



# The Arlington Connection

WELLBEING

PAGE 4

## Playgrounds Open!

NEWS PAGE 5

## Gardens for Community, And Community Service

NEWS, PAGE 3

## Glam Gowns For Cancer Patients

NEWS, PAGE 4

## New Executive Director At Culpepper Garden

NEWS PAGE 4

CLASSIFIEDS, PAGE 6

PHOTO BY SHIRLEY RUHE

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL.  
REQUESTED IN HOME 7-2-20

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

JULY 1-7, 2020

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# THE SYLVESTERY

## VINSON HALL RETIREMENT COMMUNITY



The Sylvestery at Vinson Hall Retirement Community offers secure, assisted living for individuals with memory impairment.

Call today to schedule a tour.

**703-538-2975**

No military or government affiliation required.



THE SYLVESTERY • 1728 KIRBY RD., MCLEAN, VA • [WWW.VINSONHALL.ORG](http://WWW.VINSONHALL.ORG)

## NEWS

### July 4th Road Closures in Arlington

The Arlington County Police Department may implement multiple road closures in partnership with other area law enforcement agencies on July 4, 2020. As of July 1, 2020, Arlington County will have entered Phase 3 of the Forward Virginia plan for re-opening, which continues to promote that you are safer at home. These closures may be implemented to ensure the safe movement of motorists and pedestrians in the area of viewing points for events held in celebration of Independence Day in Washington D.C.

#### Celebrate July 4 Safely in Arlington County

COVID-19 Precautions: Considering the ongoing COVID-19 pandemic, no formal events or programming are planned in Arlington County. Those wishing to view fireworks or flyovers are encouraged to do so at home on TV, or in adherence to current recommended social distancing protocols. Large, outdoor gatherings are still a high risk, especially when people are close together, without any guarantees of physical distancing.

If you are exhibiting symptoms of COVID-19, to include fever, cough or difficulty breathing, or have been in contact with someone with COVID-19 in the last 14 days, stay home.

Do not gather in groups larger than 250 people.

Limit close contact with others

outside your household in indoor and outdoor spaces.

Maintain six feet of distance and wear a cloth face covering when physical distancing is not possible.

Wash or sanitize your hands and surfaces frequently.

Those wishing to view fireworks at Long Bridge Park are advised that the number of people allowed entry to the viewing area will be capped at 1,000. Individuals arriving to the Long Bridge Park viewing area will be denied entry beginning at 7:30 p.m. or when the park reaches capacity, whichever comes first.

Alcoholic beverages, grills and fireworks are prohibited on County and Federal parkland during Independence Day events.

Coolers and backpacks will be subject to search upon entry to the U.S. Marine Corps War Memorial (Iwo Jima) and Long Bridge Park.

Hot and humid conditions are anticipated. Stay hydrated, use sunscreen and seek shade as needed.

#### Road Closures, Traffic Impacts and Parking Restrictions

Memorial Bridge and Memorial Circle will be closed from approximately 6 a.m. until the morning of July 5, 2020

The exit ramps from westbound Arlington Boulevard to N. Lynn Street and eastbound Arlington Boulevard to Meade Street

SEE JULY 4TH, PAGE 6

Has your business recently reopened?



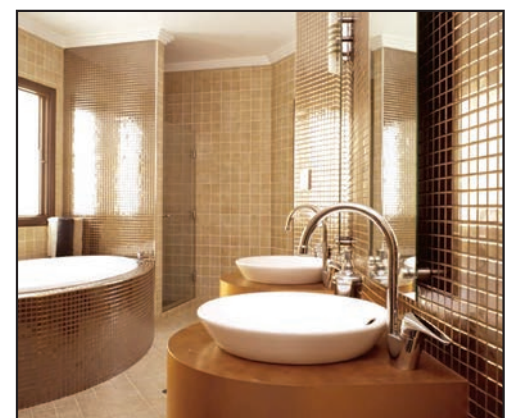
**THE CONNECTION** offer different advertising opportunities for you to get the word out!

For Advertising: Call 703.778.9431 or Email [advertising@connectionnewspapers.com](mailto:advertising@connectionnewspapers.com)

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)



## Community Gardens Help with Food Insecurity

Arlington food networks work together during coronavirus pandemic.



Kit Britton, Produce Donation Coordinator, and Catherine Harris who weighs and bags the donated produce at South Four Mile Run Community Garden. "I'm 78 and I've lived long and would like to finish with a dash, working hard for the good things. like fresh produce for everyone."

By SHIRLEY RUHE  
ARLINGTON CONNECTION

**T**he South Four Mile Run Community Garden has changed its procedures due to the coronavirus pandemic but tomatoes and peppers are still tangled with squash sporting yellow blossoms and remains of the sugar snap peas. "For the most part it is better this year because people have more time," according to Maraea Harris, Chief Gardener, a volunteer position, at the site. She says they have about 115 plots ranging from the smallest at 10x20 to the largest at 20x20 feet.

Harris says they had their annual meeting at the end of February when there was little inkling of the pandemic. "We were hearing about it in China. Once things shut down, we were getting lots of questions about whether we were still gardening." She says under normal schedule payments for the plots are due in March and by the beginning of May the plots have to be cleaned up although not fully planted. She pointed out they don't have a lot of early crop gardeners anyway.

"We were never restricted from gardening by Parks and Recreation but we didn't have supplies." She says they didn't have hand sanitizers and didn't have water that gets turned on later. People had to bring their own water for hand washing. Since the gardeners share tools, they had to be sure to wear gloves "although most gardeners wear gloves anyway." And since some plots are closer than others, they needed to wear face coverings.

Kit Britton, who is the newly appointed Produce Donation Coordinator for the South Four Mile

Run Community Garden, has a 10x20 foot plot. He says he likes to plant as early as possible, like February 1. "I'm a lettuce man." He has also packed in okra, eggplant, tomatoes, broccoli rabe, two kinds of squash and the usual kitchen herbs that won't grow in the shade around his house.

Harris says an initial difficulty was finding seeds this year but an effort to provide free seeds was coordinated by Catherine Connor who runs the Walter Reed Community Garden. "This allowed us to get some of the plots started much earlier than we have otherwise."

Britton took on the role of Coordinator this year when Arlington Food Assistance Center (AFAC) stopped accepting the fresh produce the Community Garden had been providing to them in past years. Britton says he and Harris got interested in where they could take the produce instead.

Charles Meng, Executive Director and CEO of AFAC, explains that with the increased demand AFAC changed the model from choice to prebagged groceries with the necessity to standardize for 2,600 families. Since none of the gardens could provide that quantity, AFAC directed the donations to other smaller locations that do not serve exclusively Arlington residents such as Our Lady Queen of Peace Catholic Church.

Harris says in order to help Four Mile Run learn how to transition their previous AFAC donations, she visited several other community gardens. Now about 20 gardeners at South 4-Mile Run donate produce that is collected at Harris's plot #34 and plot #9 (with the blue tarp) and delivered to a number of sites around the county with the assistance of several vol-



Catherine Harris holds the box with lettuce, kale, baby turnips, sage. 47 bags weighing 8 1/2 pounds—lots of lettuce, lettuce is light. She says it came from about 7-8 donor gardeners.



Ryan and Allie Mansinne volunteer with their mother Lori to deliver fresh produce on Mondays to St. Charles Borromeo Catholic Church for food distribution on Tuesdays. Allie says she has learned how to eyeball weights and how long it takes for vegetables to grow.

unteers.

Today between rainstorms Lori Mansinne and her two children, Allie and Ryan, are loading up the trunk of their silver CRV and heading to St. Charles Borromeo Catholic Church. They will stop on the way to pick up produce from a recently acquired partner. Allie says she used to volunteer at Arleigh-Burke Pavilion but when they couldn't go anymore in February she looked for another opportunity. Ryan said he wanted to work with his sister and to be sure that

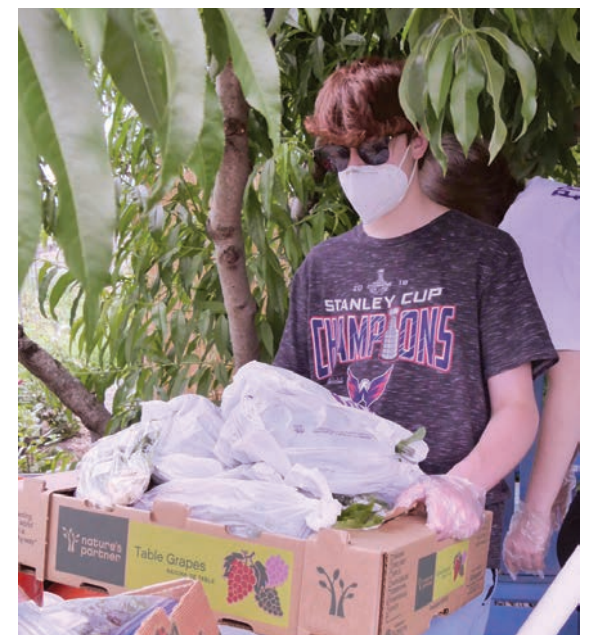
people had enough food.

Britton says an anonymous donor gave them \$200 to get the donation program going that they have used mostly for bags and gloves. "I keep a trunk full of supplies."

Harris's mother, Catherine Harris, keeps ice and coolers at the site and helps bag the kale and other donations for distribution at the St. Charles Borromeo Catholic Church food pantry on Tuesday and Our Lady Queen of Peace food pantry on Wednesday and on Saturday.



Kit Britton, Produce Coordinator at South Four Mile Run Community Garden.



Ryan and Allie check out the ice chest, and Ryan carries a full box at one of the two distribution sites at the community garden. "Nice haul today."

Sally Diaz-Wells, Social Justice and Outreach Minister at Our Lady Queen of Peace, says they were serving an average of 235 families pre-pandemic and now average 600 families a week.

The donations also go on Fridays at 2 p.m. to Randolph Elementary School with a special collection once a month to Kenmore Elementary School for their food distribution.

Harris says, "We donate to places that are as open as possible; the

SEE COMMUNITY, PAGE 7



# Yoga and Meditation

How self-care and mindfulness help ease anxiety over racial injustice.

BY MARILYN CAMPBELL  
THE CONNECTION

Before the coronavirus pandemic and the subsequent stay-at-home orders, Kesha Davis's weekday evening routine included picking up her fifteen-year-old son at a bus stop in Old Town Alexandria. He used public transportation to make the trek from his school in Potomac. Davis timed her arrival around his bus schedule so that he wasn't left waiting for her on the sidewalk.

"Since Ahmaud Arbery was killed in Georgia while he was jogging, just because he was Black, I've felt like I need to be even more careful about how other people will perceive my son," said Davis, who is African American. "He plays sports and wears athletic clothes home from school. He's also five-ten (5'10") and could be mistaken for a man."

As reports of protests and police killings across the country seem ubiquitous, the toll of racial injustice leaves many in the African American community feeling vulnerable and anxious. According to the Health and Human Services Office of Minority Health, African Americans are 10 times more likely to experience psychological distress than whites.

Even without a personal connection to those who have been victims of racist acts of violence, images of such events can lead to heightened feelings of stress particularly for African American women, says therapist, Deborah Jackson, LPC. "We are often caretakers and expected to be strong all the time," she said. "Even if we don't know anyone involved the killings of George Floyd, Breonna Taylor, Ahmaud Arbery and so many others, as African Americans we know that it could have been us or someone we know."

The constant presence of such images can lead to feelings of defenselessness, advises Jackson. "When we feel unsafe or vulnerable, we feel the effects spiritually and emotionally," she said. "These feelings can happen gradually and we might not even be aware of them, but this is the time to practice self-care. For many African American women, practicing self-care often takes a backseat to taking care of others. In order to stay strong we have to take care of our own well-being."

Practices such as yoga and meditation bring about an awareness of one's feelings or emotions, says meditation and yoga instructor Sydnea Lewis. "They quiet your mind so that you're aware of what's going on in your body."

The current racial climate is concerning and stressful, particularly for African American women, says Lewis. "Anxiety is worrying about the future," she said. "Yoga forces you to be present during an asana



PHOTO COURTESY OF SYDNEA LEWIS

**Yoga teacher Sydnea Lewis believes that yoga and meditation can soothe the stress that some African American women might feel during this challenging time of race relations.**

practice or meditation. Yoga and meditation teach you how to quiet the mind. The more you do it the more you can take it off the mat and meditation cushion and into your everyday life."

"I am fearful for my sons as they walk through the world," said Jackie Lee, an African American mother of three. "One is a man and one is still a boy but, depending on the situation they could both be seen as a menace at worst or a nuisance at least. In either case, they could find themselves on the wrong side of the law for no other reason than that they are Black. It is infuriating."

It takes a consistent practice of yoga and meditation to gain the mental relaxation that can soothe the strong emotions that injustices induce, says Lewis. "For example, if I think about one of my friends or someone I love being hurt or killed by the police, it serves me no good."

Worrying about something that has not happened is destructive and unnecessary, advises Lewis. "Yes, it's a possibility, but it's good to remind yourself of the positive," she said. "Try to reach for the silver lining in any

and everything."

Such a forward-looking mentality can be difficult to cultivate. "I have had frank conversations with [my sons] through the years, but in the wake of George Floyd's murder have had to do a deep dive into the realities of racism, white privilege, perceptions, and the protocol for interacting with the police," said Lee. "I hate having these difficult conversations but I have to set aside my discomfort to increase their awareness and improve the chances of their survival."

## Marta Hill Gray Named Executive Director at ARHC

Susan Philp, Board Chair of Arlington Retirement Housing Corporation (ARHC), nonprofit owner of Culpepper Garden, announced that Marta Hill Gray was named the new Executive Director of ARHC and will begin on July 1, 2020.

"Our Board is thrilled to welcome Marta and we look forward to her devoting her strong nonprofit leadership and fundraising skills on behalf of our residents," Philp said. "We welcome Marta to our Culpepper Garden family and invite the community to meet Marta at the Culpepper Garden Renovation Celebration, the Fall Fundraiser or during a series of small 'get acquainted' events later this fall."

Marta replaces Linda Kelleher, ARHC's first full-time Executive Director, who is retiring after a 46-year career, the last five of which were spent advocating and fundraising on behalf of Culpepper Garden and its residents.

Marta Hill Gray has more than 30 years of experience in media, marketing, sponsorship and communications. For the past 16 years, she has run her own consultancy, working with startups and Fortune 500 companies in a number of different industries. Prior to launching her own firm, Marta served as the head of Sponsorship Mar-

keting for Sesame Workshop, parent company of the "Sesame Street" brand.

Gray's experience spans working with pharmaceutical companies, women's health groups, non-profits, spokespeople and key opinion leaders. A tireless supporter of women and marginalized populations, she has testified multiple times before the FDA as an advocate, and serves as a board member, advisor and mentor to multiple organizations.

Marta is looking forward to her new position as Executive Director of ARHC and is excited to lead the organization into its next chapter.

"Culpepper Garden has an outstanding reputation as an award-winning, nonprofit retirement community providing affordable housing and services for seniors in the heart of Arlington, Virginia."

Culpepper Garden is Arlington's largest 100 percent affordable senior community with 273 independent and 73 assisted living apartments. The original Culpepper Garden independent living building is undergoing a top-to-bottom renovation which will be completed by Fall 2020. Apartments are available to people over age 62 years living on modest income of less than 60% of the Area Median Income (AMI) or \$52,920.

## Police Investigate Triple Shooting in Arlington Heights

The Arlington County Police Department's Homicide/Robbery Unit is investigating a shooting that took place on Columbia Pike in the early morning hours of June 28, 2020 that left one victim deceased and two victims with minor injuries.

At approximately 2:39 a.m., police were dispatched to an area of the 3000 block of Columbia Pike for the report of shots fired and a large crowd dispersing outside of a business. While investigating the initial reports of shots fired, officers were notified that two victims had arrived at an area hospital seeking treatment for minor injuries. The preliminary investigation indicates that following a dispute between multiple parties, the suspect entered his vehicle and fired gunshots in the area of the crowd as he fled the scene. As the investigation

into the initial call continued, officers were dispatched to the 3200 block of Columbia Pike, where a third victim was located inside of a vehicle with trauma to the upper body. The victim was subsequently pronounced deceased on scene. Cause of death will be determined by the Office of the Chief Medical Examiner. The decedent is identified as Donovan A. Green Jr., 21, of Upper Marlboro, Md. This incident remains an active criminal investigation. Anyone with information related to this incident is asked to contact the Arlington County Police Department's Homicide/Robbery Unit at 703-228-4180 or ACPDTipline@arlingtonva.us. Information may also be provided anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477). This is the third homicide in Arlington County in 2020.





Elise Yanker Hasenei dropping a donation of glam hospital gowns at Virginia Hospital Center.

## Glam Gowns to Uplift Cancer Patients at Virginia Hospital Center

**E**lise Yanker Hasenei dropped off a donation of 140 hospital gowns at Virginia Hospital Center recently to bring positivity and aid during this time of need in the midst of the Covid crisis.

Elise "Lisey" Yanker Hasenei started a cancer gown company called GoLisey in 2015 after surviving breast cancer herself. GoLisey strives to uplift cancer patients going through treatment with comfortable, brightly colored Glam Gowns in vibrant patterns. She believes that joy should be brought to the treatment process in any way possible, to help inspire and brighten the attitudes and experiences of cancer patients. Anyone that knows Elise is familiar with her contagiously positive spirit, and determination to spread optimism to all. She started GoLisey out of her home in Arlington and sells her gowns online as well as at events held at local businesses including New To You and Covet.

Elise wanted to do something to help during this trying time in the healthcare industry, so she reached out to VHC to donate all of the gowns she currently had in stock, for men and women alike. She dropped four

boxes of Glam Gowns to the donation center in April, which serendipitously ended up being located in the Oncology wing; an area she was of course familiar with. Being there brought back many emotions, but mainly deep appreciation and love for the workers. Workers there were grateful for the generous donation during these struggles with Covid-19.

Elise successfully donated 140 additional Glam hospital Gowns to Virginia Hospital Center earlier this month for radiology patients. She raised more than \$3,000 from GoFundMe and Facebook, and all funds went toward production of the new gowns.

Upon dropping the new round of gowns off, she learned that all donations were going directly to radiology patients in need. This fulfills the exact mission of Go Lisey, to uplift the moods of people going through the cancer treatment process, and make the journey more comfortable.

Elise has also started making masks out of the Glam Gown fabrics, which she is going to include in her next round of donations.

For more, see <https://www.golisey.com/>



## Arlington Playgrounds Are Open!

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**I**t's Parks and Recreation Month. Arlington County just opened the playgrounds, and kids are filtering back slowly. What to do first? A small boy races to the sandpile with the drippy faucet at Chestnut Hills Park which he hasn't seen for over three months. A blond ponytail and her sister climb aboard the school bus and negotiate over who will be driver. "Stay with your friend," a mother calls out to enforce the social distancing rules released with the opening of Arlington parks on June 26. Masks are

encouraged as well as six feet of social distancing between family member groups. If the playground gets too crowded, parents are urged to wait their turn.

Things are different.

No sharing of water bottles and no food is allowed. No eating or chewing gum. Although restrooms are cleaned daily in the local parks, playgrounds are never cleaned so those using the playground are advised to bring their own cleaning supplies. And wash your hands before and after the playground and no face touching.

Still the children's shrieks carry down the block. So glad to be out at last.





## Announcements



**FREE!**  
Savings Include an American Standard Right Height Toilet  
FREE! (\$500 Value)

**WALK-IN BATHTUB SALE!**  
SAVE \$1,500

✓ Backed by American Standard's 140 years of experience  
✓ Ultra low entry for easy entering & exiting  
✓ Patented Quick Drain® Technology  
✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard  
✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!  
**877-691-5591**  
Or visit: [www.walkintubinfo.com/vapa](http://www.walkintubinfo.com/vapa)

## Announcements

**855-940-2635**

**Renewal by Andersen.**

**WINDOW REPLACEMENT**  
an Andersen Company

**BOGO**  
**Ends 8/31**  
**40% OFF**

Call for details

## Announcements

**LeafFilter**  
GUTTER PROTECTION

✓ INSTALLS ON NEW & EXISTING GUTTERS

BEFORE LeafFilter AFTER LeafFilter

MADE IN THE USA ACCREDITED MEMBER LIFETIME WARRANTY A COMPANY OF ULHS

**15% OFF** YOUR ENTIRE PURCHASE\*

**AND! 10% OFF** SENIOR & MILITARY DISCOUNTS

**+ 5% OFF** TO THE FIRST 50 CALLERS!\*\*

Promo Number: 285

CALL US TODAY FOR A FREE ESTIMATE **1-877-614-6667**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

\*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. \*\* Offer valid at estimate only. CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822JZ License# W4056912 License# WC29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PAD69383 Suffolk HIC License# 52229-H

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.  
-Werner Heisenberg

## Announcements

## Legals

### ABC LICENSE

Goody's LLC trading as Goody's Pizza Sub & More, 3125 Wilson Blvd., Arlington, VA 22201-4419. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer on and off Premises license to sell or manufacture alcoholic beverages. Glenda Alvarez, Owner. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

## Employment

### Forget Daily Commuting

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

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

Call Jerry Vernon  
**703-549-0004**

Connection Newspapers & Digital Media  
Trusted Connection to Local Communities

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431

**THE CONNECTION**  
NEWSPAPERS

# NEWS

## July 4th Road Closures in Arlington

FROM PAGE 2

The following additional road closures may be implemented from approximately 4 p.m. until approximately 11 p.m.:

Meade Street from Arlington Boulevard to Marshall Drive

Marshall Drive from Route 110 to N. Meade Street

Arlington Boulevard Access Road from N. Rhodes Street to N. Meade Street

Exit ramp from eastbound Arlington Boulevard to N. Meade Street (Rosslyn exit)

Exit ramp from westbound Arlington Boulevard to N. Meade Street (Rosslyn exit)

Access to the Fort Myer Heights neighborhood for local traffic will remain available via the N. Rhodes Street Bridge

Eastbound 10th Street N. ramp to eastbound Arlington Boulevard, with all traffic diverted to westbound Arlington Boulevard

Courthouse Road ramp to eastbound Arlington Boulevard, with all traffic diverted to westbound Arlington Boulevard or 10th Street N.

Columbia Pike from S. Joyce

Street to S. Oak Street

Access to the Foxcroft Heights neighborhood for local traffic will remain available via S. Orme Street

Westbound Washington Boulevard exit to Eastbound Columbia Pike and S. Orme Street

Long Bridge Drive, from Boundary Channel Drive to 12th Street S.

Southgate Road from Columbia Pike to S. Oak Street

Street parking in the areas of the U.S. Marine Corps War Memorial (Iwo Jima), Long Bridge Park, and Air Force Memorial will be restricted. Motorists should be on the lookout for temporary "No Parking" signs and illegally parked vehicles will be ticketed and towed. If your vehicle is towed from a public street, please call the Emergency Communications Center at 703-558-2222.

Stopping or standing in a lane of traffic to observe the fireworks or flyovers is illegal and violators may be issued a citation. Additionally, parking on the shoulders of Route 110 in both directions is prohibited and will be strictly enforced. Unattended vehicles found in violation will be ticketed and towed.

## BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

### Rosslyn FreshFarm Market Opens

The Rosslyn FreshFarm Market has opened at Central Place Plaza, 1800 N. Lynn Street, Arlington. The market runs every Wednesday from now through November, from 3-7 p.m. This neighborhood staple brings back known favorites, and some exciting new vendors as well. Find fresh, local produce, fresh-pressed juices, delicious prepared meals and more. For the health and safety of customers, staff, and vendors, visitors should wear a face covering while shopping and practice social distancing.

### ARLINGTON COUNTY SPECIAL ELECTION

Arlington County is holding a special election (by mail-in and in person voting) on Tuesday, July 7, to fill the seat previously held by board member Erik Gutshall. Polls will be open 6 a.m.-7 p.m. on July 7. You may also request an absentee ballot from Virginia, citing the reason of "my illness," if you are not comfortable going to the polls because of Covid-19. Here is some additional information about absentee voting. The request for a mail-in ballot must be received by June 24 and ballots must be returned (by mail or dropbox) by 7 p.m. on July 7 at 2100 Clarendon Blvd. There are three contenders in the race:

Bob Cambridge (R), <https://bob-cambridge.com/>  
Susan Cunningham, (I) <https://susanforarlington.com/>  
Takis Karantonis (D), <https://www.takisforarlington.com/>

### Wednesday/July 8

A Diplomatic History. 7-8 p.m. Via Zoom. Local historian Charlie Clark will present a fascinating history of Arlington's 1920 re-naming. Registration required. Zoom link will be sent via email ahead of the program. Visit the website: <https://www.arlingtoncommitteeof100.org/>

### Friday/July 10

Overused Foundation Plants & Native Alternatives. 10-11:30 a.m. Online. Many of the shrubs used in typical foundation plantings, such as euonymus, cherry laurel, and Asian azaleas have been overused in our local landscape. Others, such as privet, nandina, and burning bush are considered invasive in Northern Virginia. Learn how to broaden your plant choices from a palette of alternative native shrubs that can add beauty and diversity to your home garden while providing nectar, pollen, and fruit for local insects and birds. The speaker is Elaine Mills, an experienced Extension Master Gardener and a creative force behind the resource Tried and True Native Plant Selections for the Mid-Atlantic at <https://mgmv.org/plants/>. Free. RSVP at <https://mgmv.org/events/> to receive link to participate.

### ARLINGTON PLAYGROUNDS AND OUTDOOR RESTROOMS OPEN

Effective Friday, June 26, Arlington County has reopened playgrounds and outdoor restrooms, including playgrounds located at Arlington Public Schools. Athletic field and court lighting will return to regular schedules. Park users must continue to social distance and comply with and follow the appropriate usage guidelines.



# Community Gardens

FROM PAGE 3

churches we ask them if they have any requirements for giving out the food.” She says their garden is more diverse from where people come from. Britton says, “We never ask people for paper. We just give it to people who can’t afford food.”

Harris says of their gardeners, “We have a pretty large Bengali community and often family generations garden together with the kids, parents and grandparents.” She adds for years the Arlington Department of Human Services ran a plot for Cambodian refugees but that is no longer in operation. “Neighbors garden together or married couples do their thing together or there are solo gardeners. “But we try to create a sense of community.”

Harris’s own plot is crowded with lettuce, Swiss chard, turnips, peppers and radishes as well as tomatoes, at least six different kinds. “And I do enjoy flowers and I have a peach tree and fig tree.”

Britton says the plots are very popular. “There is a huge waiting list. I have had my plot for four years and it took me seven years to get one. People hang on to their plots. They have to die or leave town to turn them over.” He says they are trying to figure out how to handle this issue.

Arlington County currently has seven gardens run by the individual associations. The County assesses a fee of \$60 for full plots with water and \$50 for plots without water with \$30 and \$25 respectively for the smaller plots. These plots are available to Arlington residents with only one per family and with a set of accompanying rules related to good gardening.

Britton says the 10th & Barton community garden near courthouse has decided to join the produce donation efforts of South Four Mile Run. “They will put their stuff out and we will pick it up.” As their efforts expand, Britton is hoping to get more volunteers “maybe high school kids with a driver’s license but no college to go to.”

In addition, he is working on getting more volunteer gardeners to donate. “I’ve been walking up and down the line. Most people know about the effort now. A lot of people say they don’t really have much stuff yet.” He says they have collected about 150 pounds of produce cumulatively so far. Harris says she is hoping, as the season moves along the donation effort will grow. “At the beginning of all of this, so many things felt out of control. Job losses, changes, kids not in school, etc. For myself and other gardeners I have spoken to, the ability to garden and actually do something that feels meaningful has been very therapeutic.” She adds it has always been true but it even more so now.

Britton adds, “The world has changed and I feel we all need to work to tighten community in this startlingly unexpected new world that we now live in. I’m 78 and I’ve lived long and would like to finish with a dash, working hard for the good things, like fresh produce for everyone.”

For more, see <https://environment.arlingtonva.us/gardens/community-gardens/>

## BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING

**A&S CONSTRUCTION**  
SOD, Mulch, Clean-Up  
Leaf Removal  
Hauling.  
**703-863-7465**

Good is not good, where better is expected.

**-Thomas Fuller**

LANDSCAPING

**Quality Tree Service & Landscaping**  
Reasonable prices. Licensed & insured.  
  
**Winter Cleanup...**  
Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.  
25 years of experience – Free estimates  
**703-868-5358**  
**24 Hour Emergency Tree Service**

ELECTRICAL

**K & D ELECTRIC**  
**COMMERCIAL / RESIDENTIAL SERVICE**  
Family Owned & Operated  
Recessed Lighting  
Ceiling Fans  
Phone/CATV  
Computer Network Cabling  
Service Upgrades  
Hot Tubs, etc...  
**Licensed/Bonded/Insured**  
Office 703-335-0654  
Mobile 703-499-0522  
lektrkman28@gmail.com

GUTTER

**GUTTER CLEANING**  
Gutters and Downspouts Cleaned  
Small Repairs • Gutter Guards  
**PINNACLE SERVICES**  
lic/ins **703-802-0483** free est.  
email jamie@lawnsandgutters.com  
web: lawnsandgutters.com  
Friendly Service with a Friendly Price!

LANDSCAPING

**A&S Landscaping**  
• All Concrete work  
• Retaining Walls • Patios  
• Decks • Porches (incl. screened) • Erosion & Grading Solutions  
• French Drains • Sump Pumps  
• Driveway Asphalt Sealing  
**703-863-7465**  
LICENSED  
**Serving All of N. Virginia**

LANDSCAPING

**Patios & Drainage**  
Your neighborhood company since 1987  
**703-772-0500**  
**J.E.S. Services**  
**Free Estimates • Fully Licensed & Insured**  
• Planting & Landscaping Design  
• Drainage & Water Problems  
• Concrete Driveways, Replacement or New  
• Patios and Walks • Masonry Work or Dry Laid  
• Paver, Flagstone, Brick, any style you choose  
• Retaining walls of all types  
**All work Guaranteed**

IMPROVEMENTS

**BATHROOM REMODELING**  
by Brennan Bath and Tile  
Partial or Full. Kit. Floors, Backsplashes.  
Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp.  
**www.brennan-tile.com**  
**703-250-2872**  
Licensed • Bonded • Insured

TILE / MARBLE

**ATTENTION ADVERTISERS:**  
expand your audience beyond our weekly print edition with  
**THE CONNECTION DIGITAL**  
• Email Marketing  
• Social Media  
• Sponsored Content  
FOR MORE INFORMATION  
CALL 703.778.9431  
OR VISIT  
**CONNECTIONNEWSPAPERS.COM/ADVERTISING**  


## Mourning, Afternoon and Evening



By KENNETH B. LOURIE

We had to euthanize Biscuit, our oldest cat on Saturday, June 20th. He would have been 14 on September 20th. Biscuit is survived by his half-brother, Andrew and his two half sisters, Sloane and Twinkle. Biscuit’s litter mate and brother, “Chino” preceded him in death in November, 2019, after succumbing to diabetes. Biscuit had likewise been diagnosed with diabetes around the same time as “Chino.” However, as occasionally happens, according to Biscuit’s veterinarian, some cats “spontaneously” overcome the disease, as Biscuit miraculously did, and go on to live relatively normal lives. Biscuit lived approximately one year after his diabetes went into remission, which ended up being about seven months longer than “Chino.” Not exactly ‘relatively normal; nonetheless, we were grateful for the extra seven months.

Biscuit was “the senior man,” as we called him and we typically left him in charge of the other four cats when both Dina and I would be away from home. Of all five cats, Biscuit was the most present in our lives. He was also the most social, the most fearless and the most affable/tolerant of all our cats. An indoor cat like our entire herd, Biscuit was most likely to be around and to socialize. He would greet visitors within a few minutes of their arrival and invariably introduce himself by jumping up on the coffee table in front of the couch and staring at the newcomer. He was also the first in line for breakfast and dinner, first in line for treats, and whenever my wife, Dina, made a tuna fish sandwich for lunch, Biscuit was, you guessed it, first in line. Topping out at 15 pounds, somehow he managed to keep his weight down. He was a sweet, adoring and talkative cat and we loved him, and of course, we miss him terribly, especially Dina.

Over the last few years, particularly, Dina and Biscuit had formed a bond. He was her cat, just as “Chino” had been mine. Not that Biscuit ignored me, hardly. But when he made his requests, verbal or otherwise, Dina was almost always the intended requestee. Moreover, as Dina’s schedule changed, she became Biscuit’s primary caregiver, feeder, litter-box scooper and groomer and more interesting for Biscuit, became the one to let him outside to take in the sights, sounds and smells which enthrall cats. She was, on these special occasions, daily of late, his constant companion, which is how they spent his last Saturday morning, together, outside.

What has made Biscuit’s passing so difficult is how quickly he declined, always a bad sign, our veterinarian said. Biscuit stopped eating on Friday after barely nibbling on Thursday. He even turned away from treats that I offered him and tuna fish that Dina placed in his bowl. Though still engaged with us, we could see his haunches, and feel his boney spine. He had lost two and half pounds in the last three months. That Friday night, Biscuit had trouble settling down and whimpered off and on through the night. I called the veterinarian first thing Saturday morning and we were fortunate to secure an appointment at 10 am that very morning. Biscuit was clearly struggling and probably even suffering as his zero interest in breakfast confirmed and his sounds not of silence continued.

We didn’t want to be selfish this time as we had been with “Chino.” We kept him at home far too long before taking him to the veterinarian and have regretted it ever since. We just couldn’t let go. We weren’t going to make the same mistake with Biscuit. That Saturday, we drove to the animal hospital and dropped Biscuit off to be examined while we waited in the car (per phase 2 rules). Ten minutes or so later, the veterinarian called with her grim assessment: Biscuit was failing and was not going to recover. Through our tears, we then made the decision to end Biscuit’s suffering. We took his body home that day and buried him on Monday next to his brother “Chino.”

It was a private service attended only by family members.

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 7/31/20.

**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 7/31/20.

*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 7/31/20.

**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 7/31/20.

**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 7/31/20.

**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 7/31/20.



**ALEXANDRIA TOYOTA**

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

**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 7/31/20.

**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 7/31/20.

**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 7/31/20.

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