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The Arlington Connection



Josh Babb, left, runs a marathon around his cul-de-sac to raise funds for the Columbia Baptist Church food pantry. His friend Peter ran the first 20 miles with him.

Five Hours And 437 Laps

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Randolph Pastries Opens Carefully

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PHOTO BY SHIRLEY RUHE/ARLINGTON CONNECTION

MAY 13-19, 2020

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Metro's Platform Improvement Project Summer Shutdown Begins May 23

OR **SV** Free Shuttle Service

Effective: Saturday, May 23, 2020

Orange Line Local

Service between **Vienna**, **Dunn Loring**,
West Falls Church & **Ballston-MU**

Orange Line Express

Direct service between **Vienna** & **Ballston-MU**
(no intermediate stops)

Silver Line Local

Service between **Wiehle-Reston East**, **Spring Hill**,
Tysons Corner & **Ballston-MU**

ADA shuttles provided upon request
between impacted stations



STATION CLOSURES

Beginning Saturday, May 23:

- Nine Orange and Silver line stations west of Ballston-MU will be closed.

RAIL SERVICE INFORMATION

- The Orange Line will operate between Ballston-MU and New Carrollton.
- Silver Line service will be temporarily suspended.
- Service elsewhere on the system will operate at reduced service levels during the COVID-19 public health emergency until further notice.

Visit **wmata.com/platforms** for more information about free shuttle options and project updates.



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Pastries by Randolph Reopens with a New Normal

'We sold out the 85 mousse cakes.'

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Cold balloons blew in the wind outside the open door of Pastries by Randolph the week before Mother's Day. Randolphs had been closed since March 23 due to the coronavirus and just reopened on May 5.

Randolph's has been in business for 30 years at the same location at Lee Heights Shopping Center. When the pandemic hit, business dropped 50 percent in that first week.

Penina Randolph says, "we had to pause and figure out what to do."

Randolph says, "When we reopened we had no idea what to expect."

She says, "Our business was run off large cakes and people aren't having large functions anymore and weddings are delayed." She says they expected to have the individual pastries sell.

"Actually we were surprised, the cakes went first. We sold out the 85 mousse cakes. I guess people just wanted to have the whole big cake for Mother's Day."

Penina says, "we had a great week back but when you are gone six weeks, the biggest fear is that the business will dwindle off. We're hoping that with graduation season, people will decide to have a party in their home, maybe not 24, maybe just 6."

Penina says it was a big head-



A Randolph's customer stares through the new plexiglass barriers as he selects his cupcakes for Mother's Day.



ache putting all of the changes in place without knowing how it would all work and wanting the new system to move smoothly. But she says people were patient and seemed to understand the new way of doing business.

The number of employees are currently down to 30 from the former 50, "because some don't feel comfortable coming back." Penina explains, "we shut down originally because of the safety of our teams without a plan in place." Then, "after 6 weeks, we decided this will be the new norm, not quarantine

**Pastries by Randolph
reopens May 5 after
closing down March 23
due to the coronavirus.**

PHOTOS BY SHIRLEY RUHE
ARLINGTON CONNECTION

**Pastries by
Randolph**

703-243-0070
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4500 Lee Highway,
Arlington, VA 22207
www.pastriesbyrandolph.com

for 14 days and everything is good and dandy." So they thought if they were going to get back in the water, why not now.

Now the bakery has taken on a new configuration with floor markings limiting the number of customers to four at a time, replacing the crowds that used to line the pastry cases. But the cases are still filled with the Napoleons, marble mousse cake, brioche, French and Italian pastries and tiny tea cookies. The order book detailing wedding creation choices sits nearby.

Staff behind the counter are also limited to four and are separated from the customers by a plexiglass sneeze guard. They have their masks, hand sanitizer and are waiting for the face guards to come in.

Randolphs has established curbside pickup for preordered, pre-paid items. "We have 20 designated spaces in the back parallel to the building for curbside service." Penina says they are also working on a delivery option that they hope to have in place soon.

About half of the business is catering and big hotels. "We were just taking one hit after another since people aren't having big parties and hotels aren't having events."

Now they just wait and see what happens. This is the new norm.

Doorways Offers Shelter from Violence Despite Coronavirus

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Maureen Devine-Ahl, Doorways Interim President and CEO, said by March 13, Doorways had already made the decision to get as much work done off-site as possible. "We are proud we were ahead of the curve on this." The first thing they did was take the shelters to a minimum coverage plan.

Doorways operates both a Domestic Violence Safehouse for victims who are fleeing im-

minent danger and a Family Home to shelter families transitioning out of homelessness. The Domestic Violence Safehouse is the only domestic violence shelter in Arlington, with a capacity of 23 beds between the Safehouse and scattered site capacity.

The current number housed is 13 although Samantha Clarke, Chief Program Officer says, "we have a responsibility to house and shelter any survivor of domestic abuse or violence. If we had a need over that capacity we would always find some way to do it."

The Family Home has 22 beds

and 10 bedrooms to shelter families transitioning from homelessness. The safeguards put in place due to the coronavirus presented a number of challenges with a kitchen, laundry and shared bathrooms. Devine-Ahl says the residents got together on their own and cooked family style and shared their food. It was also a challenge with the school suddenly out and how to entertain the kids all day.

"And also securing PPE. Thankfully we had some masks and other things already. But at that point in time it was for response mode instead of testing someone symp-

tomatic. Now it is more prevention.

"Social distancing wasn't something we knew about at the time. The first 1-3 weeks we woke up every day and got some new piece of information. There is so much information out there."

But Devine-Ahl recalls one national call with King City, Seattle was particularly useful. "They were 7-10 days ahead of us. They were already setting up field hospitals, de-intensifying shelters to take the highest risk out." She says Doorways started talking about moving those staying in the Safehouse to

hotels to ensure their health and wellness and to de-intensify the close communal living.

"This is the group who need to escape domestic violence at the drop of a hat. They have called the hot line because they have been assaulted. They end up in the emergency room and don't want to leave the emergency room and go home."

She explains it is a pretty normal trajectory for the families in the Safehouse but now the victims are coming from the hospital "which is ground

SEE DOORWAYS, PAGE 7

Round and Round and Round and.....

Josh Babb runs marathon on his street for Columbia Baptist Church food pantry.

BY SHIRLEY RUHE

It is 10:08 a.m. on Saturday, May 2 and Josh Babb has finished almost half of his marathon circling up and down his block on the cul-de-sac off Kirkland Street in Arlington. Babb is joined off and on by several of his friends who rotate in and out of the run to keep him company, but he is the only one who will run the entire distance. Jered, drove up from S. Carolina last night to surprise him. "He ended up running 20 miles of the race with me and was crucial in helping me finish the race, especially in the later miles," Babb said.

Babb is an experienced marathon runner but unfortunately developed a blister that is slowing him down a little today. This is the first blister he's ever experienced in an attempt to quickly build up enough weekly mileage to have the endurance to run the marathon.

"This was the hardest marathon of the eight marathons I've run to date," Babb said. "The combination of the turns, the really short course that didn't allow you to get into a rhythm and the blister that had formed earlier in the week and that got progressively worse during the 'Culdesac Marathon.'"

Babb is running the marathon to raise funds for his church's food pantry. Columbia Baptist Church runs a food pantry every Saturday in Bailey's Crossroads. It generally serves 200-300 families. But ac-



Babb (left) is joined by his friends, Jered originally from Texas, and Peter, who lives locally, to keep him company on his marathon run.

cording to Rev. Kris Clifford, one of the church pastors, the Capital Food Bank where they get their food is depleted.

Babb set a goal of \$2,620 (26.2 miles in a marathon) but says he has raised over \$5,500 from 95 contributions through a Go Fund Me page and social media. Clifford says there have been church members, family friends and just plain strangers supporting Babb's marathon run. This week the church has been able to purchase a lot of fresh eggs for the food pantry.

A car drives past the barricade on Kirkland Street, and a voice yells "go Josh." Another friend joins the group rounding the curve for another lap, and his 6-year-old daughter skips along.

Babb explains several good friends joined in to make this truly a team effort. In addition to Jered, it included his friend Peter, who ran the first 20 miles; Kevin who ran the last 15 miles; Erin who was going to run 3-5 miles and jumped in for the last 10 miles; and Guilia



Josh Babb, left, runs a marathon around his cul-de-sac to raise funds for the Columbia Baptist Church food pantry. His friend Peter ran the first 20 miles with him.

who planned to just cheer and instead ran 12 miles.

Babb's wife sits at a table in front of their house with their three children, a few friends and church members (with proper social distancing) to offer Gatorade,

fruit and energy drinks as the runners round another curve.

Since Babb loves to run and also to create avenues for people to help others, this seemed the perfect way to combine his passions. "My wife and I kicked around a number of different ideas, ways to get involved and settled on this crazy idea."

Five hours and 437 laps later Josh completes his final figure eight. "It was truly one of the hardest, most mundane ways to cover this kind of distance that you could imagine. ... The physical challenge was hard but it was also a mental struggle."

But he says, "in this time of uncertainty we decided when hundreds upon thousands of our neighbors have lost their job and are fighting to keep food on the tables—there are good people standing in the gap and we need to help them." He concludes, "the church is about more than a building—it's about showing the love of God through tangible actions."

PHOTOS BY SHIRLEY RUHE/ARLINGTON CONNECTION

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Arlington
Connection

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Changes to Yard Waste Pickup

Because of the impact of coronavirus on trash crew staffing, residential yard waste pickup from green curbside carts and of biodegradable paper waste bags is temporarily suspended. Plastic bags with yard waste will not be collected. Residents are strongly encouraged to grasscycle lawn clippings and compost organics whenever possible. Brush collection services by request will continue.

County Adds Temporary Yard Waste Drop-off Locations

Arlington County has added two temporary yard waste drop-off locations: at the Earth Products Yard (4300 29th St S), in Shirlington and at the 26th Street North and Yorktown Boulevard mulch pickup site.

Residents are able to drop-off yard waste Monday through Friday from 8 a.m. to 12 p.m. Please bring a driver license to show proof of

residence. Residents are expected to practice social distancing when showing identification and dropping off material.

Yard waste can be unbundled or placed in biodegradable paper bags. Plastic bags will not be accepted.

If you are unable to drop-off yard waste, keeping it in the green cart until collection resumes is strongly encouraged. Grasscycling – by leaving cuttings on the ground – is a great (and free) way to fertil-

ize the lawn. Schedule a brush pickup online for large-sized yard trimmings like limbs, or call 703-228-5000 Mon.-Fri., 7a.m. to 7 p.m.

On a trial basis, we will allow landscapers to drop off materials from Arlington County residents.

Free bags (15 bag limit per visit) will be available at 2100 N. Clarendon Blvd. and at 4300 29th. St. S from 8 a.m. to 5 p.m.

SEE HELPING, PAGE 11

NEWS

Front Line Medical Staff Get Donation Of New Tennis Shoes

BY MIKE SALMON
THE CONNECTION

In the midst of the pandemic, for the nurses and doctors putting in long hours and mileage in the hospital hallways, it takes a good pair of shoes to make things bearable. That's where Pacers Running and Potomac River Running Store jumped in, showing up on the loading dock at the Virginia Hospital Center in Arlington on May 6, with boxes of shoes. That was one of the stops on delivery day.

Ray Pugsley, who owns Potomac River Running with his wife Cathy, called the medical staff "local heroes," in the fight against COVID-19, and was glad to pitch in. "They were certainly excited," he said of the recipients at Virginia Hospital Center.

ON shipped approximately 2,500 shoes (10 pallets) to each retailer which employees sorted, sized, and categorized for each site. Organizations and individuals on their list range from fire and rescue, nurses, restaurant workers, local delivery personnel, grocery store workers, veterinary hospitals, and community centers.

The ideal shoe Potomac River Running Store in the collection was their "Cloud X," a model of the "On Running" brand that dominates the shelves at Potomac River Running. "Those of us in the running community know them well," Pugsley said.

Gina DeGaetano is the marketing and outreach representative for Potomac River Running and she took part in some of the deliveries last week, as did Phil Le, the manager for their store in the Ballston Corridor in Arlington. "If we could provide a pair of shoes to make it more comfortable, we're happy to do so," she said. "We worked with a lot of deserving people," she said.

According to ON, a Swiss shoe company, ON's CloudTec technology is engineered to deliver a soft landing followed by an explosive take-off. The result? An unbelievably light running sensation, their literature stated. And no compromise on cushioning and impact protection. In other words, it's like running on clouds.

Potomac River Running has eight stores in the Northern Virginia area, including stores in SEE FRONT LINE, PAGE 11

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Arlington Week in Coronavirus

BY KEN MOORE
THE CONNECTION

Tuesday, May 12

Northern Virginia Different

Arlington County Board Libby Garvey, Fairfax County Supervisor Jeff McKay and Alexandria Mayor Justin Wilson made a difference: Northern Virginia numbers are different during this pandemic.

Governor Ralph Northam issued Executive Order Sixty-Two Tuesday, May 12, allowing specific localities in Northern Virginia to delay entering Phase One of the “Forward Virginia” plan to ease restrictions.

“While the data show Virginia as a whole is ready to slowly and deliberately ease some restrictions, it is too soon for Northern Virginia. I support the request from localities in this region to delay implementation of Phase One to protect public health,” said Northam.

Virginia as a whole may enter Phase One on Friday, May 15 based on achieving certain health metrics, he said.

Monday, May 11

Arlington Cases: 1,399
Virginia Cases: 25,070
United States Cases: 1,300,696
Arlington Deaths: 61
Virginia Deaths: 850
United States Deaths: 78,771

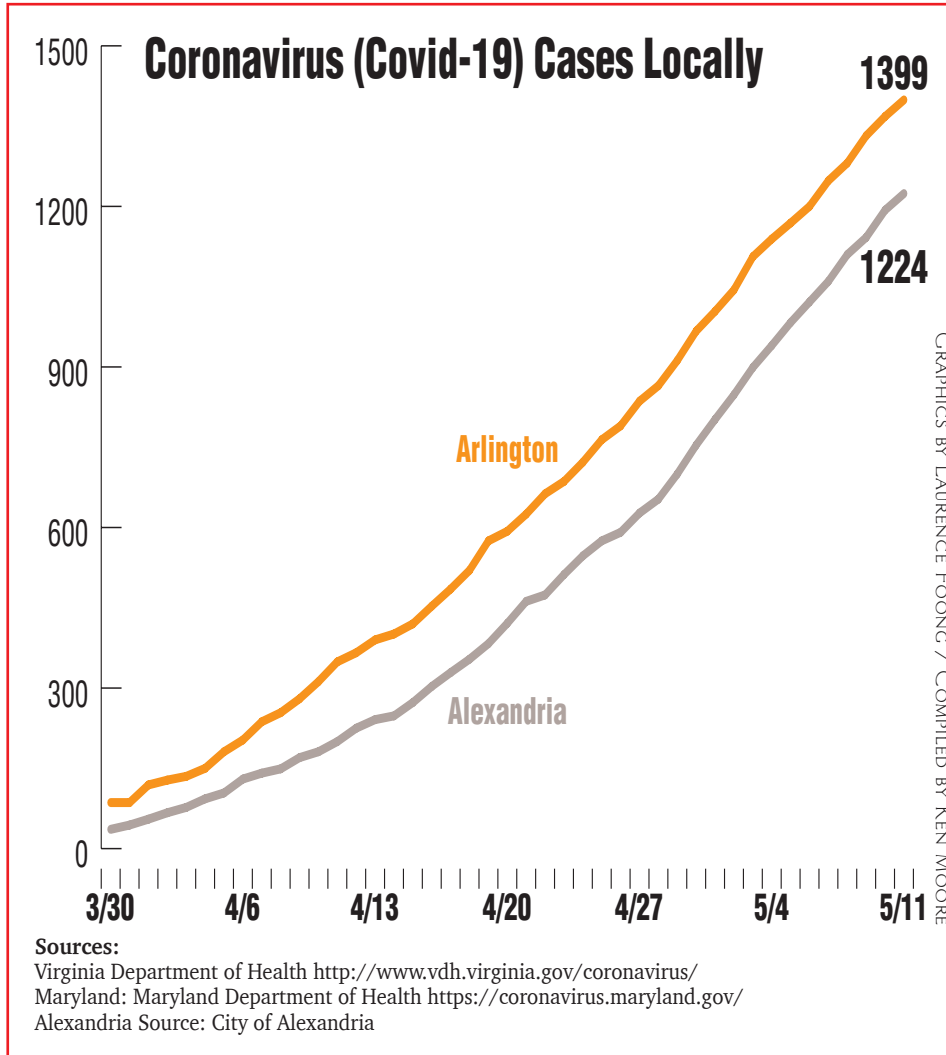
Sunday, May 10

Arlington Cases: 1,332
Virginia Cases: 24,081
Virginia Deaths: 839

Arlington County Board Chair Libby Garvey and the top elected officials of the five largest localities in Northern Virginia sent a letter to Gov. Ralph Northam, supporting his “Forward Virginia” reopening plan in general but urging him to implement it for Northern Virginia only once regional threshold metrics have been met. Although the metrics appear likely to be met for Virginia overall by May 15, this does not appear to be the case for Northern Virginia. The 2.5 million residents of the city of Alexandria and the counties of Arlington, Fairfax, Loudoun and Prince William represent nearly a third of the population of Virginia and half of the Commonwealth’s COVID-19 cases, hospitalizations and deaths.

“We eagerly wish to rebuild our economy and help our residents recover,” wrote Garvey, Mayor Justin Wilson (Alexandria), Jeff McKay (Fairfax County), Phyllis Randall (Loudoun County) and Ann Wheeler (Prince William County). “It is only through our regional achievement of these milestones that we will be positioned to avoid a more damaging return to business closures later in the summer.”

The Forward Virginia plan requires the following metrics be met before the first phase of reopening can occur statewide: 1) a downward trend of positive test results over a period of 14 days; 2) a downward trend of hospitalizations over a period of 14 days; 3) sufficient hospital beds and intensive care capacity; 4) increasing and sustainable sup-



ply of personal protective equipment such as masks, respirators, gloves and gowns; and 5) increased testing and tracing. According to analysis by the region’s public health di-

rectors, none of the five metrics for Northern Virginia have been achieved, or cannot be determined based on currently available data.

Sharon Simpkin stands on Rock Spring Road at sunset on Monday, May 11 joining Arlingtonians all around the County to cheer for Arlington health care workers. Simpkin says she does this every Monday at 8 p.m. and sometimes is out in front of her house alone. “I’m hooting and hollering and banging pan lids all by myself.” But it doesn’t matter to her. “I’m still showing my support.”



PHOTO BY SHIRLEY RUHE

Saturday, May 9

Arlington Cases: 1,368
Virginia Cases: 23,196
Arlington Deaths: 60
Virginia Deaths: 827

Friday, May 8

Arlington Cases: 1,281
Virginia Cases: 22,342
Arlington Deaths: 57
Virginia Deaths: 812

COUNTY REACTION: “Arlington County supports Governor Northam’s detailed framework for “Forward Virginia,” and appreciates the Commonwealth’s acknowledgement that the Northern Virginia region faces challenges that differ in number and scale from the Commonwealth as a whole. Over half of the cases and hospitalizations and nearly half of the COVID -19 deaths are here in Northern Virginia — despite our constituting a little more than a quarter of the state’s population; and we continue to see a rise in hospitalizations,” according to Arlington’s County Board. “Arlington is working closely with the Northern Virginia Regional Commission, which comprises other localities in the region, to coordinate with the Governor’s office to determine the safest path forward, with an extended timeframe for entering Phase One.

“Arlington County’s top priority is to ensure the safety of the entire community; and we believe we must meet the criteria for entering Phase One. At this point, based on the data for our region as well as Arlington specifically, the most responsible path forward is maintaining our current operating status until these criteria are met.”

WALK-UP SITE: Arlington County, in partnership with Virginia Hospital Center and the Arlington Free Clinic, will open its first walk-up COVID-19 sample collection site at the Arlington Mill Community Center, 909 South Dinwiddie Street.

“Arlington is committed to assuring everyone in our community has access to the testing they need during this pandemic,” said Dr. Reuben Varghese, Arlington Public Health Director. “This is an important partnership that will help our more vulnerable or low-income groups who do not have access to cars to walk up and get tested.”

“This is an exciting effort to create a more equitable testing model for everyone who needs it,” said Nancy White, Executive Director, Arlington Free Clinic. “This model aligns with our mission to provide high-quality health care to low-income, uninsured Arlington residents through the generosity of donors and volunteers.”

The clinic opened Tuesday, May 12 and will operate weekdays between 1-5 p.m. To be tested, patients must obtain a clinician referral and then schedule an appointment by calling 703-558-5766. Patients must schedule an appointment before visiting the collection site. Residents without health insurance can still access testing through the walk-up collection site by calling the ap-

SEE CORONAVIRUS, PAGE 10

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PHOTO CONTRIBUTED

Doorways Family House for those transitioning out of homelessness.

Doorways Offers Shelter

FROM PAGE 3

zero for the coronavirus. They could be putting others in the Safehouse in danger as well as staff." So Doorways decided to move the six in the Safehouse to confidential hotels.

Devine-Ahl said they have a little bit of everything and have been able to repurpose existing state and Federal grants from travel and training. There has been a lot of flexibility. The County is making some money available and there is some FEMA assistance. "I feel good about where we are right now." But she is worried if this would be sustained living over a period of time.

Devine-Ahl says they have been monitoring closely whether the stress of the coronavirus would cause more domestic violence. They noticed that the first week with the world changing dramatically there were reports out of China that domestic calls tripled.

"I thought 'game's on.' But we have not seen that in the same fashion. There are spikes some days but not overall." Doorways is in touch with the Arlington County Police Department to make sure the low incidence of domestic abuse calls isn't an error or lack of outreach. But she says the police report their calls are down as well and the same is true in Loudoun and Fairfax.

"It could be good news but I suspect the devil you know is better than the one you don't so it may seem better not to risk leaving the house for an unknown."

Clarke agrees. "People who are isolated with the people who are abusing them know their abuser and what to expect. Abuse isn't good but it may be more acceptable than leaving. It is always hard to leave and now there is the fear of the unknown with the coronavirus."

But she says they reaching out to let people know that there is a safe place they can go.

"Just because people aren't asking for support doesn't mean vio-

lence has stopped," Clarke continues. "The normal avenues open to them through doctors, schools and church are now closed. We anticipate a surge when the stay at home order is lifted and people perceive the threat to their health is diminished."

Devine-Ahl adds maybe people can't talk under the same roof and after things start to lift and they can leave the house, it may not seem such a danger to ask for help. "We let people know the shelters are open and we can help you talk it through."

She says it is more difficult to know about possible child abuse. It is more challenging to see now because teachers often spot abuse. But currently children aren't in school, and they have lost the community channels. Doorways looks for other avenues such as food pickup and other ways they can be creative.

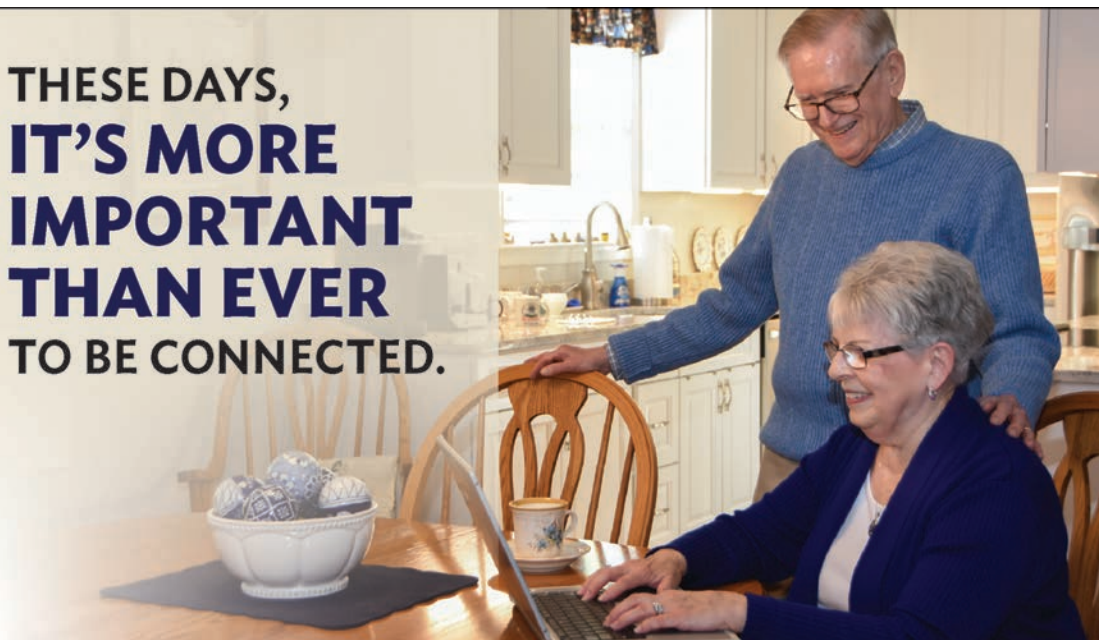
Devine-Ahl says the community has been helpful by dropping off physical goods such as diapers, toilet paper and laundry detergent or other items on their Amazon Wish list.

"The Arlington community has gone above and beyond," Devine-Ahl says their office at 4600 Fairfax Drive accepts donations on Fridays from 11:00 a.m.-1:00 p.m. "Just drive up to the back, pop open your trunk and a staff person will come and unload your car." She says they also accept donations of non-perishable food to stock their residential kitchen.

Doorways provides a safe, temporary home to those escaping imminent danger due to domestic and sexual violence. It welcomes women, men and those who identify as LGBTQ+ offering counseling, financial education, support groups and job advocacy as the families work toward permanent housing.

If you are experiencing violence or abuse you can talk 24 hours a day to somebody trained. Call the domestic violence hotline at 703-237-0881.

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Buildings Sits Vacant but Bill's Garden Continues

BY SHIRLEY RUHE

An Arlington institution, Bill's True Value Garden Center on Lee Highway, sits vacant with a For Lease sign in the window. Forty-one years ago the building began as Bill's Hardware, and in 1988 the hardware store moved across the highway to Buchanan Street. It was replaced by Bill's Tru Value Garden Center.

Now Bill's Garden Center has been closed down and consolidated with the hardware store across the street. Mark Ploskina, Bill's son, says, "so many people were looking to lease that property and the rents got higher and higher." As the Lee Highway traffic got worse, parking became more of a problem. He says they had wanted to consolidate for a while.

But Ploskina says even though they consolidated two stores into one you can get everything you could get before. "The plants, the mulch, the garden sprays. We fit it all in, up to the rafters. We built a new aisle." He says the space in the garden store didn't need to be so



Bill's True Value Garden Center closed on Lee Highway but moved across the street to Bill's Hardware location.

big so they were able to move everything there to the other building.

Ploskina says their business has been booming. "Even before the announcement of the pandemic,

people were in here buying up supplies. They were looking for anything emergency-related. We ran out of supplies fast." He says people head to hardware stores whenever any kind of disaster

strikes—snowstorms, hurricanes or the pandemic "because we have the stuff you need."

They have seen the biggest increase in the garden department. "Customers wanted plants in early

March, way too early."

He said the pandemic is a double-edged sword.

"It is weird." He says people are pent up with cabin fever and wondering what they are going to do. So they buy paint and paint brushes.

"They may not be able to build a house but they can paint a room. People get bored and want to get out so we have more business."

But he says they can't have people browsing around the store. They play it by ear and if they get 30 people or so in the store, which is rare, they have to urge customers to shop and leave so new people can come in.

"Don't bring in the whole family with you." He adds, "I know it sounds a little harsh. I want to serve the neighborhood but the store isn't a playground just because you are bored."

Ploskina says his dad had a kidney transplant in December and is diabetic "so he has every risk you can imagine and he has been at home."

"Think before you shop. Shop smart."

PHOTO BY SHIRLEY RUHE/ARLINGTON CONNECTION

Crystal City BID Debuts #LoveNationalLanding



The Crystal City Business Improvement District (BID) has launched #LoveNationalLanding, a new art campaign designed to enliven the local streetscape and unify the community, while also highlighting the work of area businesses and local artists.

The initiative kicked off with the unveiling of an array of vibrant artwork featuring sunbursts, blooming flowers, and oversized hearts emboldened with encouraging messages across several storefronts in National Landing, the district that encompasses Crystal City, Pentagon City and Potomac Yard. Drawing inspiration from Andy Shallal's #PaintTheStorefronts program, and neighborhoods across the country that have utilized art to beautify the public realm during the COVID-19 crisis, the BID worked with curator Tom Pipkin to select a lineup of local artists who were then tasked with creating facade designs that would serve as a source of community-wide inspiration.

The artists are Cris Clapp Logan, known for her watercolor and ink illustrations; Jeff Huntington, aka JAHURU, whose colorful murals can be found across the DC area, Chicago and Brooklyn; Patrick Owens, a creator of bright murals, lettering and illustrations; Juan Pineda, a visual artist whose distinct style is characterized as urban contemporary street art; Erik Ricks, a celebrated muralist and sculptor; and Chelsea Ritter-Soronsen, a public artist and community-focused arts organizer. Their uplifting designs are transforming the facades of National Landing restaurants and retailers including: Commonwealth Joe, Enjera, Freddie's Beach Bar, Jaleo, Los Tios, and Vintage Dress Company. Additional storefronts will be identified for participation in the initiative in the coming weeks.

"As this initiative advances over the course of the



CRYSTAL CITY BID

month, residents, workers and visitors can expect to encounter additional bursts of color and messages of encouragement throughout the National Landing area," said Crystal City BID President and Executive Director Tracy Sayegh Gabriel.

In addition to the storefront beautification project, the BID has enlisted local muralist team Brocoloco to create eye-catching vinyl wraps that will cover two welcome boxes with frontages that span over 20'-by-8'. Brocoloco will also produce 100 sidewalk decals featuring positive and amusing messages that will be scattered throughout the neighborhood. These features, along with a social media component, will roll out over the month of May.



PHOTOS COURTESY OF NICELY DONE KITCHENS & BATHS

The island gives the Boland family a place to prepare meals, eat and spend time together playing games or crafting.

Comfy Kitchen Amid COVID-19

A gloomy, dark space gets a light and bright update.

BY MARILYN CAMPBELL
THE CONNECTION

When Joe and Sarah Boland moved into their colonial-style home in Burke, they were drawn to the skylights, soaring ceilings and picture windows that allowed in streams of natural light. The house had one blemish however: the kitchen.

Dark wood cabinetry, paired with black countertops worked to create a gloomy space, while a cooktop-covered peninsula disrupted the flow of the kitchen. The family of four, including two daughters ages 8 and 10, longed for a sunny gathering spot that harmonized with the breeziness of the rest of their home.

"We spend a lot of time in the kitchen preparing meals and just hanging out," said Sarah. "I wanted a bright space that inspired me to want to cook more. I knew I wanted mostly white with pops of color. I knew I liked the warmth of brushed brass accents."

The energetic and fun-loving couple asked designer Kate Couchman of Nicely Done Kitchens & Baths to bring their musings to life. "They were adventurous and open to colors, patterns and doing fun things," she said. "They love spending time together, but there was no room in the kitchen for them to do things together."

Deriving inspiration from the family's request for light and spaciousness blended with practicality and functionality, Couchman conceived a colonial blue and white kitchen accented with champagne-hued hardware. "This was the first blue kitchen that I've done," she said. "We used a lot of touches that many people would be unsure about."

The former kitchen's dark slate flooring was replaced with wide-plank wood and the peninsula swapped for an island. "I knew I liked an updated, transitional farmhouse feel with a farmhouse sink," said Sarah.



Sarah Boland wanted a farmhouse kitchen design, complete with a farmhouse sink.

White Silestone accented with ribbons of blue and gray now tops the counters and island. The updated workspaces give Laura inspiration that sparks her culinary aspirations, and she shares those with her daughters.

"The island is a workstation, but it's also an eating station and fits six people," said Couchman. "It's multi-functional, which we're seeing a lot of now. People are doing away with breakfast tables in the kitchen."

The kitchen not only makes efficient use of space and lets in sunshine, but provides a venue for lively family togetherness.

"The vast island table is great for crafting, playing games, baking and doing homework," said Laura. "The kitchen has such a clean, bright feel, which is part of the reason we are always in there."

The COVID-19-induced social isolation gives the Boland family a renewed appreciation of their kitchen. "The kitchen is pretty much the first space we are in after we wake up," said Laura. "It is ... always very welcoming. I feel fortunate that I get to spend time, especially these days, in this homey and beautifully functional space."

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-Werner Heisenberg

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News

Arlington Week in Coronavirus

FROM PAGE 6

pointment number. A VHC clinician will screen for symptoms over the phone and provide a follow-up referral to the Arlington Free Clinic if needed.

SMALL BUSINESSES: The Arlington Small Business Emergency GRANT (Giving Resiliency Assets Near Term) Program, designed to provide immediate financial assistance to Arlington's small businesses and nonprofits impacted by the COVID-19 pandemic, is now open for applications.

The GRANT program will provide a total of \$1.2M in funding from Arlington County, the Industrial Development Authority (IDA) and the Rosslyn and Crystal City BIDs. The funds are meant to help provide near-term relief for businesses, some of whom have experienced delays or limitations with Federal relief initiatives. The program was initially approved during a County Board budget work session last month.

The GRANT Program will provide grants of up to \$10,000 to businesses and nonprofits with fewer than 50 employees. Applications will be accepted now through May 17. Grant award decisions are expected to be made in mid-June.

Arlington Economic Development has provided resources to support businesses applying for the program and has compiled additional resources, including webinars, to help businesses navigate the pandemic and various relief efforts. Visit arlingtoneconomicdevelopment.com/covid-19

Thursday, May 7

Arlington Cases: 1,248
Virginia Cases: 21,570
Virginia Deaths: 769
Arlington Deaths:

NURSING HOMES are now required to report the first week of COVID-19 data to the Centers for Disease Control and Prevention (CDC) no later than May 17. For the first time, all 15,000 nursing homes will be reporting this data directly to the CDC, the first such requirement in the agency's history. The CDC will publicly post this information so all Americans have access to accurate and timely information on COVID-19 in nursing homes.

SCALE UP PRODUCTION: U.S. Sen. Mark R. Warner (D-VA) joined Sen. Chris Van Hollen (D-MD) and seven other senators to tell President Trump it is imperative that the federal government fully use its authority to support and expand production of personal protective

equipment and testing supplies.

"An analysis by Harvard University researchers found that the United States must, at minimum and under the best-case scenario, double the number of tests being conducted each week," wrote the Senators.

"From the outset of the pandemic, the United States has been dogged by testing shortages and supply chain issues—and Virginia is among the states where that testing shortage has been most severe," according to Warner. Sen. Warner has been outspoken about the need for a cohesive, national coronavirus testing strategy and has fought to secure additional funding for coronavirus testing—including \$8 million for Virginia.

U.S. Sen. Mark R. Warner (D-Va.), Sen. Tom Udall (D-N.M.) and 30 other senators urged Secretary of the Treasury Steven Mnuchin to reject politically motivated conditions on financial relief for the U.S. Postal Service. The senators also expressed their strong opposition to the use of coronavirus as a pretext to pursue privatization of the United States Postal Service, which is unpopular with the American people. The senators called the postal service a critical lifeline for many Americans, especially during the COVID-19 pandemic.

CASH THROUGHOUT: Virginia Rep. Don Beyer and Rep. Madeleine Dean (PA-04) sent a letter to House Speaker Pelosi and Minority Leader Kevin McCarthy with recommendations on how to provide Americans with direct cash support throughout the duration of the Covid-19 pandemic and economic crisis.

"So many Americans need help right now, and Congress must not fail them. This is not a time to hold back – leaving people at the mercy of this crisis would be immoral and would hurt, not help, the broader economy," said Rep. Beyer. "We should make [payments] rapidly and get assistance to those who need it, especially the millions worried about making their rent payments or buying food." They emphasize the importance of ensuring all adults and all dependents receive payments, including getting payments out to those who were left out of the last disbursement. "These payments are a necessary vehicle to help American families weather this economic crisis."

PAYCHECK PROTECTION PROGRAM: U.S. Reps. Jimmy Panetta (CA-20) and Don Beyer (VA-08) unveiled a proposal to improve the

newly created Paycheck Protection Program (PPP). The PPP, created by the Coronavirus Aid, Relief, and Economic Security (CARES) Act, provides forgivable loans to cover up to eight weeks of payroll and related expenses. However, structural and regulatory issues have hobbled the program, making it difficult for many small businesses, especially in the hospitality industry, to use the loans effectively. The Paycheck Protection Program Improvement Proposal provides dedicated funding for the smallest businesses and prevents publicly traded companies from receiving PPP funding; provides more clarity and flexibility for loan forgiveness and payroll requirements; allows small businesses to spread out payroll payments over a longer period; provides \$660 billion for the PPP program overall, with amounts reserved for businesses with fewer employees, including; provides banks increased processing fee incentives for the smallest loans and lowers fees banks receive for processing the largest loans.

During a Senate Health, Education, Labor and Pensions (HELP) Committee hearing, U.S. Senator Tim Kaine pressed Dr. Francis Collins, Director of the National Institutes of Health (NIH), on the Trump Administration's response to the coronavirus and the differences in the death toll in the United States and in South Korea. He asked Dr. Collins why South Korea's death toll increased from 28 on March 3 to 256 today while the United States' death toll increased from 9 to 74,665 in that same time period.

"The numbers are large, but we can't forget that each one is a tragedy," said Kaine.

EARLIER: The Democratic Primary for County Board, originally scheduled for June 9, 2020 and subsequently delayed until June 23, 2020, will not be held. The Arlington Office of Voter Registration & Elections received a Candidate Withdrawal Form from Chanda Choun. Accordingly, Libby T. Garvey is the Democratic nominee for County Board in the General Election to be held on November 3, 2020.

The Republican Primary for U.S. Senate will still take place on June 23, 2020. All registered voters in Arlington are eligible to vote in this election. Voters who requested mail ballots for the Democratic Primary will need to submit a separate request if they want a mail ballot for the Republican Primary. They can do so online, by email, or mail.

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PHOTO CONTRIBUTED

In Arlington, the shoes were brought in on a stretcher, with the founder of Pacers Chris Farley, in the checkered shirt, leading the group.

Front Line Medical Staff

FROM PAGE 5

Burke and Springfield, and one store in Washington, D.C. Pacers has six stores. At the Burke location, Potomac River Running employees are still selling shoes but they have a curbside delivery program going.

"We are grateful to have the opportunity to work together with ON Running and our friends at Pacers Running to support our front-line workers and many other charitable organizations struggling during the COVID-19 crisis," said Potomac Running Company owners Cathy and Ray Pugsley. "We know there are physical and mental health benefits to walking, running, and staying active and are so appreciative of the great community we serve."

Even though Pacers and Potomac River Running are competitors in the running shoe marketplace, they rose above it when it came to the pandemic. "We partnered together," said Ray Pugsley.

Changes to Yard Waste Pickup

FROM PAGE 4

Trash and Recycling Services Available to Residential Customers

Although yard waste and bulk collection have been temporarily suspended, available solid waste services for residential customers include:

- ❖ Trash and recycling curbside collection
- ❖ Household hazardous materials drop-off on Monday through Thursday (By appointment only. Call 703-228-5000 to schedule.)
- ❖ Brush collection pickup by request
- ❖ E-waste & small metal items pick-up curbside by request
- ❖ Mulch pick-up and delivery
- ❖ Recycling drop-off centers, including glass, cardboard and mixed recyclables.

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What's Today?



By KENNETH B. LOURIE

After six weeks or so of isolating at home and working hardly at all, I believe it's time to invoke Violet Crawley (a.k.a. Maggie Smith), "the Dowager Countess of Grantham" and wonder aloud: "What's a weekend?" Every day feels like some other day or no day at all because the days in and of themselves are meaningless/indistinguishable. I mean, you can't go anywhere, you can't do anything; thankfully you can use your phone and access your computer, but at the end of the same-old-day, you're basically nowhere man, with apologies to "The Beatles."

If it weren't for the trash pick-up on Thursdays and the recyclable pick-up on Fridays, and of course, no mail delivery on Sundays, there really is very little to separate one day from the next (the four-week schedule relating to my thyroid cancer treatment notwithstanding). Actually, if it weren't for the thyroid treatment beginning May 11th and the very specific requirements/activities for the following 23 days, ending June 2nd when I return to the hospital for a post-script scan, I would be totally betwixt and between; so much so that I might not know the difference between "Downton Abbey" and "Belgravia." But I still do, thank God, even though they were both written by Julian Fellowes. I haven't completely fallen through the cracks.

Although sometimes I do fear that if I indeed have a crack in my psychological armor, it likely would occur in the middle/late beginning of a pandemic when a possible lack of sanity might be exposed.

And since I'm not really allowed out of the house and retail stores and service providers are mostly unavailable, this would be a heck of a time to need any kind of help from outside one's house. You're not supposed to go anywhere and neither is anybody else so you're sort of left to fend for yourself. Now, generally speaking, I don't mind fending for myself or others for that matter, but at present, in the midst of pandemic pressures, we're all supposed to mind our own business (and/or others if we stay six feet apart) and watch our "ps" and "qs" as we're doing it.

And as well consider what other letters to 'watch.' The problem with living through a pandemic, aside from listening to all the opinions on "a" to "z" is believing any kind of reliable timeline. No one, despite their credentials and learned experience, can say with any accuracy or certainty when this pandemic will end, when the virus will stop spreading and/or whether and when a second viral wave will hit in the fall, when a safe and effective vaccine will be ready and when we can return to whatever the new normal will be. And though there's no shortage of hopes and prayers on the subject, unfortunately neither are there any simple solutions or definitive end to this mess. Somehow, we have to persevere in the present to get to the future by presuming nothing except more of the same. I guess it's an updated version of a definite-maybe or a "confirmed I doubt it" as BJ Honeycutt frustratingly said on a M*A*S*H episode 25-plus years ago.

However, life went on for BJ and the rest of M*A*S*H characters as they all got to leave South Korea and return to The United States (except for Klinger who ironically enough chose to stay and marry a South Korean woman). And just as it seemed that the suffering they all experienced during the police action in South/North Korea would never end, it did. And so too will this pandemic end. Probably not by magic as President Trump has suggested, but likely through the collective efforts of the medical and scientific communities as well as our own mitigation and social distancing behaviors. As my Auntie Irene used to say decades ago, and as so many others say all the time now: "This too shall pass."

But not knowing exactly when 'it shall pass' is sort of the problem. As my late mother would say: "It's enough already." I imagine we'll have a better idea of whether it's 'enough already' when we see the effects of the 45-plus states which are "opening." If the virus reasserts itself, and thousands more are diseased and ultimately die, then we'll know exactly what day it is: a day of reckoning.

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

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