



## Vernon Alston Jr.

August 26, 1971 - January 23, 2016

Vernon Alston, Jr. was born in Vicenza, Italy on August 26, 1971 to very proud parents, Vernon Sr. and Bobbie J. Alston. He was the eldest of three children. If his native Godparents, Giuseppe and Adalina had their way, he would have been named Enrico Danielli. Vernon attended Welch Elementary School, Dover AFB, upon moving to Dover, DE from Germany in 1981. His school principal, who was fond of Vernon as a pupil, said that one day when he was old and sitting in his rocking chair, he wanted to pick up the newspaper and see that “Vernon Alston” had done something great. He believed Vernon was a great example for his peers. Vernon also attended William Henry Middle School, Central Middle School, and Dover High School. Throughout those years, Vernon developed a great desire to play soccer, football, track, and wrestling. As a way to hone and perfect his talents and athletic abilities, he started lifting weights at age 13. Vernon’s physical abilities were so diverse that he even received a scholarship to the Marian Tracy Dance School. He displayed his greatest athletic ability in track & field and wrestling. Two of the most memorable times during his high school athletic career occurred when he ran track in the Penn Relays, and met WWF wrestler, Rocky Johnson, who encouraged him to pursue wrestling. Vernon managed a full time schedule as a college prep student athlete while working part time at Hang’s Chinese Restaurant in Dover, DE. Working in the restaurant was a special treat for Vernon because he loved to eat! Vernon was adored by the owners, Hang and Miranda, for his dedication, charisma, and hard work. Vernon’s commitment

and hard work paid off when he received a wrestling scholarship to Howard University, in Washington, DC. He was a cadet in the AFJROTC program at Dover High School and continued membership in the ROTC program while attending Howard University. Vernon majored in Administrative Justice. While later pursuing studies at the University of the District of Columbia, Vernon decided to enlist in the Army National Guard Reserves. His active duty tours included traveling to Panama and Germany. Soon after completing his military training, Vernon sought a career as a Federal Police Officer, and joined the academy with the US Capitol Police. Vernon loved his job and took pride in protecting and serving the people of Capitol Hill. Vernon developed and nurtured relationships that crossed the boundaries of race, status, or even beliefs. Vernon was authentic in his interaction and sincere in his “hello” or “how is it going?” He enjoyed interacting with his fellow police officers, Congressional members of the House and Senate, diplomats, staffers, and the numerous visitors on “The Hill”. Vernon’s service time with US Capitol Police included 20 years and traveling approximately 180 miles commuting to and from Washington, DC daily. Vernon enjoyed working out in the gym and lifting weights and was always ready for a push up contest: He is affectionately remembered by his friends for being strong as an ox and making 100 pushups, in a minute, look easy. Vernon was a renaissance man and his wife would emphatically describe him as “the finest man on earth.” He was one who enjoyed cooking from an early age, writing poetry, jujitsu, judo, shopping for furniture, sultry music, collecting Invicta watches, hunting for the latest colognes, and seeking the latest comfort gadgets. During a chance meeting at 1st and Independence avenues SE, Vernon met his wife, Nicole. Vernon remembered Nicole as a student at Howard University but had not had an opportunity to get to know her. Vernon quickly realized that, on that corner, opportunity had presented itself and he took it. After a short engagement, the two married and together share five beautiful children. To Vernon, family was everything. Vernon loved his father with a reverence. He loved his mother with a fierceness. He loved his sister with a tenderness, and was unwavering

about his love for his brother. Vernon was a loving and caring husband, father, brother, and friend. He enjoyed entertaining his children and initiating “family meetings” with his wife and kids. Vernon leaves a legacy of love, humility, humor, and a giving nature, to those who knew him, closely and casually, always leaving an indelible mark on the lives he touched. Vernon was an undiscovered comedian/ lyricist with a contagious laugh, a knack for arousing laughter, and an insatiable need to have dance battles with his kids. Vernon will be remembered for being very humble, loving life, and showing a desire to help others. Vernon loved the Lord and was always ready with an answer to share God’s love and promises with whomever he encountered. Vernon would frequently say “the world is your oyster” and he used this idea as a tool to push his family members to surpass goals and realize dreams. Vernon leaves to cherish his memory: His wife, Nicole. His daughters, Brittany and Yasmeen. His sons, Brandon, Israel, and Breyden. His parents, Vernon and Bobbie Jean Alston. His sister, Nicole Alston-Jackson and his brother, Damien Alston. His In-laws, Norwood and Mattie Davis and a host of uncles, aunts, nephews, nieces, cousins, extended family, and friends. Vernon will be missed greatly by all who knew him.

To send flowers to the family or plant a tree in memory of Vernon Alston Jr., please visit our Heartfelt Sympathies Store.

# Tribute Wall

KM

“ It is with a very heavy heart, that I offer my condolences to the Alston family. You all have been more than just friends to our family over the last 30 years. There are no words to describe what's in our hearts right now. Just know that we are here, and we love you all so very much. Peace & Blessings during this difficult time.

Kellee Mullen - February 04, 2016 at 12:00 AM

BA

“ My sincere condolences to the Alston Family, words seem inadequate to express the sorrow I feel by the loss of a son, brother, husband and father Vernon Alston Jr. My prayers are with you.

Brenda Adams - February 04, 2016 at 12:00 AM



“ Vernon Alston Jr.

February 01, 2016 at 12:00 AM

AF

“ It is with a heavy heart that I offer my sincerest Condolences to Nicole and her family in this time of bereavement. May God continue to keep the family and the loving memories of Sir Vernon Alston, Jr.

Annette Fletcher - February 01, 2016 at 12:00 AM

NF

“ Niki, With sincerest and deepest sympathy on the loss of your beloved brother. I am so vey, very sorry for your loss.

Natalie Fountain - January 28, 2016 at 12:00 AM

GB

“ TO Sis Bobbie, Mr Vernon, Nikki and Damien, My Most deepest sympathies are with you at this time, May God hold you in his Arms and give you the peace and strength to endure at this difficult Time. Love always Gennifer

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**Gennifer Bivens** - January 28, 2016 at 12:00 AM

KF

“ My heart goes out to you, Niki, and your family during this difficult loss. Words alone cannot express my sympathy.

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**Kelly Fox** - January 28, 2016 at 12:00 AM

KS

“ Prayers for Nicole and the entire Alston family. Vernon was kind to me for the time I knew him and I pray for peace and comfort at this time for your family. God bless

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**Kelly Summers** - January 27, 2016 at 12:00 AM

LG

“ We are so sorry to learn of this tragic event. Our thoughts and prayers are with you all. We pray that you will find comfort in each others arms as you move forward in the days ahead. Vernon was such a wonderful man of God.

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**Lee & Priscilla Gore** - January 27, 2016 at 12:00 AM

AW

“ Extending deepest sympathy in this time of sorrow. Please take comfort in knowing that soon all those in the memorial tombs will hear Jesus' voice and come out (John 5:28,29). Until that blessed day, may the GOD of all comfort grant you peace (2 Cor. 1:3,4) while many fond memories of Vernon warm your hearts.

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**A. Wingfield** - January 26, 2016 at 12:00 AM

MJ

“ I am sorry for your loss, please accept my sincere condolences. I hope you will find some comfort and strength in Jesus promise of the earthly resurrection(Acts 24:15)and the renewed Paradise earth, where death will be no more and no family will mourn the death of a loved one.-Revelation 21:3,4;John 5:28,29;Luke 23:43. May GOD(Psalms 83:18)grant you peace and comfort now, during this grievous time.-Matthew 5:4.

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**M Jones** - January 25, 2016 at 12:00 AM