I was prescribed Zithromax Z-PAK after my chest X-ray.

“When my symptoms got bad again, I emailed my doctor and he said ‘We don’t understand this virus, I’m so sorry that you’re going through this again. I think it’s just a blip.’ He told me to not second guess myself and call the hospital if I developed other symptoms — for many, by the time they got to the hospital, it was too late.”

## Q: TELL US ABOUT YOUR EXPERIENCE WITH RICHMOND’S HEALTH CARE PROVIDERS THROUGHOUT THIS EXPERIENCE.

**A:** “I was so proud of my doctor for telling me to remain positive. He said, ‘I don’t know what’s going to make you happy, but you need to do whatever it is, and do not let your mind wander to the dark side or dark thoughts.’ I thoroughly loved his holistic approach, which was also recommended by a dear friend who is a doctor of Chinese Medicine.

“So, I stopped watching the news — I didn’t want to see people dying. I delved back into my love of music and did research, posting a new song on Facebook every day that would either bring back music that I’d known and loved over the years or just kind of matched my mood for the day.

That’s what I did to keep my mind occupied, and it was really fun. I think it was a form of journaling.”

## Q: WHAT IS THE BEST WAY FOR PEOPLE TO SAFELY SUPPORT THEIR LOVED ONES IF THEY CONTRACT COVID-19?

**A:** “Emails, text messages — just staying in touch. Instead of asking someone how you can help, just do something. My friends and wonderful neighbors brought me food and other items that they would leave on the porch.

“It was also really helpful to have friends ask what I needed from the grocery store because I couldn’t get out to do the shopping myself. Just be neighborly — it’s so important in today’s world.”



**IT WAS ALSO REALLY HELPFUL TO HAVE FRIENDS ASK WHAT I NEEDED FROM THE GROCERY STORE BECAUSE I COULDN'T GET OUT TO DO THE SHOPPING MYSELF.**


## Q: ARE ANY OF YOUR SYMPTOMS PERSISTING / WERE THERE ANY SYMPTOMS THAT SURPRISED YOU?

**A:** “Overall, I have felt much better since May 1. However, the emotional toll was unexpected. I am a pretty emotional person to begin with, but when I would be watching TV while I was sick, I would just start crying, even watching advertisements.”

## Q: DOES IT CONCERN YOU TO SEE THE CITY REOPENING / PEOPLE NOT WEARING MASKS?

**A:** “I have been very concerned about it. We don’t know much — do I have immunity? I’m not sure, so everywhere I go, I wear my mask. If I’m in public, my mask is on.

“It just disappoints me to see people out and about without them on, because I just think it’s a total disregard for humanity. Had I known I should’ve been wearing a mask and gloves while I was in New York, I would have. But it was still so early on.

“I don’t wish this disease on my worst enemy, so I certainly would not wish it on my friends. I fully recognize what this virus can do, and we need to remember that and stay vigilant.” 





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# PORCH



## PANDEMIC VERSION



# KEEPING US SANE, SAFE AND CONNECTED IN THE TIME OF COVID.

by **CHRISTINA NUCKOLS**

**T**he Museum District’s “Porch Life Pros” were cool before COVID-19 forced the rest of us to peek out our front doors in search of a break from teleworking, Netflix and cabin-craziness.

Porch Life is a way of life in our neighborhood, and the “Pros” are the ones who make friends with the dog-walkers, know all the good gossip and keep watch when a neighbor is out of town. They are the glue that holds the neighborhood together.

For years, many of us smiled and waved, promising ourselves that we would follow their lead. Someday. But our swings, rocking chairs and Adirondacks sat empty while we frittered away each weekend with chores and errands.

With COVID-19, Porch Life has become more important as a way of preserving the social fabric of our community without violating social distancing rules. And the rest of us are looking to the Pros to show us how it’s done.

**TOM HAWKES AND RALPH NEELY** have Porch Life down pat. They purchased their home on Patterson Ave. because it has four (not a typo) porches. It’s the front porch that has become a neighborhood hub as friends pause to chat while wandering past on sunny mornings or in the calm of the evening.

Tom and Ralph regale newcomers with stories about previous homeowners over the years. They once turned their porch into an adoption center for a litter of kittens, and they still keep up with their former foster felines. They’re also the first to come running when a neighbor’s water pipe bursts or some other household mishap occurs.

WITH COVID-19, PORCH LIFE HAS BECOME MORE IMPORTANT AS A WAY OF PRESERVING THE SOCIAL FABRIC OF OUR COMMUNITY WITHOUT VIOLATING SOCIAL DISTANCING RULES.



As a child, Ralph enjoyed sitting on the stoop in his Polish neighborhood in Chicago watching women in babushkas sweep the sidewalks as children skipped rope. Tom grew up in the ‘burbs, and was an enthusiastic convert to Porch Life.

“It’s a good place to get to know your neighbors,” said Tom. “Your neighbors could be really like friends, and maybe even like family.”

Two of their most recent Porch Life converts are next-door neighbors **LAUREN AND CODY WINSLOW**, who moved to Richmond two years ago from Northern Virginia.

“I had never seen people sitting out on their front porches before,” Lauren said. “In the D.C. area, no one ever stops to talk to you.”

“We never even met our neighbors because no one comes outside,” added Cody.

CONTINUED ON NEXT PAGE



## PORCH LIFE

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They added rocking chairs and embraced the Museum District porch vibe. “It gives us a chance to make friends,” Lauren said.

For her birthday in April, her husband organized the neighbors for a surprise party, with everyone celebrating on their own porches and along the sidewalk. Tom and Ralph presented her with a cake encased in plastic wrap so she could blow out the candles and safely share slices with her guests.

You don’t have to saunter far to find other Porch Life Pros. Just around the corner on Roseneath Rd., **PAT MANNING** finds respite on her porch watching dog-walkers pass by.

“It’s a good time to clear your mind and focus on happy times and how lucky we are, really,” she said. “I’m so thrilled to see more people walking their dear pups. Our four-legged family members are such a support always, especially in stressful times.”

Neighbor **GINA ALEXANDER** lives just a stone’s throw from the house where she grew up at the corner of Roseneath and Hanover. Her childhood home is the source of porch envy for miles around, and a reminder of many summer days when Gina’s grandmother shelled butter beans in its wrap-around shade.


Gina and her neighbors take to their porches on Friday evenings to sip wine and catch up on the week’s happenings.



*Tom Hawkes and Clementine Autry visit on the porch with their dogs Walter and Baby Hampton.*

This spring, she posted a note on nextdoor.com encouraging Richmonders to participate in an Isolation Happy Hour. Twenty-seven people responded.

“I almost wish I could have driven around to different neighborhoods to see if others were doing it,” she said. But her own porch was calling her name, and what could be better than an evening listening to the laughter of neighbors and friends floating down the block?

“I’ve always felt this is the friendliest neighborhood in the world,” she said. 



*Neighbors and friends spread out to celebrate Lauren Winslow's birthday in April.*



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# COVID-19 QUESTIONNAIRE

**N**one of us would have chosen to have to stay at home for goodness-knows-how-many weeks, but surely it hasn't been all bad all the time. Earlier this summer, we released a questionnaire to hear directly from our neighbors about how they're spending their time in the COVID-19 world, and you delivered! Read on to see how some Museum District residents are staying positive and connected during this new normal.

*A Museum District Pandemic Playlist has been gathered from all of the questionnaire responses – click on the Spotify logo here to listen.* ▶



*Connor's dog Obie on a walk around the grounds of the VMFA.*

## CONNOR DOYLE

### WORKING AT HOME DUE TO COVID-19? TELL US WHAT YOU DO AND DESCRIBE YOUR "HOME OFFICE" SETUP.

*I work in product management/design (on the tech side) for an online ticket marketplace.*

*I was lucky to be working remotely even before the pandemic began, so I've got that sweet, sweet "sitting in the cockpit of a spaceship" three monitors set up.*

*I also have a mini fridge just for La Croix, and if that doesn't tell you everything you need to know about me, then I don't know what does.*

### WHAT ARE YOU DOING FOR FUN/RELAXATION?

*I've been playing/running a lot of Zoom trivia, grilling a truly staggering amount of meat and biking through a lot of the neighborhoods in the city with which I was previously unfamiliar.*

### HOW ARE YOU STAYING IN TOUCH/CONNECTING WITH OTHERS?

*I'm testing the limits of what games can be played virtually as opposed to in person. The saltiness of a particularly bitter game of Settlers of Catan translates well over Zoom!*

### CREATED ANY NEW TRADITIONS WITH FRIENDS OR FAMILY?

*My wife, one of our good friends and I have been picking a movie to watch every week (we try to pick one at least one of us hasn't seen before) and then spending our Sunday evenings on a Zoom call talking about it. The highlight so far has been each of us revealing that we cried throughout almost the entirety of E. T.*

### WHAT ARE YOU GRATEFUL FOR NOW THAT YOU DIDN'T THINK OF OR TOOK FOR GRANTED BEFORE THE PANDEMIC?

*Our dog's general enthusiasm. What may have seemed like an occasionally annoying desire to chase his ball across the house every few hours now makes me smile when I think about how happy he is to have us home all the time.*

### LIST THE TOP 5 SONGS ON YOUR PANDEMIC PLAYLIST:

- 1) *Kyoto* by Phoebe Bridgers
- 2) *Single for the Summer* by Christian Lee Hutson
- 3) *yellow is the color of her eyes* by Soccer Mommy
- 4) *Animal Spirits* by Vulfpeck
- 5) *Sir Duke* by Stevie Wonder

### WHAT HAVE YOU LEARNED DURING THIS EXPERIENCE?

*I think I'm an extrovert who has always really liked the idea of thinking he was an introvert.*



## KYLE ELLIOTT

### WORKING AT HOME DUE TO COVID-19? TELL US WHAT YOU DO AND DESCRIBE YOUR "HOME OFFICE" SETUP.

*I am an employment attorney, so as you might imagine, I have been incredibly busy during this time providing advice and counsel to clients. With my home set up of a docking station and two monitors, I haven't skipped a beat.*

### WHAT ARE YOU DOING FOR FUN/RELAXATION?

*I have been cooking a lot more and trying out new recipes and techniques. I have become a master curry cook. Additionally, golf courses have remained open throughout the pandemic. I have been playing a lot of socially distanced golf.*

### HOW ARE YOU STAYING IN TOUCH/CONNECTING WITH OTHERS?

*So much Zoom!*

### CREATED ANY NEW TRADITIONS WITH FRIENDS OR FAMILY?

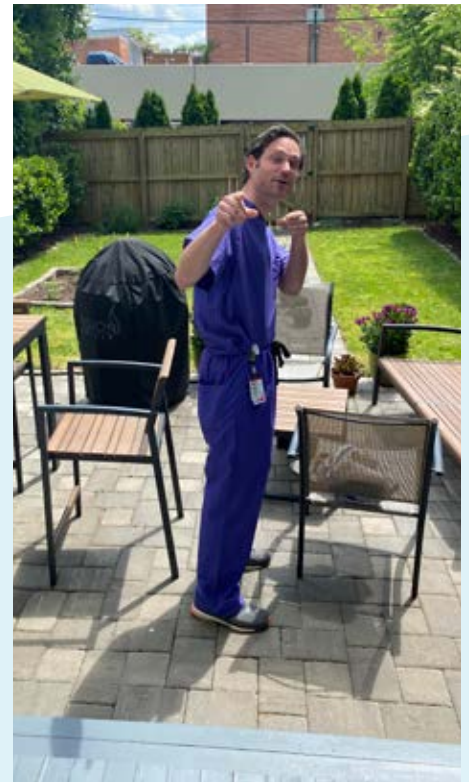
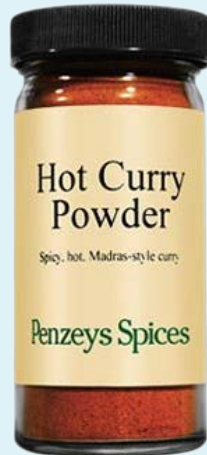
*For me, the silver lining of the pandemic has been that I have spent more time connecting and speaking with friends and family. I have enjoyed weekly trivia and game nights. A silly tradition my family has adopted during the pandemic is to wear a different hat to each family trivia night and tell the group a story about or the significance of the hat.*

### WHAT ARE YOU GRATEFUL FOR NOW THAT YOU DIDN'T THINK OF OR TOOK FOR GRANTED BEFORE THE PANDEMIC?

*I absolutely took for granted my ability to always be able to visit and see family and friends. The pandemic has forced us inside our homes. In order to feel connected and bonded to others, the quarantine has fostered an increased need and frequency to bond with others. Through this increased communication, I feel stronger relationships with family and friends than ever before.*

### WHAT HAVE YOU LEARNED DURING THIS EXPERIENCE?

*As a society, we are really capable of enduring difficult things if we do it together. I have been inspired by people volunteering in our schools, distributing personal protective equipment and being respectful social distancing for the greater good. As long as we can unite behind a common goal, our community is capable of great things.*



*Matt on his backyard patio*

## MATT SCHUTZER

### WORKING AT HOME DUE TO COVID-19? TELL US WHAT YOU DO AND DESCRIBE YOUR "HOME OFFICE" SETUP.

*Not working from home. Work at McGuire VA and VCU hospitals.*

### WHAT ARE YOU DOING FOR FUN/RELAXATION?

*Working in the garden, watching movies.*

### HOW ARE YOU STAYING IN TOUCH/CONNECTING WITH OTHERS?

*Zoom Happy Hours*

### CREATED ANY NEW TRADITIONS WITH FRIENDS OR FAMILY?

*Weekly Family Trivia — we rotate who creates 20 questions each week. We all wear hats.*

### WHAT ARE YOU GRATEFUL FOR NOW THAT YOU DIDN'T THINK OF OR TOOK FOR GRANTED BEFORE THE PANDEMIC?

*The ability to go anywhere when I please.*



*Kyle with his sister, Allison*

CONTINUED ON NEXT PAGE

## QUESTIONNAIRE

continued from previous page

### TACKLED ANY HOUSEHOLD PROJECTS OR TASKS YOU'VE BEEN MEANING TO GET TO?

*Wrote a prostate cancer clinical trial proposal!*

### LIST THE TOP 5 SONGS ON YOUR PANDEMIC PLAYLIST:

- 1) *Come Down* by Anderson Paak
- 2) *Strange Days* by The Doors
- 3) *Self Care* by Mac Miller
- 4) *Take it as it Comes* by J Roddy Walston & The Business
- 5) *Happiness is a Warm Gun* by The Beatles

### WHAT HAVE YOU LEARNED DURING THIS EXPERIENCE?

*James Thomson*

*Callender, author of the "Reynolds Pamphlet" (which revealed Alexander Hamilton's extra-marital affair with Maria Reynolds), was mysteriously found dead in the James River in 1803.*



*Beth on a themed Zoom call.*

## BETH BOSTIAN

### WORKING AT HOME DUE TO COVID-19? TELL US ABOUT YOUR "HOME OFFICE" SETUP.

*I'm lucky that I've worked from home for nearly two decades, so I'm used to working this way and already have a sweet setup. Sunporch office with two big monitors and three rooms of space between my office and my husband's (he also works from home). During the stay-at-home I've purged and repainted the entire space, floors and ceilings included, and am loving it.*

### WHAT ARE YOU DOING FOR FUN/RELAXATION?

*We've made over the front porch (new cushion covers, plants, outdoor rug, etc.) where we spend a ton of socially distanced time with dear friends and neighbors. We've redone the front and back yards, too, and have been reading, sewing masks, cooking a ton and working the occasional jigsaw puzzle. Two-person card games and music, music, music.*

### HOW ARE YOU STAYING IN TOUCH/CONNECTING WITH OTHERS?

*Front porch culture. We're lucky we're where lots of people walk by regularly (equidistant between Black Hand Coffee and Belmont Pizza), so old friends walk by and we meet new people out front. Also long walks around museums with ridiculous dogs.*

### CREATED ANY NEW TRADITIONS WITH FRIENDS OR FAMILY?

*We've done tons of Zoom calls with various themes, including cocktails, props and remote games. Big kudos to Carl and Sue Patow for facilitating the bulk of the above. Yesterday we rented an hour on #RVATukTuk with Scott and Trish Fields and rode all over the city, which I can definitely see happening again.*



*Beth's French Bulldogs, Hilda Mae and Gaston lounging in her home office.*





## WHAT ARE YOU GRATEFUL FOR NOW THAT YOU DIDN'T THINK OF OR TOOK FOR GRANTED BEFORE THE PANDEMIC?

*I've always been grateful for my Museum District community, but especially feel the love during this weird time. There are people I miss, of course, but I haven't felt in the least isolated. I'm grateful for my sweet husband, friends, dogs and college basketball, which I do/did miss terribly.*

## TACKLED ANY HOUSEHOLD PROJECTS OR TASKS YOU'VE BEEN MEANING TO GET TO?

*Home office clean-out/purge and paint makeover, tons of front and backyard gardening, alley clean-up, several new upholstery projects and a good bit of planning/estimating/figuring out what's financially reasonable for household projects moving forward. Like, is it worth replacing eight ancient sunporch windows?*

## THE TOP 5 SONGS ON YOUR PANDEMIC PLAYLIST?

- 1) *Lovely Day* by Bill Withers (sigh)
- 2) *Maps* by the Yeah Yeah Yeahs
- 3) *There's a Story in Your Voice* by Elvis Costello and the Imposters (with Lucinda Williams)
- 4) *Fell in Love with a Girl* by The White Stripes
- 4) *Black and White Town* by Doves.

## WHAT HAVE YOU LEARNED DURING THIS EXPERIENCE?

*Live news must be consumed in measured doses, if at all. Masks are hot. Naps are best with dogs. Cooking is not so big a hassle, and neither are one-way grocery store aisles. Free Pandora is pretty cool. Community is vitally important, and we have it here in spades. Schweppes diet tonic in the little cans is actually pretty palatable.*

## SCOTT FIELDS

### WORKING AT HOME DUE TO COVID-19? TELL US WHAT YOU DO AND DESCRIBE YOUR "HOME OFFICE" SETUP.

*To be honest, my wife and I started working from our home about 2 years ago, so the pandemic hasn't really affected that aspect of our lives.*

### WHAT ARE YOU DOING FOR FUN/RELAXATION?

*Enjoying libations sitting on the front porch with our neighbors.*

### HOW ARE YOU STAYING IN TOUCH/CONNECTING WITH OTHERS?

*Via social media and FaceTime.*

### CREATED ANY NEW TRADITIONS WITH FRIENDS OR FAMILY?

*Most of our neighbors work from home like we do and we have a ritual of meeting out on our front porches for a happy hour practically everyday.*

### WHAT ARE YOU GRATEFUL FOR NOW THAT YOU DIDN'T THINK OF OR TOOK FOR GRANTED BEFORE THE PANDEMIC?

*I do miss seeing my friends and giving them hugs. I'm so thankful that my wife and I are healthy and we both still have plenty of work (or at least she does).*

### TACKLED ANY HOUSEHOLD PROJECTS OR TASKS YOU'VE BEEN MEANING TO GET TO?

*Yes, several. Installed a couple of new light fixtures and ceiling fans that I've been meaning to do for years. I plan on cleaning out my disaster of a basement in the near future, which may involve an alley sale to get rid of a bunch of stuff.*

### LIST THE TOP 5 SONGS ON YOUR PANDEMIC PLAYLIST:

- 1) *Jobseeker* by Sleaford Mods (explicit lyrics)
- 2) *Eat at Home* by Paul McCartney
- 3) *Fight The Power* (explicit lyrics)
- 4) *This Will Be Our Year* by The Zombies
- 5) *You'll Never Walk Alone* by Gerry & The Pacemakers (Liverpool winning the English Premier League this year)

### WHAT HAVE YOU LEARNED DURING THIS EXPERIENCE?

*I feel extremely fortunate that I live in this neighborhood and am still able to socialize (at a distance of course) with neighbors during this pandemic.*



*Scott in his face mask made by friend Doug Dobey. <https://dobeymerch.threadless.com/>*

## QUESTIONNAIRE

continued from previous page



### BEVERLY DURRER

#### WHAT ARE YOU DOING FOR FUN/RELAXATION?

Reading, Zoom visits with college and longtime friends and Zoom yoga classes.

#### HOW ARE YOU STAYING IN TOUCH / CONNECTING WITH OTHERS?

Mostly electronically but have had picnics with friends and relatives at a social distance. We live in a six-unit condo so have had a couple of happy hours outside, keeping our distance.

#### WHAT ARE YOU GRATEFUL FOR NOW THAT YOU DIDN'T THINK OF OR TOOK FOR GRANTED BEFORE THE PANDEMIC?

Especially grateful for my kind and patient husband!

#### TACKLED ANY HOUSEHOLD PROJECTS OR TASKS YOU'VE BEEN MEANING TO GET TO?

Because we downsized when we moved here 13 years ago, we haven't had so much to purge, though we have cleaned out some closets.

#### THE TOP 5 SONGS ON YOUR PANDEMIC PLAYLIST?

- 1) Under Pressure
- 2) Hamilton soundtrack
- 3) Mama Mia both soundtracks
- 4) The Greatest Showman soundtrack

#### WHAT HAVE YOU LEARNED DURING THIS EXPERIENCE?

Patience is so important.



Ben's front porch

### BEN HOPKINS

#### WHAT HAVE YOU LEARNED DURING THIS EXPERIENCE?

Gratitude, gratitude, gratitude.

#### WHAT ARE YOU DOING FOR FUN/RELAXATION?

Porch time with our awesome neighbors and making a lot of keto desserts. We know two musicians whose weekly and bi-weekly online concerts have become staples of our weekends, and I hope they continue.

#### HOW ARE YOU STAYING IN TOUCH/CONNECTING WITH OTHERS?

We're Zoomers like everybody else in the country these days; I'm doing about 8 (wait, 9... no, 10... okay - a lot) regular Zooms a week. I like talking a lot more than typing these days.

#### WHAT ARE YOU GRATEFUL FOR NOW THAT YOU DIDN'T THINK OF OR TOOK FOR GRANTED BEFORE THE PANDEMIC?

I didn't really take our neighbors or our front porch for granted per se, but this has made me really, really appreciate them a lot more than ever before. Both are amazing.

#### LIST THE TOP 5 SONGS ON YOUR PANDEMIC PLAYLIST:

- 1) Praying For Time by George Michael
- 2) Maps by The Yeah, Yeah, Yeahs
- 3) Yes I Do (Merry-Go-Round) by The Psychedelic Furs
- 4) Darker Days by The Connells
- 5) Let Love Rule by Lenny Kravitz
- 6) Summertime by Miles Davis 





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# SELF-CARE IN A COVID-19 WORLD

by ALLISON SCHUTZER



**I**t's almost day 90 of this "new normal," and you're starting to look a little, let's say, different. The person you see in the mirror is now a paler, hairier version of your old self. A version of you that may not be willing to take the same trip to the salon as you once did. Or maybe your newly-added role as teacher to your kids or a slimmed-down paycheck won't allow it.

Right now, safety must be our top priority — but that doesn't mean we can't look and feel like our old selves again.

So welcome to your own at-home Spa Quarantina, where a world of self-care and beauty products, resources and experiences await your discovery and enjoyment. Here are some of my faves.

## EXERCISE

While a number of gyms and personal trainers have begun offering online workout subscriptions, YouTube has always offered a plethora of free virtual workouts in a variety of different formats. No matter how you like to get your heart rate up, no matter the size of your living room, no matter your skill or fitness level, there's a workout for you on YouTube.

### SOME SUGGESTIONS TO GET STARTED:

- HIIT Workouts: FitnessBlender
- Yoga: Yoga with Adrienne
- Dance Aerobics (my personal favorite): PopSugar, Denise Austin, Tracy Anderson
- Kickboxing: TaeBo with Billy Blanks

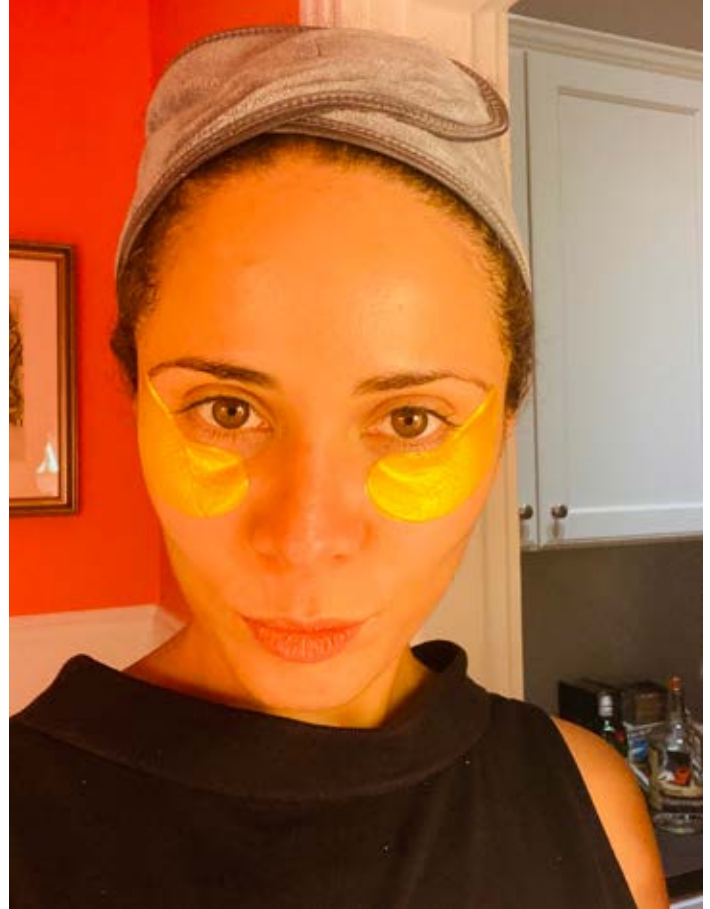
## HAIR

Even though salons have slowly begun reopening, many of us will choose to continue cutting and dying hair at home. Whether you're taking shears to your own locks or giving your partner a high and tight, the right tools and tutorials will guide you through. Additionally, caring for your head and scalp can be extremely relaxing in times of heightened anxiety.

### MY FAVORITE HAIR PRODUCTS INCLUDE:

- Clippers: Wahl HomePro Haircut Kit
- Shears: Goody Brand and Sally Hansen both offer good options
- Hair dye: Madison Reed

Don't need a cut but still want to give your hair some TLC? Try a DIY hair mask, which is easy to accomplish with whatever oil you



Golden Under Eye Masks applied as part of Step 3.

may have in your home. Some good options include coconut oil (for thin to normal hair) or olive oil (for thicker hair). Heat the oil in the microwave until warm but not scalding. Apply to damp or dry hair clean hair. Cover your hair with a shower cap and leave in at least 20 minutes. I personally wear my shower cap to bed to soak up the nutrients all night.

## FACE

My mom is all about family facials during quarantine. She sets the lighting in the living room or "relaxation area," leads everyone in a quick meditation and then calls her first client to the kitchen table, where she's set up a variety of stations.

Whether you're accustomed to regular facials at a spa or just used to getting a little more sunlight, the two oldest and truest tips to keeping your skin healthy are simple: drink lots of water and always wear products with SPF, even indoors. But if you're looking to kick your skin care routine up a notch during quarantine, an at-home facial is packed with benefits for both your face and your mind. It's a great activity to do with your family or room-mates, or to just take 30 minutes to calm your spirit and focus on you.

**THE FOUR BASIC STEPS FOR YOUR AT-HOME FACIAL ARE:**

1. CLEANSE
2. EXFOLIATE
3. MASK
4. MOISTURIZE



CONTINUED ON NEXT PAGE

## SELF-CARE IN A COVID-19 WORLD

continued from previous page

### MY FAVORITE FACIAL PRODUCTS:

- For cleansing: Rodan + Fields Unblemish Refining Acne Wash (acne prone skin), Fresh Soy Face Wash (sensitive skin), Dermalogica Active Clay Cleanser (oily skin)
- For exfoliation: Caudalie Glycolic Peel (chemical), Rodan + Fields Micro-Dermabrasion Paste (sugar/salt scrub)
- Masks: Dr. Jart+ Korean Masks (sheet), Garnier SkinActive Charcoal Mask (peel), The Body Shop Tea Tree Face Mask (rinse)
- For moisturizing: Glossier Futuredew (dry skin), Rodan + Fields Unblemish Invisible Matte Defense (oily skin), Clinique Dramatically Different Moisturizing Gel (combination skin)
- Bonus music recommendations: Enya, Tame Impala



### BODY

I discovered the company Anese last summer through an Instagram ad. This company offers a variety of skin care products for the body much like you would use for the more delicate skin on your face. I love the body exfoliators and body mask options; but if you exfoliate, always remember to restore moisture! Body oil or cream should be an essential part of your daily routine.

As we move into summer, don't forget sunscreen. Look for one that doesn't contain oxybenzone or octinoxate, which can make their way into your bloodstream and are bad for the environment — and make sure your SPF is 30+.

### PRODUCT RECOMMENDATIONS:

- Body Exfoliator: Anese That Booty Tho, Moroccanoil Body Polishing Scrub
- Body Mask: Anese Down With The Thickness.
- Moisturizer: Anese Have You Seen My Underwear?, Sol de Janeiro Brazilian Bum Bum Cream
- Sunscreen: Sun Bum Sunscreen Lotion

### HAIR REMOVAL

We're all looking a little more like Brooke Shields, and we don't have to. First of all, invest in good tweezers. A quality pair can cost \$20-\$30, but it truly makes a difference in effectiveness. You can also hold on to them for years. Invest!

If you regularly visit the salon for hair removal, there are many at-home solutions. And the best do not require you to

buy any frivolous equipment or run any risk of scalding burns. The key here is to read the instructions well.

### PRODUCT RECOMMENDATIONS:

- Tweezers: Tweezerman Ultra Precision Slant Tweezers
- Face: Nad's Facial Wax Strips
- Body: Sugar Me Smooth Hair Removal Sugar, Bliss Poetic Waxing Kit



### HANDS, FEET AND NAILS

If you haven't already chipped off all of your gel manicure, you can find the right tools to remove your polish at home. Then what? Acetone is hard on your skin, and with the additional washing, hands have taken a beating during quarantine.

After your next good washing, lather your hands in your favorite hand cream and, if you have a spare clean pair of gloves, put those on your lotioned hands for a good 15 minutes. Your hands will come out feeling extra soft and supple. Also not a bad idea to put that phone down for a bit!

Feet can be a different animal. You can purchase a pumice stone and even chemical foot exfoliating products online these days, but this at-home ritual works wonders with your favorite moisturizer and a pair of socks as well.

If you're not used to seeing your nail beds, this may be the perfect opportunity to strengthen them. Strengthening polishes often go on clear so you don't risk giving yourself a noticeably bad manicure using your left hand.

### PRODUCT RECOMMENDATIONS:

- Gel polish removal: Acetone, cotton balls, tin foil, nail file, cuticle pusher
- Nail Strengthen: Sally Hansen Hard As Nails
- Hand cream (works for feet too!): Kiehls Ultimate Hand Salve
- Foot exfoliation: Foot Peeling Mask Set by Purederm



Looking and feeling your best are an inherent part of your happiness. In a time when finding happiness can be a challenge, remember the small luxuries that bring you joy and do them. **C**



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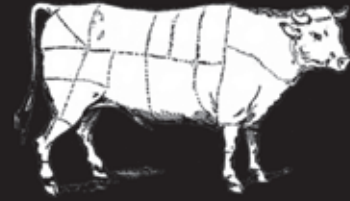


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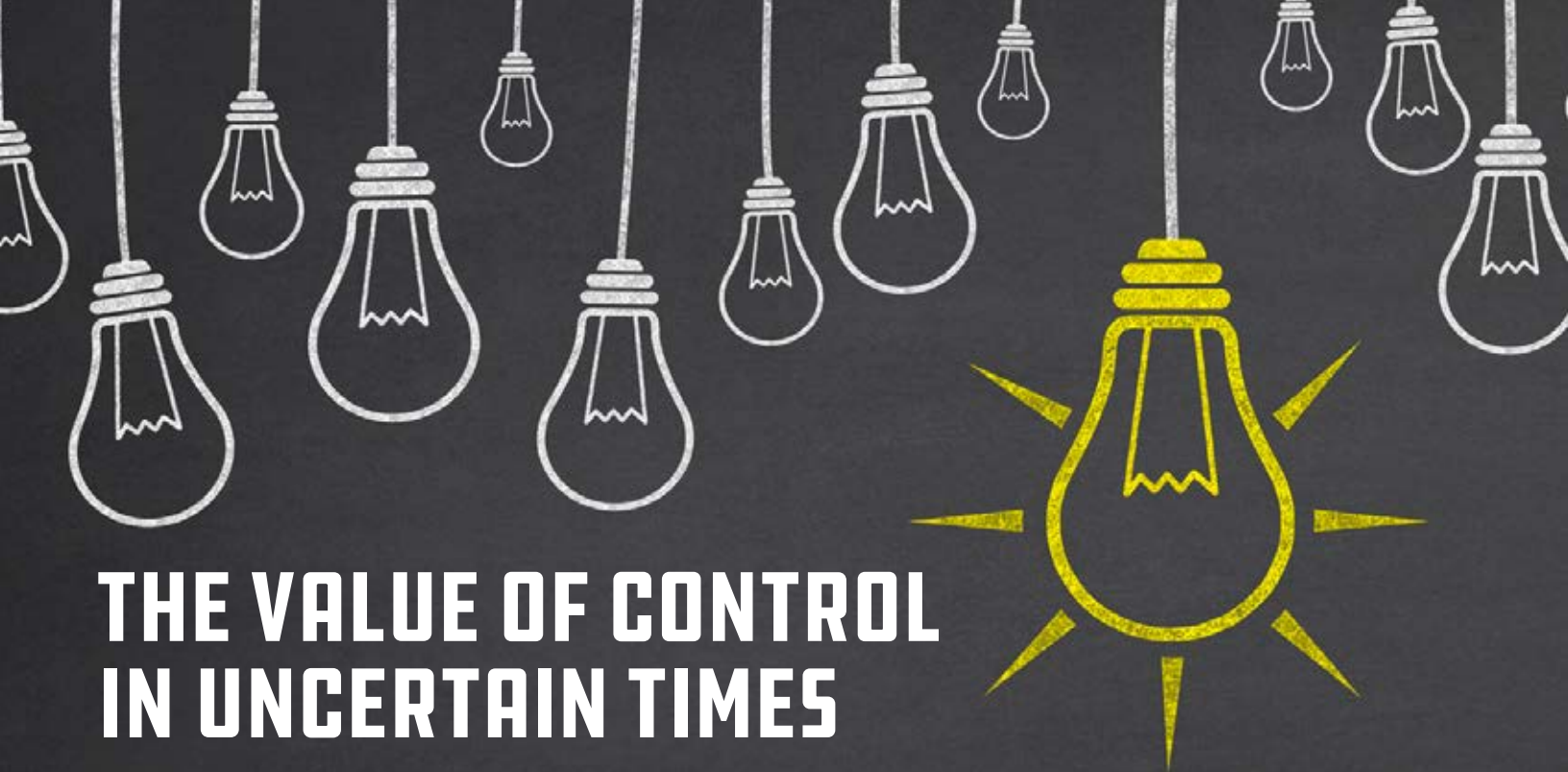
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# THE VALUE OF CONTROL IN UNCERTAIN TIMES

by **LIZ BRYANT**

**S**ocial distancing and the effects it is having on the workforce are immensely layered. For some it means more work. For others it can mean layoffs, furloughs and other uncertainties. For others still it can be a time to reflect and reset. And for all of us, it can be a time to take a close look at our professional presence and take steps toward improvement.

Right now, there are so many aspects of our lives that we cannot control. Let's use this time to work on those aspects over which we do have control. This will help us not only now, but when we get back to a more familiar way of doing business.

## LET'S START WITH THESE FIVE:

**1. CRITIQUE YOUR LINKEDIN PROFILE.** Does it represent you the way you want it to? You should have a professional headshot – or a professional-looking headshot. You can do that with an iPhone in a pinch. Your work history should be in chronological order, and make sure that you highlight accomplishments. Use action words – “consistently exceeded target revenue goals by more than 40 percent,” for example. Make good use of the profile section for a high-level summary of your professional value. And ask people for testimonials. It's free advertising. Having others speak of your good work goes a long way, and you can make it easy by telling them which of your skills you'd like them to highlight.

**2. POLISH UP YOUR RESUME.** There are many different formats and styles out there to serve as guides. As with your LinkedIn profile, make sure to highlight accomplishments and use action words. Consider trading resumes with a friend for another set of eyes on the product. Be each other's editors.


You may not need a new resume now, but it's better to have one at the ready than trying to scramble when you're under pressure.

**3. TAKE A LOOK IN THE MIRROR.** More than half of a first impression is influenced by our appearance. Before you say your first word in a conversation, how you look has already impacted what the other person thinks of you. Hair styling can be a challenge right now, but do your best. If you're a man, shave every day. If you're a woman, put on makeup and jewelry.



**4. TAKE A LOOK AT YOUR WARDROBE.** Clothes are just as important as grooming in making up that first impression. I like to dress for work every day – at least the part of me that people can see on videoconferences. I cut myself some slack every now and then and allow a combo look of blouse and jacket paired with Lululemons and Allbirds. I find I am actually quite productive in that ensemble.

**5. FINALLY, READ AND EDUCATE YOURSELF** on what's going on in your industry. If there's a new skill you want to acquire, work on that. Those who are nimble and can pivot quickly in these times of “new normal” will be even more valuable to their own and potential employers.

Working on you and the things you can control will not only help you in your professional life, but I find that it helps me personally as well. In these uncertain times, some semblance of certainty is very comforting. 

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# 5 WAYS TO STAY PRESENT DURING A PANDEMIC


by THE INNERWORK CENTER

**T**he pandemic is testing us all in new ways. Navigating the uncertainty of our physical health, our financial future and mental welfare along with added responsibilities of caring for those we love “at a distance” is tough. No one is immune to the challenges we’re facing as a nation and as individuals. We can’t control what’s happening “out there,” but we can turn to what we call innerwork for self-care and peace of mind. Here are a few simple (and free) things you can do at home to stay present, mindful and sane.

- 1. BREATHE.** Inhale deeply. Relax your jaw as you exhale fully. Breathing in this way and focusing on the exhale helps you stimulate your vagus nerve — which is now known to have beneficial effects on managing stress, anxiety and even inflammation by activating the “relaxation response” of your parasympathetic nervous system.
- 2. SENSE YOUR BODY/MOVE YOUR BODY.** Pay attention to how your body feels against the support of a chair or the floor beneath you. Stand and stretch, in ways that feel right to you. If possible, engage in yoga or other gentle movement — or just take a walk. Moving helps remind us of our mind-body connection.
- 3. OPEN YOUR EYES.** See where you are. Orient yourself in your surroundings. Notice what is around you. This can ground you to the present moment. Savor the present moment and be in the now. Remember that our most troubling thoughts are about the past and the future.
- 4. NAME YOUR EXPERIENCE.** Use descriptive words to name what you’re struggling with, like “planning,” “grief” or “sadness.” Naming your emotions can remove some of the judgement and give you a chance to show yourself some compassion.




- 5. BE YOUR OWN FRIEND.** Be kind to yourself when you feel the sting of self-critical thoughts. Place a hand over your heart or on your cheek. Say to yourself something like “It’s okay to feel this way,” or “All is well right now.” Treat yourself like you would treat a friend.

If you’ve tried all of these suggestions and are still struggling, reach out for support! Talk to a friend or neighbor, or enroll in a class on self-care at The Innerwork Center and learn from faculty who have been studying and practicing self-care and well-being for decades. Remember that you’re not in this alone! You can find our “Self-care in a Pandemic Series” at [www.innerworkcenter.org/selfcare](http://www.innerworkcenter.org/selfcare). 

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RVA311 is the City of Richmond's new centralized format for easily reporting, filing and tracking all resident service requests.

Replacing the old SeeClickFix system, RVA311 is a full-scale online and mobile app solution that allows residents to record service requests directly to various government entities, including the Richmond Police Department, the departments of Public Works, Public Utilities, Social Services and Finance, and the Department of Planning and Development. Requests for service cover everything from pothole reports, broken streetlights and damaged infrastructure to unlawful dumping, sanitation concerns, graffiti, abandoned vehicles and much more. The system is very user friendly, and even includes a FAQ section to help with general questions about taxes, parking and other city-related functions.

To get started, residents can go to [www.rva311.com](http://www.rva311.com) and set up an account for reporting. Once issues or complaints are filed, they can be tracked from inception, to assignment and ultimately through to conclusion.

**CITY COUNCIL**

Andreas Addison (1st District).....	804-646-5935
<a href="mailto:andreas.addison@richmondgov.com">andreas.addison@richmondgov.com</a>	
Kimberly Gray (2nd District).....	804-646-6532
<a href="mailto:kimberly.gray@richmondgov.com">kimberly.gray@richmondgov.com</a>	
Stephanie Lynch (5th District).....	804-646-6050
<a href="mailto:stephanie.lynch@richmondgov.com">stephanie.lynch@richmondgov.com</a>	

For information on City Council meetings, visit <https://richmondva.legistar.com/Calendar.aspx>.

**SCHOOL BOARD**

Jason Kamras, School Superintendent.....	804-780-7710
Elizabeth Doerr, Richmond 1st District.....	804-929-6624
<a href="mailto:edoerr@vaschools.net">edoerr@vaschools.net</a>	
Scott Barlow, Richmond 2nd District.....	804-929-6571
<a href="mailto:jbarlow3@vaschools.net">jbarlow3@vaschools.net</a>	
Patrick Sapini - Richmond 5th District.....	804-929-6930
<a href="mailto:psapini@vaschools.net">psapini@vaschools.net</a>	

To watch school board proceedings and meetings:

Go to: <http://www.boarddocs.com/vsba/richmond/Board.nsf/Public>

**VIRGINIA GENERAL ASSEMBLY**

Del. Dawn Adams (68th).....	804-698-1068
Del. Betsy Carr (69th).....	804-698-1069
Del. Jeffrey Bourne (71st).....	804-698-1071
Sen. Jennifer McClellan (9th).....	804-698-7509
Sen. Ghazala Hashmi (10th).....	804-698-7510

**US CONGRESS (DISTRICT 4)**

Rep. A. Donald McEachin.....	202-225-6365
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**US SENATE**

Sen. Mark Warner.....	202-224-2023
Sen. Tim Kaine.....	202-224-4024



Map of

**THE MUSEUM DISTRICT**





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