

EST. 1955

Hadeed

ORIENTAL RUG CLEANING AND IN-HOME SERVICES



Trust the Cleaning Experts at Hadeed Carpet to
Deep Clean & Sanitize
Your Entire Home

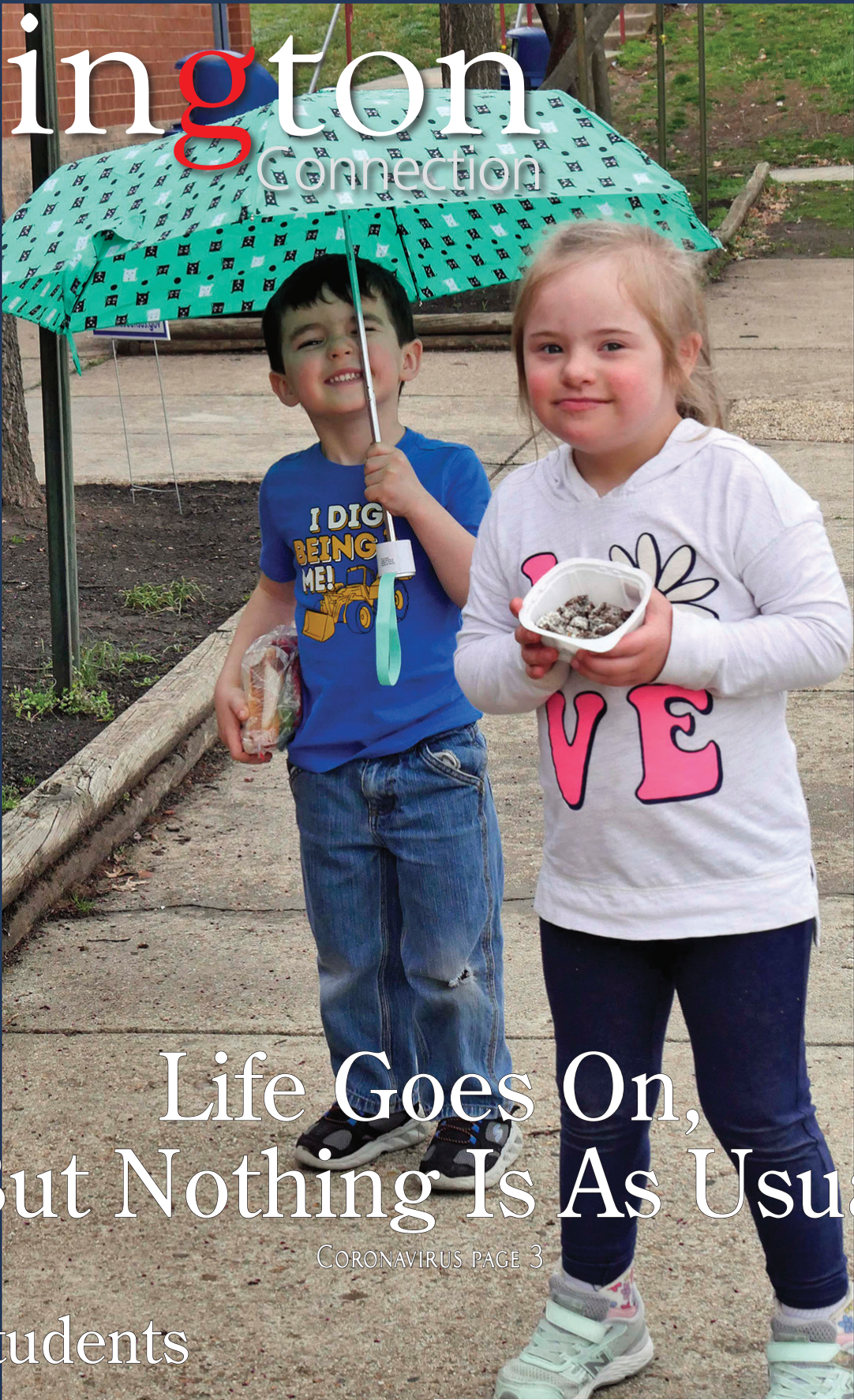
- Wall to Wall Steam Cleaning
- Upholstery Steam Cleaning
- Tile and Grout Cleaning
- Wood Floor Cleaning
- Air Duct Cleaning
- Dryer Vent Cleaning
- Oriental/Area Rug Cleaning

5 Convenient
Drop-Off Locations
Free Pickup & Delivery!
703-836-1111
JoeHadeed.com

The

Arlington

Connection



Life Goes On,

But Nothing Is As Usual

CORONAVIRUS PAGE 3

Feeding Students

NEWS, PAGE 2

Photos, Life in

Arlington Right Now

PAGE 4

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 3-26-20

PRSR

STD

U.S. POSTAGE

PAID

EASTON, MD

PERMIT #322

Robert Beatson II

Attorney/Accountant,
Former IRS Attorney
Admitted to DC, MD, VA & NY Bars
All Types of Federal, State,
Local & Foreign Taxes

Individual • Business
Trusts • Estates • Wills
Amended & Late Returns
Back Taxes • IRS Audits
• Civil Litigation
Business Law • Contracts

**703-798-3590 or
301-340-2951**

www.beatsonlaw.com

CALENDAR

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**Let us know
about an
upcoming event**

connectionnewspapers.com/Calendar

News

Free Meals for Families During School Closures—No Questions Asked

BY SHIRLEY RUHE
ARLINGTON CONNECTION

David Guas, Arlington chef and small business owner, first got the idea to offer free meals to needy school kids and their families during the school closure “because it was just me panicking about what to do with my team. Seventy percent of them have kids at Key Elementary where they get free or reduced price lunches.”

He knew the schools were closing on Friday and wondered what these families would do on Monday. “What will help these kids in the special program?”

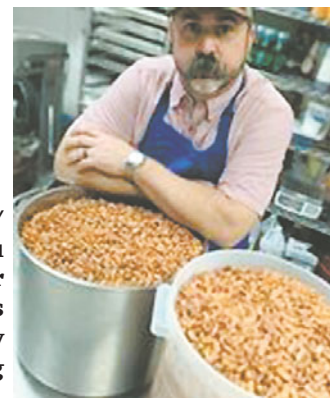
So Guas had an idea and he called Real Food for Kids which he says is already a non-profit. “All I know how to do is cook beans.” They paired up with Fruitful Planet to provide free lunches to families every school day in front of Bayou Bakery, Coffee bar and Eatery, a block from Courthouse, between 10 a.m.-1:00 p.m.

“Some walk up and some drive



Families walk up or drive curbside to pick up their vegetarian, plant-based free meals.

David Guas, chef/owner of Bayou Bakery, Coffee Bar and Eatery, offers free meals to needy families during school closure.



PHOTOS CONTRIBUTED

up curbside, and we ask them how many meals they need. No questions asked.

“Then we hand them the vegetarian meals in a hinged clamshell container and they pick up a bag of bananas, apples or oranges on a table nearby from Real Food for Kids and Fruitful Planet.” He says the meals will be plant-based to be compatible with a range of dietary and religious restrictions.

Monday, March 16 was used to set up and plan. “Tuesday we served about 70 meals of red

beans and rice with about 75 on Wednesday. By Thursday it had grown to 125 meals.

“On Wednesday we had hot food left over and called the Arlington Food Assistance Center (AFAC). Within 20 minutes they had a truck here to pick up 100 meals for families served by AFAC.”

Guas serves these meals for families curbside outside Bayou Bakery while at the same time operating a grab and go for his New Orleans themed cafe on the fenced patio outside the restaurant. Guas says the restaurant cur-

rently offers a smaller menu than usual with gumbo, deviled eggs, mac and cheese and six sandwiches as well as beignets, breakfast sandwiches and coffee for breakfast.

But sales are down 85 percent so Guas has had to cut back hours for his employees and is punching out the biscuits and making the beignets himself at 5 a.m. He is rotating three people on his staff to give them 15-18 hours each.

“We have some phone orders and some foot traffic, a little bit of hope.”

Same Company, Same Employees, Same Great Value - Now Celebrating 20 Years!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

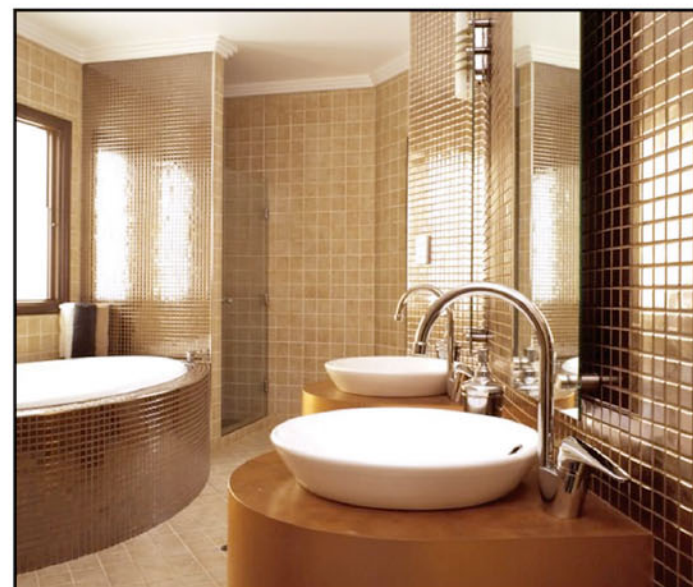
10% down

nothing until the job
is complete for the
past 17 years



- Master Plumber
- Master Electrician
- Master HVAC

Fully Insured & Class A Licensed
Since 1999



Free Estimates

703-999-2928 Visit our website: www.twopoorteachers.com



Life Goes On, But Not as Usual

Schools will remain closed through the end of the school year to help stop the spread of coronavirus.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

From Virginia Department of Health

❖ Cases of COVID-19 are surging in Virginia. We need everyone's help to stop the spread.

❖ VDH urges all Virginians to stay home and practice social distancing. If you have to go out, stay 6 feet away from others.

❖ Avoid public spaces, public activities, and group gatherings. Do not take public transportation such as buses, trains, taxis, or ride-shares, if possible.

Arlingtonians adjust to a new reality the first week after the coronavirus pandemic is declared in the nation. According to the State Department of Health, 3,697 Virginians have been tested for the disease, with 254 cases and 38 hospitalized as of Monday, March 23. There have been six deaths. Across the Northern Virginia region as of March 23, Arlington has 34 and Fairfax County has 43 confirmed cases.

Dogs are getting more walks than usual, small children wobble down the sidewalk on scooters, at-home parents swing a giant jump rope for a small child in the middle of the street. Slides sit empty in usually crowded playgrounds. A lone swimmer does laps at Tuckahoe Pool.

Senior customers in line at the pharmacy chat about whether the grocery store's senior hours are in effect yet but comment it won't help them because they aren't up in



the morning and ready to go by 7-9 a.m. or earlier.

Grocery store employees wander the aisles with spray bottles and wipes as they clean vacant shelves, check-out lines and counter surfaces. Shelves are empty as delivery trucks struggle to keep up.

A post on NextDoor website offers to do errands or deliver groceries for neighbors at risk of becoming infected with coronavirus. People post home recipes for hand sanitizers since shelves remain empty at drugstores, grocery stores and hardware stores.

Customers in line at Starbucks buy coffee for the person in line behind them as a cheerful surprise. Plumbers arrive in protective masks to clean out the sewer pipes from a house to the yard. A couple sits on their patio mid-afternoon getting a sunburn in the unexpectedly hot weather.

Child care centers receive a letter from the Commonwealth of Virginia Department of Social Services sent March 18 laying out guidelines for centers that remain open while urging the families to stay at home with their families if at all possible. "This will help ensure spaces for essential personnel in need of child care as they directly support the COVID-19 response efforts."

The letter limits capacities of child care settings to 10 individuals per room including staff. It urges frequent hand washing, cleaning and disinfecting surfaces frequently touched, eating meals in the classroom and conducting regular health checks of health and children to look for symptoms of health and fever. It loosens requirements



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

for eligibility for the nearly 25,000 children in Virginia's Child Care Subsidy Program.

Arlington Food Assistance Center hires new part-time staff to handle the drop in volunteers, extends hours and marks pavements to establish distance for AFAC clients, prebags groceries to speed distributions and allow for additional pop-up sites as needed.

Many restaurants voluntarily close indefinitely while others post Grab and Go signs and serve meals from the curb. A woman and her poodle drive up to Pie-tanza's curbside service to pick up a goat cheese salad. The waiter says they served 80 customers last night. "It was crazy."

Bayou Bakery pairs with real Food for Kids to provide free lunches for families outside the restaurant weekdays during school closure. Kenmore Middle School and Dr. Charles Drew Elementary School pass out free lunches and breakfasts to school children at tables outside each school. By noon

on Friday Drew has already passed out 230 lunches of ham and cheese sandwiches and tamales in a slight drizzle.

Virginia Gov. Ralph Northam announced on Monday that public schools in Virginia will remain closed through the end of the school year.

Arlington schools are posting daily on-line assignments to keep structure for students. One mother, who has children at Jamestown Elementary, Williamsburg Middle School and Yorktown High School, says the assignments are meant to provide consistency, and many aren't graded. "They are not meant to be stressful but to just keep things more normal."

She says it has been a little frantic for high school teachers with the third quarter just ending and kids trying to get into college. "But the teachers have been so responsive. The science teacher has set up a group video chat with students to check in on how they

SEE LIFE GOES ON, PAGE 4

Life Goes On, But Not as Usual



FROM PAGE 3

are doing.”

The lacrosse coach has been sending home drills. “This is their big lacrosse season and it is heartbreaking for the kids to lose an entire season. They take it so personally.”

Virginia Hospital Center announces a partnership with Arlington County to open a temporary drive-through COVID19 sample collection site. They state this site is for “symptomatic patients (fevers, chills, cough or shortness of breath) who have received a written order for COVID-19 testing from a licensed health care provider and have scheduled an appointment. It is not meant for asymptomatic patients.” Once they have received the order they should call the VHC COVID-19 scheduling line at 703-558-5766 between the hours of 8:30 a.m.-3 p.m.

Richard Hermann says, “I was just at Virginia Hospital Center for treatment. They have no masks. Some nurses were cutting up gowns in order to make ersatz masks. The nurses are overworked and stressed.”

Arlington Closes Its Parks, Fields, and Playgrounds.

Arlington County is committed to the health and safety of our community and our employees. Effectively immediately, all Arlington County/APS parks, fields, playgrounds, restrooms, tracks, dog parks and courts are closed due to the COVID-19 outbreak.

Signs will be posted at all affected locations. Park visitors are asked to adhere to all closure notices and current social distancing recommendations.

Trails and community gardens are also closed to groups.

Please exercise and garden alone.

In order to stop the spread of COVID-19, it is important that everyone take personal responsibility and practice social distancing and wash your hands frequently.

To keep updated on the status of COVID-19, visit the County’s coronavirus website. Be sure to sign up for Arlington Alert for County updates and Parks & Recreation’s eNews.

BULLETIN BOARD

Editor's Note: Be aware that many events could be cancelled as precaution to the spread of COVID-19. Please check before heading to events. Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ARLINGTON COUNTY CLOSURES

In an effort to slow the spread of coronavirus (COVID-19), effectively immediately, all Arlington County/APS parks, rec centers, fields, playgrounds, restrooms, tracks, dog parks and athletic courts are closed due to the COVID-19 outbreak. The County suspended its Arlington Farmers Market last weekend and asked all other markets in the County to suspend theirs as well.

- ❖ Practice social distancing by maintaining six feet of personal space;
- ❖ Wash your hands often or use hand sanitizer;
- ❖ Sneez and cough into a napkin or elbow;
- ❖ If you plan on touching equipment, wipe it down with disinfectant wipes before and after use.

COVID-19 COLLECTION SITE

Virginia Hospital Center (VHC) has partnered with Arlington County to open a temporary drive-through COVID-19 sample collection site. The address 1429 N. Quincy Street, Arlington.

- ❖ Samples will be collected from Arlington residents, Arlington County Government employees and Arlington Public Schools employees, and patients of VHC Medical Staff.
- ❖ This site is for sample collection from symptomatic patients (fevers, chills, cough, or shortness of breath) who have received a written order for COVID-19 testing from a licensed healthcare provider. This is not meant for asymptomatic patients.
- ❖ Once they have received a physician's order, patients should call the VHC COVID-19 Scheduling Line at 703-558-5766 between the hours of 8:30 a.m. and 3 p.m. Patients must schedule an appointment before visiting the collection site.

NEW COVID-19 CALL LINE

Arlington County is expanding its ability to respond to inquiries and questions from the public by establishing a new call center. This additional call center will free up resources to help the County effectively minimize the public health risk posed by the coronavirus (COVID-19). Community members who cannot find the information they need on the website (<https://health.arlingtonva.us/covid-19-coronavirus-updates/>) or through other resources, should call 703-228-7999 for assistance. The call center will be open from 7 a.m. to 7 p.m. Monday through Friday.

SHOPPING HOURS FOR SENIORS

Giant Food Store will offer dedicated shopping hours for senior citizens 60-and-older and individuals with compromised immune systems, effective March 20. Every store in our operating areas will reserve 6-7 a.m., every day of the week for this vulnerable population to shop and practice social distancing. The stores will operate on regular hours of operation during all other times. We continue to work on restocking our shelves and will be ready to serve to the best of our ability.

DISASTER ASSISTANCE

The U.S. Small Business Administration

is offering low-interest federal disaster loans for working capital to Virginia small businesses suffering substantial economic injury as a result of the Coronavirus (COVID-19). The disaster declaration makes SBA assistance available in the entire state of Virginia. Applicants may apply online, receive additional disaster assistance information and download applications at <https://disasterloan.sba.gov/ela>. Applicants may also call SBA's Customer Service Center at (800) 659-2955 or email disastercustomerservice@sba.gov for more information on SBA disaster assistance. Individuals who are deaf or hard of hearing may call (800) 877-8339. Completed applications should be mailed to U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155. The deadline to apply for an Economic Injury Disaster Loan is Dec. 21, 2020. For more information about Coronavirus, visit: Coronavirus.gov. For more information about available SBA resources and services, visit: SBA.gov/coronavirus.

COVID-19 RESPONSE

Amazon has donated \$1 million to kick-start collaborative emergency COVID-19 response funds that will immediately benefit four local community foundations across the Greater Washington region who are working to support vulnerable populations disproportionately impacted amid the coronavirus outbreak. ACT for Alexandria, Arlington Community Foundation, Community Foundation for Northern Virginia and the Greater Washington Community Foundation will each use these funds for grants to nonprofits addressing food insecurity, housing/shelter, and providing emergency financial assistance. This gift will allow each foundation to lean into their unique strengths and community connections to rapidly disperse resources to nonprofits with deep roots in our community and strong experience serving our most vulnerable neighbors.

SATURDAY/MARCH 28

Getting Back on Track: Your Questions about Living in a Community Association Answered. 10 a.m. – 12 p.m. At Fairlington Community Center, 3308 S Stafford St, Arlington. Call 703-746-4990, email Brandi D. Collins at brandi.collins@alexandriava.gov.

TUESDAY/MARCH 31

Women's History Month Proclamation Ceremony. 12-1 p.m. At Bozman Government Center, County Board Room 3rd FL, 2100 Clarendon Blvd., Arlington. Featuring Keynote by Kathrine Switzer.

FAA SEEKS PUBLIC COMMENT

The Federal Aviation Administration (FAA) is inviting comments until March 30, 2020 on a temporary air traffic procedure change at Ronald Reagan Washington National Airport (DCA) called HOLT. The HOLT amended a waypoint by moving it 784 feet southwest in order to move north-flow departing aircraft away from protected airspace while keeping aircraft over the Potomac River. The FAA implemented the temporary change on January 30, 2020, to enhance national security by reducing the number of incursions from aircraft drifting into the prohibited area. Based on the initial results of the temporary procedure, the FAA is proposing to permanently implement the amended waypoint for all north-flow departures at DCA. The

FAA is also inviting comments from the public on environmental concerns that should be considered as part of its environmental review for the implementation of the amended waypoint. Submit comments by March 30, 2020, using the submit comment form. Additional information about the FAA's temporary and proposed change – including radar tracks and a noise screen – can be found at the following website: https://www.faa.gov/air_traffic/community_involvement/dca_p56/

DONATIONS

The **Arlington Food Assistance Center** seeks local gardeners and farmers willing to grow and donate fresh produce to the AFAC food pantry for local families in need as part of the Plot Against Hunger program. Each week, approximately 2,400 client families visit AFAC to pick up supplemental groceries and fresh fruits and vegetables are in high demand. AFAC will provide free vegetable seeds to those who pledge to donate produce from community or personal gardens. Visit <https://afac.org/plot-against-hunger> or contact puwen.lee@afac.org or 703-845-8486. Seeds are available now at AFAC, 2708 S. Nelson St., during regular business hours: Monday-Friday 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Produce can also be donated at AFAC at the hours listed above or at:

- ❖ Arlington Courthouse Farmer's Market, Saturdays 8 a.m.-noon (look for the AFAC cooler near the Master Gardener information table).
- ❖ Rock Springs UCC Church, 5010 Little Falls Road, Sundays 9 a.m.-noon only. (Look for the donation bin on the Rock Spring Drive side of the church).

Pet Food Bank. AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYWdZm4tPw2.

GET MORE WITH SNAP

Arlington and Alexandria Farmers' Markets accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers' markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Road (second Saturday of the month) and Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday of the month).

ONGOING

Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly

SEE BULLETIN, PAGE 7



Deep Clean & Sanitize Your Entire Home

These Are Pretty Unsure Times and Your Home is a Safe Place to Be. But Hadeed Knows That Your Rugs are a Haven for Allergens, Pollen, Bacteria and Mold. Combine that with Dirt, Grime and Pet Mess. You Really Need a Deep Down Professional Clean

-You Need Hadeed!

IN-PLANT RUG CLEANING For Every 2 Rugs Cleaned Get the 3rd Rug Cleaned <small>Expires 4/5/20. Get 3rd rug of equal/smaller size free. Not valid w/other offers.</small>	FOR Free!
IN-PLANT RUG CLEANING ON 1 OR 2 RUGS <small>Expires 4/5/20. Not valid w/any other offers.</small>	15% off*
WALL-TO-WALL CARPET STEAMING <small>Expires 4/5/20. Not valid w/any other offers.</small>	20% off*
AIR DUCT CLEANING Whole House (Per System) <small>Expires 4/5/20. Not valid w/any other offers.</small>	\$99 off*

Convenient Dropoff Locations!

- » 535 W. Maple Ave. • Vienna, VA
- » 4918 Wisconsin Ave. • DC/MD
- » 330 N. Stonestreet Ave • DC/MD
- » 3206 Duke St. • Alexandria, VA
- » 6628 Electronic Dr. • Springfield VA
- » 3116 W. Moore Street • Richmond VA

FREE PICKUP & DELIVERY!

Includes: Furniture Moving and Rolling & Laying the Rugs!†

Rather Leave Your Rug Out Front Or In Your Driveway?

NO PROBLEM!!

JoeHadeed.com

†Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details. Some addit'l fees may apply.

This special focus section will include stories focusing on enhanced lifestyle for seniors among Connection readers and their families, including spiritual, physical, mental and financial well-being. Advertising allows you to target the many mature adults exploring new opportunities by showcasing your products and services in this special section with the award-winning Connection Newspapers print and digital media.

THE CONNECTION
Newspapers & Online

Alexandria
Gazette Packet

Mount Vernon Gazette

POTOMAC
ALMANAC

SENIOR LIVING

Spring 2020 Special Focus

Publishes: April 1, 2020

For Advertising: Call 703-778-9431 or Email advertising@connectionnewspapers.com



Perfect Advertising Opportunity for:

Retirement Homes | Assisted Living | Home Health Care | Doctors | Dentists | Cosmetic Surgery | Vision Services | Counselors | Physical Therapy | Spas | Hearing Aids | Medical Equipment | Travel | Second Career Planning | Trusts | Annuities



LIKE US ON FACEBOOK, PLEASE

www.Facebook.com/connectionnewspapers

Announcements

Employment

Forget Daily Commuting

Print and digital media sales consultant for area's most popular and trusted local news source

Manage your own hours from home
Enjoy flexible schedule plus no daily commute
Help local businesses grow
Unique opportunity to be a voice in your community
Competitive compensation

Call Jerry Vernon
703-549-0004
Connection Newspapers & Digital Media
Trusted Connection to Local Communities

Announcements

Announcements

Buying Comic Book Collections
Large and Small
Cash
Call Jim at **540-287-9212**

Legals

ABC LICENSE

Oak Hill General Store, LLC trading as Carlton Deli Mart, 4600 Four Mile Run, Arlington, VA 22204-6512. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer Off Premises license to sell or manufacture alcoholic beverages. Norma Isabel D'jasbebi and Joe Mehrdad D'jasbebi, member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals

PUBLIC NOTICE

AT&T proposes to replace an existing 17.9' light pole with a new 21' light pole and install a top-mounted antenna at 26' at 950 N Glebe Rd, Arlington, VA (20200239). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

Announcements

PUBLIC NOTICE

AT&T proposes to modify an existing facility (new tip heights 165' & 166') on the building at 2650 Jefferson Davis Hwy, Arlington, VA (20200351). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.



LIKE US ON FACEBOOK, PLEASE

www.Facebook.com/connectionnewspapers

OUTER BANKS, NC - VACATION RENTALS

Over 500 vacation homes from S. Nags Head to Corolla's 4x4!




877-642-3224
www.brindleybeach.com

Announcements


Announcements

Anywhere it can rain, it can flood.



KNOW YOUR RISK. PROTECT YOUR PROPERTY. GET FLOOD INSURANCE.

DAM SAFETY AND FLOODPLAIN MANAGEMENT
www.dcr.virginia.gov/floodawareness



NEWS



PHOTO CONTRIBUTED

From left, Vadim Pogosov and Jeanine Finch, Community Affairs Liaisons for Northern Virginia-CareFirst BlueCross BlueShield; Andrew Schneider, Thrive Executive Director; Shandra Niswander, Thrive Director of Development; and Scott Friedrich, Arlington Thrive Board of Directors, Incoming Board President celebrating the grant of \$60,000.

Arlington Thrive Gets \$60K Grant from CareFirst

Thrive's safety net will be crucial as the virus has an impact on hourly workers.

BY EDEN BROWN
THE CONNECTION

Arlington Thrive will be kicking into high gear as the Coronavirus pandemic affects more people in the region who depend on hourly wages for income or own small businesses that suffer from lack of clientele. Luckily, just in time for the pandemic, Arlington Thrive recently received the largest private grant ever awarded from CareFirst BlueCross BlueShield (CareFirst). The \$60,000 grant will be used to provide emergency funding for Arlington County residents in need of critical prescription medicines as well as dental and medical care.

As Shandra Niswander, Arlington Thrive's director of development, and author of the grant request that won the award, said, "It's an honor to partner with CareFirst and address these critical emergency needs in our community during these uncertain times. This emergency medical assistance will ensure our most vulnerable neighbors can remain secure in their jobs, health, and homes and... thrive."

The funding will help Arlington Thrive to provide same-day emergency assistance to an additional 1,400 adults through its Daily

Fund Program.

Thrive's executive director, Andrew Schneider, added, "The Daily Fund Program was Arlington Thrive's first program and continues to be its flagship program. The goal of this program is to prevent eviction, job loss due to untreated medical conditions, and other catastrophes by providing critical same-day emergency financial assistance to county residents who cannot pay for their basic needs." In the current climate of financial uncertainty, Thrive's funds will be in demand; on March 16th, Schneider asked those residents who can to donate to Thrive.

CareFirst is the region's largest not-for-profit healthcare company and provided funding to 341 non-profit organizations in Maryland, Washington, D.C., and Northern Virginia communities totaling \$43 million dollars in 2019.

Last year, Thrive provided \$765,400 in emergency financial assistance across all of its programs and helped 1,419 households (including 2,383 adults and children) stay safe and secure in their jobs, health, and homes. Thrive prevented the eviction of 490 Arlington households and kept 219 households from enduring utility disconnection. To learn more, and donate in, visit www.arlingtonthrive.org

WWW.CONNECTIONNEWSPAPERS.COM

BULLETIN BOARD

FROM PAGE 5

less than men. Visit salary.aauw.org.

Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit audubonva.org/audubon-at-home-1/ for more.

Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqueland at 703-228-0913 or esiqueland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

Walk-Fit. Ongoing Tuesdays and Thursdays 8:30-9:30 a.m. at Fashion Center at Pentagon City, Arlington.

Participants walk at their own pace in a safe and friendly environment. Group stretch and cool down led by Virginia Hospital Center staff at 9:15 a.m. Meet on the first level by Nordstrom. Call 703-558-6859.

Arlington County, in partnership with the Human Rights Commission's Equality Task Force, has launched a web page with resources for the LGBTQ community. The new webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit topics.arlingtonva.us/lgbtq-resources.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs.

Volunteer Bike Repair Night. First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

Public Financial Fraud, Waste and Abuse Hotline. On Tuesday, Nov. 15, the Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

Created by the **Arlington Initiative to Rethink Energy (AIRE)** in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva.us/locations/central-library or call 703-228-5990.

Arlington Rotary Club Lunches. Thursdays, 12-1:30 p.m. at the Marriott Residence Inn at Courthouse, 1401 N. Adams St., Arlington, VA. Organization brings together political and business leaders for humanitarian services. Eat and listen to guest speakers on various topics of interest. Admission is \$20 for non-members. Visit <https://arlingtonrotaryclub.org/>

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller
ELECTRICAL K&D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc.... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com		LANDSCAPING LANDSCAPING Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Winter Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates 703-868-5358 24 Hour Emergency Tree Service
GUTTER GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES lic/fins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		IMPROVEMENTS IMPROVEMENTS TILE / MARBLE TILE / MARBLE BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured
A&S Landscaping • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia		Improvements Improvements Power Washing Free Estimates HOUSES FROM \$155 TOWNHOUSES FROM \$120 Special Value! Go from green to clean houses. We clean houses, decks, sidewalks, patios and other surfaces. We also welcome small drywall jobs. LICENSED & INSURED 703-987-5096 email: jnave@comcast.net
LANDSCAPING LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500 J.E.S. Services Free Estimates - Fully Licensed & Insured • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed		Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com

Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers
www.connectionnewspapers.com/subscribe

Risking a Reward



By KENNETH B. LOURIE

In my 11-plus years as a lung cancer “diagnossee,” I’ve done a pretty good job of facing the facts and acting/planning accordingly. I’ve accepted my reality and somehow managed to live so long beyond the original “13 month to two year” prognosis I was given by my oncologist that he has introduced me to some of his students as his “third miracle.” Unfortunately, this characterization is not the end of the story.

In retrospect, dealing with/being treated for one type of cancer (non small cell lung cancer) seemed easy enough. Soon, I’ll be getting treated for two types of cancer: papillary thyroid cancer stage 2, in addition to my pre-existing stage 4 lung cancer. And since the treatments are not identical and cannot occur simultaneously, I’ll be receiving treatment for my thyroid cancer first and deferring treatment for my lung cancer until at least mid April. That’s when I have my next scheduled appointment with my oncologist when no doubt we’ll discuss strategy and all treating me forward.

In the interim, to address the thyroid cancer, I will be spending a night at the Washington Hospital Center. This will occur after I receive a dose of radioisotopes, a type of nuclear medicine designed to target and kill any remaining thyroid cancer in my body wherever it might be located. What happens after my “overnight” and subsequent follow-up appointment with my endocrinologist has yet to be discussed. What little I know is that I’ll need a pre- and post-procedure CT scans and that upon release from the hospital, I’ll need to be quarantined for a few days (away from children and pets primarily).

Hoping my body responds as anticipated, I’ll presume there will be some kind of maintenance-type of treatment for my thyroid cancer which will likely be combined with the restart of my lung cancer treatment. But I don’t really know. But what I really do know is that doctors, generally speaking, don’t want to consider scenarios about what might happen if such and such or so and so happens, or not. Though I’m sure there’s a reasonable expectation of something or other happening, my experience has been that doctors divulging what might happen (treatment/procedure etc.) next, since there are so many variables/results yet to be considered, is unlikely. Though I will still ask my fair share of questions about my future, ultimately, all I can do is wait and see.

Ordinarily, as in how I’ve managed since my diagnosis, being uncertain about the next medical step has been no problem. I realize that answer would likely be somewhere between a house of cards and definite maybe anyway, always depending. Now add to the mix of uncertainty, the coronavirus that has “pandemicked” the country. As a result of its spread, will I be prevented/rescheduled because the hospitals are overwhelmed? After all, I am the poster child for possible victims: male, over 60, weakened immune system with a severe underlying medical condition. I’m the exact person they don’t want to see at the hospital. Yet, if I don’t go/receive approval to go, I doubt I’ll get any better at home without treatment. In my case, I don’t believe leaving well enough alone is going to work very well.

Still, my choices feel almost counterintuitive. I have to risk my life (leave my home) in order to possibly save my life (cancer treatment) away from home. I can’t do one without the other. To receive treatment, I’ll have to expose myself, potentially, to the exact complication that my lung cancer diagnosis makes me most susceptible to: breathing issues. However, if I don’t/can’t, I’ll be worse off than if I hadn’t. Nor do I feel as if I can wait until the virus is more under control. Control which seems unlikely in the near term. And in every term (short, medium or long), the cancer is not going to wait. I sure hope I won’t have to either.

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

SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S
PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3
TIRES
AND
GET
THE
4TH FOR**



\$1

See Service
Advisor for details.

GOT TIRES?

INCLUDES ROAD HAZARD PROTECTION, TIRE
WARRANTY, AND FREE COURTESY INSPECTION.

**BONUS: ADD A 4 WHEEL
ALIGNMENT FOR \$39.95**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA
VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND
SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/20.

**CHECK ENGINE
LIGHT DIAGNOSIS
NO
CHARGE**

INITIAL DIAGNOSIS

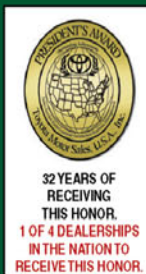
WE WILL RETRIEVE
VEHICLE CODES
& GIVE YOU
AN ESTIMATE
OF REPAIR COSTS.



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA
VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP
SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/20.

Jack Taylor's
**ALEXANDRIA
TOYOTA**

3750 Richmond Hwy • Alexandria, VA 22305



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

SERVICE & PARTS DEPT HOURS:

Monday - Friday, 6:00am to 7:00pm
Saturday, 7:00am to 5:00pm

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

ToyotaCare
Customers
Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000
Now Available Mile Services
Call your ASM for details
ToyotaCare Plus \$329⁰⁰
Covers up to 4 years/45,000 miles

PRST STD
U.S. POSTAGE
PAID
COLUMBIA, MD
PERMIT NO. 75

ALIGNMENT SPECIAL
\$69⁹⁵

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON
MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.
TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/20.

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

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON
MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA
TOYOTA PARTS CENTER ONLY. GOOD THRU 3/31/20.

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON
MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.
TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/20.

BRAKE SPECIAL
\$79⁹⁵

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

MACHINE ROTORS ADDITIONAL

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/20.

BG BG VITAL FLUID SERVICE
10% OFF YOUR FIRST SERVICE
15% OFF YOUR SECOND SERVICE
Power Steering • Automatic Transmission • Brake System

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/20.

TRUESTART™ BATTERIES

**SPECIAL
OFFER** **\$129⁹⁵**

INCLUDES BATTERY INSTALLATION

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/20.

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

MAXIMUM DISCOUNT, \$150
NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE.
VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 3/31/20.



ALEXANDRIA TOYOTA

©SMS Productions, Inc. 1-800-289-7671 #202001025

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