

**Hadeed**

ORIENTAL RUG CLEANING  
AND IN-HOME SERVICES

**Hadeed is Your Source for Deep Cleaning & Disinfecting All Your Rugs, Carpets & Floors**

Keeping You Safe Is Our Top Priority So We Are Adhering to Rigorous Health and Safety Protocols Keeping Your Rugs Clean From Dirt, Allergens, and Bacteria.

**Pet Dander. Pollen. Get the Allergens Out!**

In-Plant Rug Cleaning  
For **Every 2** Rugs Cleaned  
Get the **3rd** Cleaned For

**FREE!**

Expires 5/10/20. Express or Signature service.

5 Convenient  
Drop-Off Locations  
Free Pickup & Delivery!

**301-982-1111**  
**JoeHadeed.com**



# The Arlington Connection

Oby Lee Winery will offer a changing prix fixe (non-crepe) Polish dinner. This week, it'll be Chicken Kiev. Oby Lee pictured here in full face shield.

## Eating Out Without Reservations

NEWS, PAGE 3

## Michael Wardian Wins Quarantine Backyard Ultramarathon, 262.5 Miles

NEWS, PAGE 4

## Week in Coronavirus In Arlington

NEWS, PAGE 6

PHOTO BY JOAN BRADY

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL.  
REQUESTED IN HOME 4-30-20

PRSRRT STD  
U.S. POSTAGE  
PAID  
EASTON, MD  
PERMIT #322



**Inside or out...**



**...Tech Painting's got you covered!**



Serving:  
VA  
DC  
MD  
OBX

**703-684-7702**

**www.techpainting.com**

 Since 1987

**Hadeed is Your Source for Deep Cleaning & Disinfecting All Your Rugs, Carpets & Floors**

**Pet Dander. Pollen. Get the Allergens Out!**

**WE ARE OPEN!**  
Ready to Serve Our Customers & Community in This Uncertain Time!

**SAFETY IS OUR TOP PRIORITY!**  
We Are Adhering to Rigorous Health & Safety Protocols to Protect You and Our Associates.

**TRUST THE RUG EXPERTS!**  
We Remain Committed to Keeping Your Rugs Clean From Dirt, Allergens, and Bacteria.

**Free Curbside Pickup & Delivery!**  
To help protect you and our associates we are now offering to pickup and deliver your rugs to your doorstep. Our associates will wear gloves, masks, and booties when picking up or delivering your rugs.

**Limited Time Only! - Free Rug Storage For Your Cleaned Rugs!\***

<b>SANITIZE &amp; DISINFECT YOUR RUGS</b> With In-Plant Cleaning. Expires 5/10/20. Not valid w/any other offers.	<b>50% off</b>
<b>IN-PLANT RUG CLEANING</b> For Every 2 Rugs Cleaned Get the 3rd Rug Cleaned Expires 5/10/20. Get 3rd rug of equal/smaller size free. Not valid w/other offers.	<b>FOR Free!</b>
<b>IN-PLANT RUG CLEANING ON 1 OR 2 RUGS</b> Expires 5/10/20. Not valid w/any other offers.	<b>15% off</b>
<b>WALL-TO-WALL CARPET STEAMING</b> Expires 5/10/20. Not valid w/any other offers.	<b>20% off</b>

**Hadeed Oriental Rug Cleaning & In-Home Services 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 St. • Richmond VA

**301-982-1111 | 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. All offers expire 5/10/20.

## NEWS

### Deputy Chief Of Police Appointment

Captain Adrienne Quigley will be Deputy Chief of Police in Arlington, effective Sunday, May 10, 2020. Deputy Chief Quigley will assume command of the Systems Management Division at a later date.



**Captain Adrienne Quigley**

"Throughout her career, Adrienne has proven to be a positive and consistent leader dedicated to supporting our personnel while

providing exceptional service to the Arlington community," said Chief Jay Farr. "Her depth of public safety experience and expertise makes her a valuable member of our executive leadership team."

Quigley is a 23-year veteran of the Arlington County Police Department, beginning her career as a patrol officer in 1997. She has held previous assignments in Operations, Community Outreach, Criminal Investigations, Personnel and Recruitment, Internal Affairs and a 2-year assignment as the Acting Deputy Director of the Arlington County Office of Public Safety Communications and Emergency Management in charge of the Emergency Communications Center.

"I am honored to have the opportunity to serve the community in this new role," said Quigley. "The men and women of the Arlington County Police Department are highly trained professionals who are dedicated to public service. I'm eager to lead the Systems Management Division as we continue to provide the highest quality law enforcement services to the residents, businesses and visitors of Arlington County."

In 2009, Deputy Chief Quigley completed a fellowship at the International Association of Chiefs of Police (IACP), where she focused her research on the field of officer wellness and police officer injuries. She has published several articles related to officer safety and wellness and has presented at numerous national and state conferences, to include the IACP Annual Conference, the Bureau of Justice Annual Conference, the National Law Enforcement Officers Memorial Symposium, and the Department of Justice National Officer Safety

SEE DEPUTY, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM

**ENRICHING LIFE'S JOURNEY**

Quiet, comfortable living minutes from the beltway and our nation's capital. Hermitage Northern Virginia offers rooftop views of Washington, D.C. surrounded by seven acres of beautifully landscaped gardens.

Free yourself from the hassles of home ownership, and spend time exploring your passions or finding new ones. At Pinnacle Living, our team works closely with residents, families and loved ones to fulfill our mission of Enriching Life's Journey. We are here for those who seek independence, combined with a secure plan for the future.

**HERMITAGE**  
NORTHERN VIRGINIA  
PINNACLE LIVING

5000 FAIRBANKS AVENUE  
ALEXANDRIA, VA 22311  
P: 703 797 3800  
HERMITAGENOVA.ORG  
facebook: HERMITAGENOVA





INDEPENDENT LIVING  
ASSISTED LIVING  
HEALTH CARE  
SHORT-TERM RESPITE



## Eating Out in Arlington Without Reservations

**I**t was Friday the 13th, the last time things felt anywhere near normal. We were at Ambar in Clarendon that March night, dining with close friends, the table overflowing with tastes from the Balkan Peninsula. And I fondly remember enjoying my favorite small plates of beef short rib goulash and stuffed peppers along with an array of breads and spreads.

My husband and I moved to Arlington late last Fall, excited to join the vibrant urban community after 20 years in the more subdued Great Falls. After several months, we had staked out our favorite neighborhood restaurants and were adding to our list on a weekly basis. With a mere 672 square feet of living and work space, eating out was a welcome change of scenery as well as an opportunity to more comfortably socialize with friends.

That all changed with COVID-19 and Virginia Gov. Ralph Northam's March 23 announcement that restaurants were to be limited to carryout, curbside pick-up and delivery.

Arlington County was quick to publish a list of restaurants continuing to serve the community via pick-up and delivery service. The list, when compared to Yelp's list of Arlington eateries, shows that roughly 33 percent of Arlington restaurants have closed. That puts Arlington slightly below the 40 percent national average of temporary or permanent restaurant closures, recently reported by the National Restaurant Association, the largest foodservice trade association in the world.

While performing ahead of the national average may feel good, that 33 percent number represents a lot of folks out of work. Even among the restaurants that remain open, many are operating with smaller staffs and/or shorter hours. Nationally, two out of three restaurant workers have lost their jobs, according to the National Restaurant Association.

It was hard to believe the dramatic changes that we were all trying to adjust to in real time. The entire world seemed focused on the hunt for paper goods and non-perishables and creating a semblance of normalcy.

In our home, the initial joy that came from discovering many of our favorite restaurants had remained open for take-out turned into a tug of war between the desire to support local businesses and the concerns for the health and safety of both us and restaurant workers. Talking to friends, we were not



Customer leaving Ambar with carry out.



Take home cake from Oby Lee Winery.

alone in this moral dilemma.

Ultimately, my husband and I reached a compromise of grocery shopping roughly every 10 days and doing takeout four out of ten nights.

We are fortunate to be in a position to support local businesses and, frankly, it's been comforting to eat familiar foods that remind us of happier times. And it's been great to have the opportunity to expand our list with new places. We are eclectic eaters who enjoy food ranging from the fares at Five Guys and Cava to Circa and Liberty Tavern-- and lots in between.

In talking to some local restaurant owners, managers and staff, there has been a consistent theme: Mutual gratitude.

For Zaid Azem, manager of Stone Hot Pizza, feeling the customer love is what keeps him and his staff coming in every day. And that appreciation isn't just spoken, Azem says tips have been double and often triple what they were before the coronavirus. And that's important because restaurants like Circa, are sharing all tips among hourly employees who aren't work-



Mango Mimosa and Red Sangria from Oby Lee Winery.

ing right now. Every restaurant I spoke with is concerned about staff that has had hours cut or been furloughed or let go. In Circa's case, they desperately want to help their long-time and loyal staff keep afloat until this is over.

Tipping isn't the only thing that has changed by the pandemic. At Stone Hot Pizza, customers are ordering more salads than before. We, however, are not among those healthy eaters, and have continued to enjoy Stone Hot pizza with our usual side of delicious hummus with a baklava chaser.

My own eating of comfort- and sugary- foods is more in line with what Oby Lee of Oby Lee Winery has seen. Sales of sweet crepes and comfort food crepes are on the rise — with strawberries, bananas and nutella crepes and chicken fajita crepes at the top of the list.

Like other local restaurateurs, Lee and Ula Piotrowska, his partner and fiancée, have made menu changes to meet the changing needs of customers. The once Friday-only pierogies (my personal favorite) are now a daily menu offering. And starting on Wednesday,



Stone Hot Pizza.

Oby Lee will offer a changing prix fixe (non-crepe) Polish dinner. This week, it'll be Chicken Kiev.

Liberty Tavern and Ambar are also doing prix fixe meals. And, I'm personally delighted Ambar's goulash is part of its new limited menu. Liberty Tavern's hanger steak frites family meal, offered Tuesdays and Saturdays, is not to be missed.

While my husband can no longer drop in to enjoy a little sports with his food and drink, we're also happy Bracket Room has re-opened after a short hiatus. Like many restaurants, its menu is limited, but I'm hoping to see the "famous" tater tots return in coming weeks. I can report that Bracket Room's hot pastrami sandwich competes well with those I used to enjoy when I lived in New York City.

Four Sisters is among our favorites as well; we long frequented its original location in Eden Center and then followed it to Mosaic. Four Sisters' fast-casual Arlington location doesn't disappoint. It continues to offer the full menu with all of my favorites including grilled black pepper beef, Bánh Mì sandwiches and crispy spring rolls.

My first time dining at Circa was actually just a few weeks before the pandemic took hold. I had an amazingly delicious wild mushroom flatbread. Circa's pandemic menu includes both a la carte options and a prix fixe menu and we recently picked up dinner there. I highly recommend the free range brick chicken served with roasted garlic mashed potatoes, brown

butter sauce, gremolata and grilled broccolini.

If you are hankering for Chinese, TNR is a great choice, and it has maintained its regular menu, so you will have lots of choices. I have never ordered anything I didn't love from TNR, but my go-to's are chicken and broccoli and wonton soup.

Sawatdee is a recent addition to our rotation and from the moment I tasted the Thai restaurant's angel eggplant -- deep fried eggplant topped with stir fried ground chick, bell peppers and carrots in a spicy basil sauce -- I couldn't wait to eat it again.

I'm not a huge drinker, so for me, alcohol always comes last. But alcohol can be a significant percentage of a restaurant's revenue. In fact, Eddie Lane, General Manager at Circa, said that, before the pandemic, alcohol made up 50 percent of sales, sometimes a little bit more. As of April 10, Arlington County restaurants can sell alcohol as part of delivery or takeout, but currently alcohol sales now make up only 20 percent of sales at Circa. Lane does expect that number to continue to rise, however.

We haven't taken advantage of the ability to do take-out drinks, but I do love the idea of being able to pick up a Peach Moscato wine slushie at Oby Lee or a bottle of Blackberry Margaritas from Circa to go with my dinner.

Local restaurants are putting on a brave face, but sales are way down, in some cases by as much

SEE EATING OUT, PAGE 7



# A Special Win for Wardian

After running 262.5 miles over the course of two and a half days straight, without sleep, Wardian won the first ever Quarantine Backyard Ultramarathon.

BY ASHLEY SIMPSON  
ARLINGTON CONNECTION

Professional and world record-breaking runner Michael Wardian has run races and stood on podiums all over the globe. In fact, if it weren't for coronavirus, he would have traveled to Sri Lanka to run a 250 kilometer stage race, and to the Boston Marathon to help a blind athlete, Chaz Davis, qualify for the next Paralympic games in this month alone.

Then, in June, he would have been starting his first ever across the United States.

Instead, this Arlington resident is tackling long-distance challenges in his own neighborhood – literally. On Monday, April 6th, after running 262.5 miles over the course of two and a half days straight and without sleep, Wardian won the first ever Quarantine Backyard Ultramarathon, which officially began the morning of Saturday, April 4.

Announced just two weeks earlier and organized by Personal Peak Endurance, this at-home backyard ultramarathon required all of its participants (connected virtually, of course) to run a 4.16 mile lap every hour, with the last one standing – or running, really – being the winner.

"I've gotten to do all these things, I've won marathons on all seven continents, and one of the biggest things I've ever done and for my career happened 50 feet from my front door," Wardian said. "While it is great to travel the world and see all these awesome places, it's also amazing to push yourself and do big things close to home. Sometimes you get caught up and think, 'I need to be at this place, or that one,' but, it seems to me like you can accomplish a lot of anywhere you are."

The Quarantine Backyard Ultramarathon was a byproduct of Coronavirus and calls across the country for quarantine, but it actually turned out to be a significant win for Wardian.

"This was my first time doing the backyard

format, and 262.5 miles was the longest distance I've ever run," Wardian said. "I felt great, it was amazing. I felt bad earlier in the race, at about 175 miles [which would have been after more than a day and a half of running], but I started feeling better relatively soon after. I started to think I was going to hit a world record, which would have been 280 miles. But, then I was the last one to complete a lap at 262.5 miles [his 62nd lap]. I would have gotten the record if I'd completed another five laps. Hopefully I can get closer to the 280, 300-mile mark next time."

By definition, an ultramarathon is a footrace that covers a distance longer than 26.2 miles – the length of a traditional marathon. And with this event, Wardian completed a traditional marathon ten times over. Some of his fellow backyard runners did the 4.167 mile "lap" on treadmills, and some – like Wardian – took to their own neighborhoods for a loop.

No matter how they carved out their courses, all runners were tuned into each other and the race administrators through the teleconferencing application Zoom. It all made for an unprecedented race experience, even for such a seasoned runner as Wardian.

"I'd heard about it two weeks ago after so many race cancellations, and I thought it would be a good challenge and close to home," Wardian said. "I've done a lot of

individual projects before, running Fastest Known Times (FKTs) of different routes and trails – for example, I ran the entire [184-mile] C&O Canal by myself in 36 hours, breaking the record for the '70s. Still, this was just really different."

Although Wardian competed alongside nearly 2,300 fellow runners – figuratively speaking – his only connection to them was through the Zoom app on his cell phone that he held for most of the race.

"Tuning in through Zoom was tough," he said. "Then when it got down to just a few of us left, my wife set up a phone on a tripod so everyone else on Zoom could see what was going on better. We actually even had some traffic cones that became Internet famous."

Even though he was the ultimate victor, Wardian's goal going into the Quarantine Backyard Ultramarathon was not actually to win it outright. It was actually to push his own limits and go further than he had ever gone, beyond the 184 miles he ran to achieve the fastest known time on the C&O Canal.

"I wasn't sure how I'd feel going that far and how my body would hold up," Wardian said. "I did start to struggle around 175 miles, but the longer the race went on, the stronger I felt. It made me consider my run across the country, which I've tentatively rescheduled for October. After the Backyard Ultra, I decided I want to go for the world record when I run across the country, to beat the current time of 42 days and 30 minutes. I have this gift and I have the fitness and desire and I might as well try."

Even with the world shut down in so many ways, Wardian, who turned 46 earlier this month, has achieved records beyond even most athletically inclined people's wildest imaginations.

"I'm keeping super busy, but just not doing organized events," he said. "I've been trying to set FKTs around the area. I ran all fifty state streets in DC in 10 hours and 32 minutes. I tried to set an FKT on the Appalachian



Michael Wardian, 46, running with the kids in his Arlington neighborhood cheering, on his way to winning the first ever Quarantine Backyard Ultramarathon.



Michael texting his business partner to reschedule some work.

Trail, but I am being respectful of all local requirements. I've found there's always a way to readjust and set my own challenges."

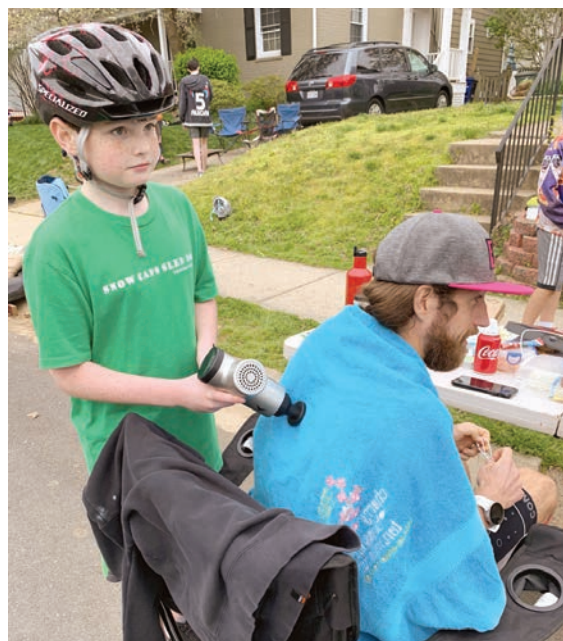
When the world reopens and Wardian is able to look beyond the DC-metropolitan area, the Quarantine Backyard Ultramarathon will still rank among the victories and records most significant to him.

"It was amazing, because I was with my wife and two boys and friends and the entire neighborhood," Wardian said. "It was better than being abroad, or on an actual podium, because most of the time, when I get home, it's done. But

when the people I love are actually there when it all happens, it is a different emotion."

Take it as a quarantine lesson from a world-class athlete: the best moments in life aren't a result of the world around you functioning, and the conditions of the day, working in your favor.

"We have been lucky in the US, that we are still allowed to go outside," Wardian said. "This is the perfect opportunity to take on things you've always wanted to, an opportunity to start a new chapter."



Michael's son, Grant, massages his shoulders with the Hypervolt massage device.

PHOTOS BY JENNIFER WARDIAN



## NEWS

# Family Business Struggles During Pandemic Shutdown

By Shirley Ruhe  
ARLINGTON CONNECTION

It's business as usual, and then it isn't. Rosie Gordon-Mochizuki, co-owner of Sushi Zen with her husband, Shoji, has been in business at the Harrison Street Shopping Center for 23 years. "We were here before the bagel place came and then Harris Teeter on the corner and then the Mexican place. I don't remember when the Thai place came."

Then the COVID-19 pandemic arrived. Over that weekend Sushi Zen continued with lunch and dinner as usual because of time needed to notify the customers about the upcoming changes. On Monday they went to carryout only. "We had to find out who could work. Nobody knew what it would be like."

She said they were flooded to make changes in the menu. "We debated back and forth. But we're lucky that everything uses the same ingredients but just combined in different ways." She says her daughter counted up 120 different menu choices. "But we knew if we took off any of the favorites there would be complaints."

Gordon-Mochizuki says, "We were fortunate because we had previously been doing over \$100,000 a year in carry-out so we were equipped to make the transition." But they had so many things going on from lunch and dinner to carry out. "My family has been working 12-16 hour days." She says a lot of people don't know that small family-owned restaurants like theirs operate on a razor thin profit margin of pennies on the dollar. Their business has been down almost 50 percent the first couple of weeks.

The major problem in the beginning was lack of staff. Some of the staff are older and vulnerable so they couldn't come. "Others were afraid to come." She had one employee whose landlord threatened to kick him out if he went to work because he might bring the virus back with him.

Now she has been able to get masks and that has allowed some staff to return. The extra staff has allowed Sushi Zen to move from carry out to curbside service. "Last Friday was really good; Saturday and Sunday were ok. We appreciate that customers have been very generous with their tips." She says she has just been able to make the



FILE PHOTOS BY SHIRLEY RUHE

**Rosie Gordon-Mochizuki, co-owner of Sushi Zen chats with customers eating in the restaurant before the shutdown.**

last two payrolls by using some personal money. "We made a decision to pay our employees first and will be renegotiating with everyone we owe money to get the best deal that we can."

Now Gordon-Mochizuki is worried about the future. Sushi Zen received a letter from their landlord. It indicated the landlord realized many of the businesses are facing significant financial hardship and they want to work with the businesses. In fact Gordon-Mochizuki says the landlord has provided the businesses free Grab and Go banners. "We haven't received any pressure so far."

However, the landlord indicated they strongly recommend that their tenants apply as soon as possible for the disaster relief programs that the SBA is offering, indicating it will be difficult for the landlord to review any rent relief requests without this action.

Gordon-Mochizuki applied on April 13. "Because we have been with the same bank for 23 years and they are SBA lenders, we have been very fortunate in their response to Sushi-Zen and the PPP SBA loan process." She says, the requirements are that you rehire the equivalent number of employees that you had a year ago, which translates into 17 for Sushi Zen including part-time.

Now she has read that the program is expected to run out of money by April 15. It did run out later that day and Gordon-Mochizuki says they have not received word that their loan had been approved before the money was gone. She and her husband live in Maryland where Gov. Hogan issued a moratorium on rental and commercial lease evictions on April 6. "If our

SEE FAMILY, PAGE 7

## Spring Valley Farm and Orchard Eli and Misty Cook

**Due to the Covid 19 crisis, Eli & Misty Cook, who normally participate in the following Farmers Markets:**

### Alexandria-Old Town Alexandria Farmer's Market

301 King Street Alexandria, VA 22314  
Saturday 7:00 am to 12:00 pm

### Silver Spring-FRESHFARM Silver Springs Market

1 Veterans Place Silver Springs MD 20910  
Saturday 9:00 am to 1:00 pm

### Westover-Westover Farmer's Market

1644 N. McKinley Rd. Arlington, VA 22205  
Sunday 8:00 am to 12:00 pm

**Burke-Burke VA pickup location** will be in the VRE parking lot VRE STA P Lot, 5671 Roberts Parkway, Burke, VA 22015  
Saturday 8am-11am.

### DuPont-FRESHFARM DuPont Circle Market, D.C.

1600 20th St. NW Washington, D.C 20009  
Sunday 8:30 am to 1:30 pm

### Mosaic- FRESHFARM Mosaic Market

2910 District Ave. Fairfax, VA 22031  
Sunday 9:00 am to 2:00 pm

### Reston Farmer's Market (Opening May 8)

1609 Washington Plaza N Reston, VA 20190  
Saturday 8:00 am to 12:00 pm

### Fairlington Farmer's Market

3308 S. Stafford St. Arlington, VA 22206  
Sunday 9:00 am to 1:00 pm (Opening May 5)



**We now offer a Seasonal Market Box, ordered online, that can be prepaid and packaged in advance. No waiting in long lines and selecting -- just grab your box and go! We also offer optional home delivery inside the 495 beltway.**

Check out our website for more info:

[springvalleyfarmandorchard.square.site](http://springvalleyfarmandorchard.square.site) or call **304-496-7788**

also check us out on facebook at:

[facebook.com/SpringValleyFarmandOrchard](https://www.facebook.com/SpringValleyFarmandOrchard) or call Misty **304-671-7220**

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

## TWO POOR TEACHERS

**Kitchen and Bathroom Remodeling**



- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)

Fully Insured & Class A Licensed  
Since 1999



**Free Estimates 703-999-2928**

Check if your contractor is licensed at the state level  
<http://www.DPOR.virginia.gov>

**Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)**



# This Week in Arlington in Coronavirus

BY KEN MOORE  
THE CONNECTION

## Tuesday, April 28

Arlington Cases: 865  
Virginia Cases: 14,339  
Arlington Deaths: 32  
Virginia Deaths: 492

**ARLINGTON SMALL BUSINESS:** Arlington County created the Arlington Small Business Emergency GRANT (Giving Resiliency Assets Near Term) Program, to provide immediate financial assistance to Arlington's small businesses impacted by the COVID-19 pandemic. The program was approved during a County Board budget work session Thursday, April 16.

"Small businesses contribute to the character of our community," said Arlington County Board Chair Libby Garvey. "What's more – they are a vital component of our community's economic health. More than 90 percent of our businesses are small businesses – and right now, they need our help more than ever before."

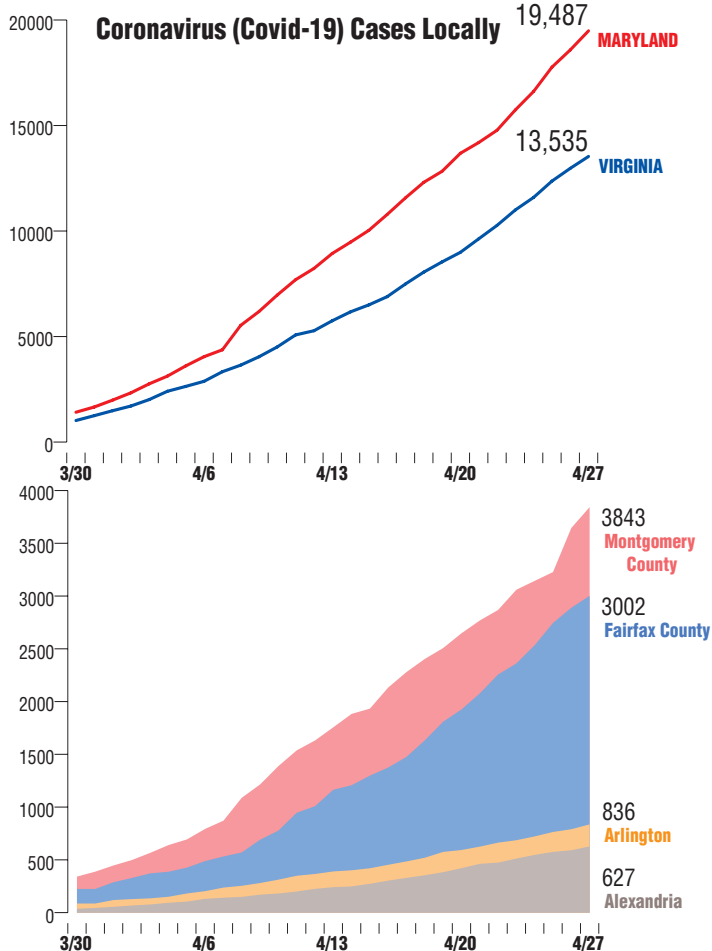
The GRANT Program can provide grants of up to \$10,000 to businesses and nonprofits with less than 50 employees. Businesses may use the grants for employee salary and benefits as well as for other business capital and operating expenses directly related to the immediate impacts of COVID-19. "This pandemic has been truly devastating to the Arlington business community, particularly our customer-facing small businesses," said Arlington Economic Development Director Telly Tucker, who reported that more than 9 out of 10 small businesses called the pandemic extremely or very disruptive. The goal is to have the application process up and running in early May. See [arlingtoneconomicdevelopment.com/covid-19](http://arlingtoneconomicdevelopment.com/covid-19) to see resources available and learn about Arlington businesses offering online services and special offers.

## Monday, April 27

**SHERIFF'S DEPUTY POSITIVE:** A member of the Arlington County Sheriff's Office has tested positive for COVID-19. Public Health officials have initiated contact tracing of the individual to determine any potential spread to other personnel, inmates or the community.

Individuals will be contacted directly if Public Health officials determine someone may have been exposed. ACSO and Public Health will continue to monitor the individual's condition and take necessary steps should any other agency personnel or inmates present symptoms.

## Local Coronavirus Cases



**Sources:**  
Virginia Department of Health <http://www.vdh.virginia.gov/coronavirus/>  
Maryland: Maryland Department of Health <https://coronavirus.maryland.gov/>  
Alexandria Source: City of Alexandria

**MAINTAIN CHILDREN'S IMMUNIZATION SCHEDULES:** Pediatricians across Virginia have noted a decline in infants and children receiving their scheduled vaccinations, over concern about exposure to the coronavirus. During National Infant Immunization Week, parents are being reminded of the importance of keeping children up to date on vaccine schedules, to protect them from diseases that are preventable.

**VIRGINIA GETS HELP:** U.S. Sens. Mark R. Warner and Tim Kaine announced \$14,857,347 in federal funding for the Commonwealth's response to the novel coronavirus (COVID-19) outbreak. The funding, awarded through the Epidemiology and Laboratory Capacity for Prevention and Control of Emerging Infectious Diseases cooperative agreement, was made possible by the Coronavirus Aid, Relief, and Economic Security (CARES) Act.

The Virginia Department of Health can use the funds to establish or enhance the ability to aggressively identify cases, conduct contact tracing and follow up, as

well as implement appropriate containment measures. It can also be used to improve morbidity and mortality surveillance, enhance testing capacity, control COVID-19 in high-risk settings and protect vulnerable or high-risk populations, as well as help healthcare systems manage and monitor system capacity.

## Friday, April 24

**BUSINESS TASK FORCE:** Gov. Ralph Northam formed the Commonwealth's COVID-19 Business Task Force, which will continue to provide advice and guidance to the Cabinet on a safe, responsible strategy for easing restrictions on businesses and individuals.

The task force consists of representatives from a variety of Virginia industries including restaurants, breweries, wineries, small and large retailers, fitness centers, hair salons, barber shops, spas and aestheticians, museums, hospitality groups, campgrounds and entertainment venues.

"These are Virginians who are thinking everyday about how to protect the health of their staff and

the communities in which they operate," said Northam. "They understand that our public health and business interests are aligned — we must take measures that both ensure the safety and confidence of consumers and prevent the spread of disease. Their input will continue to be critical as we plan a safe, consistent, successful path forward." Virginians are under order to stay home unless they must leave for essential services like buying food or getting medical attention, until June 10, 2020.

**WHAT WILL IT TAKE TO RE-OPEN?** The Commonwealth's aggressive actions included closing schools, limiting gatherings, and the stay-home order. Virginia's requirements for before moving to phase one to consider reopening include: percentage of positive tests over 14 days moving downward; rate of hospitalizations over 14 days going downward; adequate supply of hospital beds and intensive care beds; increasing and sustainable supply of PPE; increased testing and tracing. Then Virginia can move to phase one, which might look like this: Some businesses reopen with strict safety restrictions; continued social distancing; continued teleworking; face coverings recommended in public.

**EXPIRED LICENSES VALID?:** Virginia's DMV offices and mobile units are closed at least until May 11. Those needing to renew a license or vehicle registration are encouraged to do so online. The Virginia State Police suspended enforcement of the time period in which new Virginia residents must get a driver's license or register their vehicles, the expiration of temporary license plates, and the time period in which temporary residents may operate vehicles with out-of-state plates, and enforcement of motor vehicle inspections by Virginia State Police.

**ELECTIVE SURGERIES ON HOLD:** The current ban on elective surgeries has been extended by one week, until May 1. The public health emergency order does not apply to any procedure if the delay would cause harm to a patient. The order also does not apply to outpatient visits in hospital-based clinics, family planning services or emergency needs.

Hospitals continue to treat emergency patients and perform essential surgeries, and Virginians should feel safe going to hospitals if they are experiencing a medical emergency, such as a heart attack.

The  
**Arlington**  
Connection

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

@ArlConnection

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

**Published by**  
**Local Media Connection LLC**

**1606 King Street**  
**Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

**NEWS DEPARTMENT:**  
[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

**Jean Card**  
Production Editor  
[jcard@connectionnewspapers.com](mailto:jcard@connectionnewspapers.com)

**Shirley Ruhe**  
Contributing Photographer and Writer  
[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

**Eden Brown**  
Contributing Writer  
[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

**ADVERTISING:**  
For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
[debfunc@connectionnewspapers.com](mailto:debfunc@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Classified & Employment Advertising**  
703-778-9431

**Editor & Publisher**  
Mary Kimm  
[mimm@connectionnewspapers.com](mailto:mimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Art/Design:**  
Laurence Foong, John Heinly, Ali Khaligh  
**Production Manager:**  
Geovani Flores

**CIRCULATION**  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





# NEWS

## Deputy Chief of Police Appointment

FROM PAGE 2

Working Group.

Deputy Chief Quigley graduated summa cum laude from The George Washington University with a B.A. in Criminal Justice and holds a Master's of Public Administration from George Mason University. She is also a graduate of the FBI National Academy – Session 274, the Police Executive Research Forum's Senior Management Institute for Police – Session 58 and Leadership Arlington.

Most recently, Deputy Chief Quigley served as Acting Deputy Chief of Police for the Operations Division and was previously assigned as Captain of the Human Resources Management Section

## Family Business Struggles

FROM PAGE 5

business was in Maryland we would be protected. Since we are in Arlington, we have no commercial rent protections.”

In addition, Gordon-Mochizuki adds that another issue is the nationwide refusal of all commercial property and casualty insurance companies to pay for business interruption service. “If your business is destroyed by a fire, flood, tornado, blizzard, you will receive some business interruption insurance payments.” But she says after Ebola and SARS and Zika, commercial insurance companies wrote exclusions into their commercial policies for any business interruption due to such causes.

A concerned customer contacted State Senator Barbara Favola who responded on April 14, “There is a moratorium on evictions but payment arrangements are left up to the individual parties. ... Safety-net programs are available to help individuals and banks make it through these tough times.”

Despite these concerns Gordon-Mochizuki is busy organizing her next fundraiser on May 5 for local non-profits. She says it will be a sign of normalcy, giving back to the community. She says it will have to be done a little differently than in the past. In 2018 Sushi Zen held 20 fundraisers in the restaurant for 20 local non-profit organizations to celebrate Sushi Zen's 20 years in business. She says, “Sushi Zen is going to survive and thrive—no matter what! My motto now is I'm looking forward to celebrating 25 fundraisers in 2023.”

## Eating Out

FROM PAGE 3

as 90 percent, according to the restaurants I spoke with. And the National Association of Restaurants has reported that COVID-19-related industry losses are expected to exceed \$240 billion by the end of 2020.

That suggests a lot of restaurants aren't going to make it. Our Arlington eateries are here for us. If possible, we need to be here for them. Got a local favorite you want to share with me? Email me at joan@joan-bradyphotography.com

WWW.CONNECTIONNEWSPAPERS.COM

# BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

<b>LANDSCAPING</b> <b>A&amp;S CONSTRUCTION</b> <b>SOD, Mulch, Clean-Up</b> <b>Leaf Removal</b> <b>Hauling.</b> <b>703-863-7465</b>		Good is not good, where better is expected. <b>-Thomas Fuller</b>	<b>LANDSCAPING</b> <b>LANDSCAPING</b> <b>Quality Tree Service &amp; Landscaping</b> Reasonable prices. Licensed & insured. <b>Winter Cleanup...</b> Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates <b>703-868-5358</b> <b>24 Hour Emergency Tree Service</b>	
<b>ELECTRICAL</b> <b>K &amp; D ELECTRIC</b> <b>COMMERCIAL / RESIDENTIAL SERVICE</b> Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...		<b>ELECTRICAL</b> <b>Licensed/Bonded/Insured</b> Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com		
<b>GUTTER</b> <b>GUTTER CLEANING</b> Gutters and Downspouts Cleaned Small Repairs • Gutter Guards <b>PINNACLE SERVICES</b> Lic/Ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		<b>GUTTER</b> <b>A&amp;S Landscaping</b> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing <b>703-863-7465</b> LICENSED <b>Serving All of N. Virginia</b>		
<b>LANDSCAPING</b> <b>LANDSCAPING</b> <b>Patios &amp; Drainage</b> Your neighborhood company since 1987 <b>703-772-0500</b>		<b>LANDSCAPING</b> <b>J.E.S. Services</b> <b>Free Estimates • Fully Licensed &amp; Insured</b> • 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 <b>All work Guaranteed</b>		
<b>IMPROVEMENTS</b> <b>IMPROVEMENTS</b> <b>TILE / MARBLE</b> <b>TILE / MARBLE</b> <b>BATHROOM REMODELING</b> 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. <b>www.brennan-tile.com</b> <b>703-250-2872</b> Licensed • Bonded • Insured				
<b>ATTENTION ADVERTISERS:</b> expand your audience beyond our weekly print edition with <b>THE CONNECTION DIGITAL</b> ► Email Marketing ► Social Media ► Sponsored Content FOR MORE INFORMATION CALL 703.778.9431 OR VISIT <a href="http://CONNECTIONNEWSPAPERS.COM/ADVERTISING">CONNECTIONNEWSPAPERS.COM/ADVERTISING</a>				

**Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers**

[www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)

## And So It Begins



By KENNETH B. LOURIE

The six-week schedule/treatment for my stage II papillary thyroid cancer began on Thursday, April 23 with an hour-long telephone appointment with one of the doctors from the Nuclear Medicine department. He was confirming, clarifying and preparing yours truly for the arduous task at hand: a commitment to a month-long, low iodine diet beginning April 27 (no salt, no sugar, no dairy, no normal-type bread and a bunch of other less impactful nos) and 15 on-site hospital-related visits (in lab, in doctor's office and in scan area) followed by an overnight in late May when I receive my final treatment. After which, for the following week, I am to be quarantined at home (unsafe for children, pregnant woman and pets) with miscellaneous other quarantine-associated behaviors/advisories (changing bed sheets every other day, using one bathroom exclusively, flushing toilets twice, using plastic silverware and paper plates, among others) with the fun and games ending June 5th when the quarantine period ends. Then I can resume my normal/familiar routine for the treatment of my underlying/pre-existing stage IV non small cell lung cancer. Treatment for which will likely begin again in mid July after I've had a CT scan to assess the damage/success of my thyroid cancer treatment.

By then, it will have been about six months that I've actually had any current treatment/medicine for my lung cancer. Once given a clean bill of health (so far as the thyroid cancer is concerned), I'll likely restart my bi-weekly treatments for my non-small cell lung cancer (which as my oncologist said; he could treat but never cure). Treatment which began in early March, 2009 and has continued for nearly 11 years. Pending the results of that July CT scan, my life will likely return to abnormal. Still, it's way too early to speculate on life going forward. Six months (dating back to my last treatment in Jan., 2020) is an eternity in the cancer world (heck six days is an eternity).

And aside from the obvious, that planning for or even predicting scenarios two to three months hence, it has never been my oncologist's style. Then consider, as he said during our most recent phone appointment (April 17), that he's no longer certain if the tumors in my lungs are non small cell lung cancer, papillary thyroid cancer which has moved and/or, wait for it, that my lung cancer tumors have gone into remission. Can you quote the late Phil Rizzuto: “Holy cow!” None of which will be known until a week or so after my July CT scan. And not that wondering/waiting isn't already the hardest part but before I will have learned the status of my tumors, I will have been in and out of hospitals being treated for thyroid cancer right smack in the middle of the coronavirus pandemic when I'm supposed to do the exact opposite: isolate at home and stay away from hospitals. I couldn't be looking for more trouble if I planned it. Nevertheless, I just hope the old adage applies: “Time flies when you're having fun.” (And I suppose I should add: flies safely.)

I don't really feel the fun? Maybe it's the needles you feel, or the fear/anxiety associated with being in and out of hospitals multiple times in a comparatively short period of time? Or maybe you feel the worry and difficulty I'll have maintaining a low iodine diet for 31 or so days, and the hunger pains and chocolate withdrawal I'll experience during that month. I'd like to think that the time/treatment will pass quickly, but I'm guessing that the demands of the diet will slow me down to a crawl and that the experience will be an extremely challenging transition/return to normal. (Particularly so for me since food has always been the bane of my existence.)

But so what? My health status, which originally had been a terminal one: “13 months to two years” has improved dramatically. I'm still likely to die from cancer but instead of the two years maximum I had anticipated (been “prognosed”), I am now living and breathing two months into year 12, post diagnosis. And depending upon what is interpreted from my upcoming CT scan, I may yet have a bit more life to live.

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 5/31/20.

**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 5/31/20.

*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 \$329<sup>00</sup>**  
Covers up to 4 years/45,000 miles

**ALIGNMENT SPECIAL**

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

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

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 5/31/20.

**SIGHT LINE  
WIPER BLADES**

**BUY 1  
GET 1 FREE**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON  
MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA  
TOYOTA PARTS CENTER ONLY. GOOD THRU 5/31/20.

**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 5/31/20.

**BRAKE SPECIAL**

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

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

**MACHINE ROTORS ADDITIONAL**

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 5/31/20.

**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 5/31/20.

**OIL & FILTER CHANGE**

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

NON-SYNTHETIC

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

SYNTHETIC

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

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 5/31/20.

**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 5/31/20.



**ALEXANDRIA TOYOTA**

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

**TRUESTART™ BATTERIES**

**SPECIAL  
OFFER**

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

INCLUDES BATTERY INSTALLATION

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

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 5/31/20.

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