

The Arlington Connection

Gena Sherman and her mother, Debbie Siegel, are bagging produce donations for the fourth Monday in a row. They divide up a basket of carrots donated by the organic garden at Potomac Overlook Regional Park where Siegel assists as a Virginia Extension Master Gardener.

Feeding The Hungry

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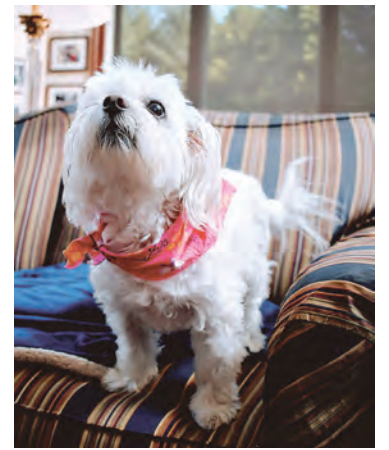
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News



Send Photos For the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by Thursday, July 23.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

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NEWS

Growing, Bagging, Donating—Community Comes Together

BY SHIRLEY RUHE
ARLINGTON CONNECTION

It is Monday morning and eight vegetable bagging work stations are located more than six-feet apart in the Rock Spring United Church of Christ Carpenter Room. Volunteers have bagged 1,025 pounds of vegetables since June 1 when this volunteer effort began to meet the food insecurity challenge produced by the coronavirus pandemic.

Donors drop off bags of kale and collards and radishes, supplemented by green beans, peppers, zucchini and cucumbers as the season changes. The produce is grown by backyard gardeners and Plot Against Hunger Gardens.

Rebecca Halbe, Food Donation Coordinator working in conjunction with Virginia Cooperative Extension, says, “We greet the donors who never enter the building. We weigh the produce, record the donor name, type of produce and weight.” The produce goes to a table, and the volunteer takes the produce from that one table back to their bagging station.

Halbe explains, “When Arlington Food Assistance Center told the Plot Against Hunger Committee that it could no longer accept garden produce, the Plot Committee and Arlington Friends of Urban Agriculture got our heads together to make this happen. It has been a total volunteer effort.”

Halbe says she has heard from several older volunteers that they are grateful because this is the first volunteer effort that hasn’t turned them away due to their age. Safety precautions are important and volunteers are all required to wear a cap or other head covering, face mask, gloves and all are required to watch a food safety slide deck before they begin.

So far the produce has been donated to Our Lady Queen of Peace Catholic Church, St. Charles Borromeo Catholic Church and the YMCA who all have regular food distribution efforts.

And at the end of Monday, the day’s total was 261 pounds, a new record. It came from 10 different gardens — some schools, churches and individual gar-

deners.

“We are all committed to growing food for people in need and, with the pandemic and so many people out of work, the need has never been greater.”



Rebecca Halbe, Food Program Coordinator for Rock Spring United Church of Christ, holds up a five-pound cabbage donated by St. Andrew’s Episcopal Church garden. “They have the best.”



Barbara Gomers, Master Gardener, bags up collards and kale with enough produce in each bag for a family.

PHOTOS BY SHIRLEY RUHE/ARLINGTON CONNECTION



Rock Spring United Church of Christ serves as the donation and bagging site for a community effort to provide fresh produce to needy families hit hard by the coronavirus pandemic.



Rebecca Halbe, Food Program Coordinator for Rock Spring United Church of Christ, checks in produce donations for weighing and bagging.



PHOTO BY SHIRLEY RUHE/ARLINGTON CONNECTION

TUESDAY, ELECTION DAY: A masked Arlington voter leaves the polling place between socially distanced poll workers at Madison Community Center. The special election is to replace an Arlington County Board member vacancy. Poll workers followed strict social distancing protocol, did not hand out sample ballots and were required to wear masks. The normally overflow parking lot was nearly empty during the generally popular early morning time.

OPINION

Arlington Neighborhood Sends Off a New Midshipman

Pandemic precautions color Plebe summer.

BY EDEN BROWN
THE CONNECTION

At 7 a.m. on Thursday, July 2, more than forty neighbors gathered to line North Abingdon Street to send off Shane Tomb as he left to begin his “Plebe Summer” at the U.S. Naval Academy. Tomb is a 2019 graduate of Gonzaga College High School. He applied to the US Naval Academy (USNA) in 2019 and was selected for the Civilian Prep Program. After a year at Georgia Tech in the Mechanical Engineering program, he entered the USNA class of 2024. He received his appointment from Congressman Don Beyer of Virginia’s 8th District.

Tomb’s family was unable to throw him a proper send-off because of the COVID-19 pandemic, and he had to remain quarantined for two weeks before leaving on Thursday. But the U.S. Navy is a family, and the “Navy family” in the area, headed by neighbor Lisa Shapiro, called together neighbors who have known Tomb as he grew up here, to line the street (while socially distancing) to show their appreciation for his service to his country, and offer their support as he starts off on a tough six week “endurance test.”

Admission to the U.S. Naval Academy is extremely competitive. Only about 7 percent of applicants receive admission, roughly the same rate as Yale University. Applicants must earn a high grade point average in high school, be involved in extracurricular activities, including community involvement, and score way above average on the SAT/ACT tests. Although they earn a tuition-free, top notch education with admission, they also commit to serving five years in the U.S. Navy following graduation. Many go on to lifelong careers in the Navy.

But first, they have to get through plebe summer.

The six week session is famous for the stress it places on new plebes. Tomb will learn how to salute, how to address upperclassmen, how to turn corners correctly, how to “chop while looking at the boat.” He will memorize a book of “rates” (rules), know the 225-page “Reef Points” manual inside and out, and learn the names of varsity



The Tombs head towards Annapolis where Tomb had to report by 9 a.m.



Neighbor Carmen Romero and her daughter Marina were enthusiastic cheerleaders, with Romero donning a frigate shaped hat.



Neighbors Brandy and Jeff and two sons Jay, 10, and Graham, 9, were in the Navy spirit. Jeff’s grandfather was a Navy officer. Lisa Shapiro, the organizer, is in the background holding a sign for Tomb.

sports team captains by heart, together with going through rigorous physical training in the heat of

the summer.

Normally, Plebes are able to visit with their parents after having

their heads shaved and dressing in their white uniforms and caps. Then comes the iconic photo of the new plebe, flanked by proud family. But because of the pandemic, the Tombs had to drop their son at the sign-in desk and say good-bye, just like that. They were asked to stay in the car. No photo op. No hugs. Although Tomb took two personal items, a phone and a calculator, both were taken from him as he entered and he was handed a white uniform. Plebes don’t scan the internet, play video games, or call home when they want. They are allowed two phone calls home during the six week period.

Because of the pandemic, Tomb will have to go through another two weeks of quarantine and the induction ceremony will be delayed until all the Midshipmen have been quarantined.

Parents and the public, who usually attend the ceremony, won’t be invited. Although still up in the air, there is a less than 50 percent chance that parents’ weekend will take place in early August. Diane Tomb said “we know he is in good hands.”

Tomb looked out of the back seat of the car at his neighbors along the street as he headed off. He had already had his head shaved in anticipation of the grueling military training he was about to face, and grinned at the crowd as his parents and one of his sisters drove him to Annapolis.

He gave an enthusiastic thumbs up. It was a fitting way to start the patriotic weekend.

PHOTOS BY EDEN BROWN/THE CONNECTION

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Connection

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With 25 Percent of Previous Appointments, PT Offered Outdoors

Join the birds and the sunshine for physical therapy.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Two ceiling fans move the pleasant afternoon air on the front porch of Lisa Shimberg's house where she has set up a physical therapy bed. Shimberg has moved some of the patients in her practice outside for those who are taking extra precautions during the coronavirus pandemic.

A two-gallon size bottle of hand sanitizer sits on the porch beside a container of Clorox wipes. Shimberg has completely cleaned the porch, the railings and fresh sheets cover the massage bed. If a patient uses the bathroom, she cleans it between patients. And then there is the sparkling sanitized door-knob. The package of face masks is handy.

Mary Jane Ruhl, a long-time patient, walks up the shortened steps to the porch and sits down to take off her shoes before climbing onto the table. This is the first time she has had an outside appointment. "But it reminds me of a trip to Bali where they had people doing massage by the beach."

Shimberg says when the pandemic was announced in March most of her clients decided to discontinue coming due to the unknown of the coronavirus.

But Ruhl says, "I didn't miss a beat. I trust Lisa. She is so careful. All she doesn't do is dunk you in a barrel of hand sanitizer."

Shimberg works on all parts of Ruhl's body, and Ruhl has come today for pain in her left hip and knee and neck. "I come for her magic hands and her ability to move energy and balance me out." Ruhl has fibromyalgia, and Shimberg says Ruhl is a little more sensitive so she uses a soft touch on the soft tissue mobilization.

Shimberg says when the stay at home order was issued in mid-March people started calling to cancel. Her load went from full time five days a week to half time three days a week. She says even though physical therapists were deemed essential workers and never shut down, her business has been cut back to 25 percent. "These people aren't even going to the doctor."

Her patients have ranged from recovery after shoulder, hip or spinal surgery to muscle inflammation or chronic care patients who need continual work to maintain their body so they can be functional.

She has a patient she has been treating since 1999 once a week for fibromyalgia. "And I have treated the children of patients for tendinitis around the elbow for a softball



PHOTO BY SHIRLEY RUHE
ARLINGTON CONNECTION

Lisa Shimberg treats a long-time patient, Mary Jane Ruhl for fibromyalgia.

pitcher, or knee and ankle treatment for a soccer player."

Shimberg has done some tele-health appointments such as a recent knee evaluation. "I gave her exercises and hopefully it will get better. I would rather have seen her in person but she has gone nowhere for four months."

If she gets a new patient she screens them carefully to see where they have been the last few weeks — just the grocery store or large groups of people. If they have just been to the grocery store before their appointment, "I ask them to change their clothes before they come. I have to protect my other patients as well as myself."

Shimberg started Healing Works Physical Therapy in Arlington in 1997. "I had worked for the Federal government but I didn't like to sit at a desk all day and deal with bureaucracy." She explains, "I like working with my hands and my head."

I like to see the progress of my patients getting better." She says there were so many layers in the government before you could see the success of a project.

So she attended Shenandoah University in Winchester and then worked as a traveling therapist in Maine and Ohio. Now she is independent and can follow her own vision.

"I like helping people, talking to people. I love to see patients recovering from surgery and leaving."

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Head Start children in Arlington, one of the things NVFS supports in Northern VA.



Northern Virginia Family Service (NVFS) has been helping the poor in Northern Virginia since the Great Depression, as this photograph shows. Children are lined up to get a meal.



NVFS has continued its focus on families through almost a century of caring for the under-served in the community.

Northern VA Family Service; More than a Safety Net for 100 Years

During the Great Depression, they handed out coal and coats. Now, it's an array of services.

BY EDEN BROWN
THE CONNECTION

Ninety-five years ago, Northern Virginia Family Service handed out coats and coal in Alexandria. Today, the organization has a much broader mission and geographic reach throughout Northern Virginia and – in the face of the COVID-19 pandemic – an increased need for its services. Those services include providing food to those experiencing hunger and shelter to those experiencing homelessness, offering mental health counseling to individuals and families including mothers with postpartum depression, offering legal services including to families separated at the border, helping young children get off to a good start, teaching job skills, connecting graduates to employers, and supporting foster care families.

NVFS has evolved over its nearly 100-year history, always remaining true to its mission of helping neighbors in need. That was true after 9/11 when it provided case management support to survivors of the Pentagon attack, it was true after Hurricane Katrina when residents of the gulf relocated to this region, it was true during the Great Recession and during last year's government shut down.

"The remarkable thing is, since the pandemic began, even as most of our staff transitioned to working from home and offering our services remotely, there was never an interruption in those services," said Kathleen McMahon, NVFS's executive vice president for development and communications. "This is what we do. We help individuals, families, and communities in crisis.

So, when COVID-19 arrived, we had the infrastructure, the staff, the programs, and the expertise to jump in."

NVFS IS EVERYWHERE in the Northern Virginia area. With headquarters in Oakton, NVFS runs a Hunger Resource Center and SERVE family shelter in Manassas, a Multicultural Center and thrift shop in Falls Church, job skills center in Tysons Corner, and Early Head Start and Head Start programs at multiple locations from Arlington to Loudoun, for example.

During the pandemic, the Hunger Resource Center and SERVE shelter are open while other services are being offered virtually including tele-mental health. The largest food distribution center in the region, the Hunger Resource Center provides food on site and by food transportation trucks to more than 4,000 individuals, as well as to the 92-bed SERVE Family Shelter, annually. "As the HRC operations adjust to the pandemic, food distribution procedures have been modified to streamline the eligibility process, ensuring that our neighbors' needs will be met quickly, while preparing support for new clients to ensure families do not go hungry," said McMahon. "Additional food pick-up hours have been added to accommodate growing demand, and designated hours for seniors have been implemented to lower risk for those more susceptible to the virus."

McMahon said they used to get more food donations, but current shortages are having an impact and the organization has had to purchase food. She is grateful for the support of the Capital Area Food Bank, and U.S. Foods, which



Volunteers distribute food at the NVFS food truck.

donates excess food. Given the increase in new clients, NVFS is trying to balance the demand for food donations with the supply of food. Each family in need receives two weeks of food and hygiene supplies.

THE SERVE SHELTER is also still "client-facing," said McMahon. "While most of the country has been advised to stay home, SERVE shelter staff have remained on the front lines and client-facing to ensure the shelter remains a safe, healthy, and stable environment for families. We work very closely with the Department of Health," McMahon said. "We've added a lot of protocols with PPE's [Personal Protective Equipment] and clean-

ing. Clients have been cooperative, and on the rare instance that someone tests positive with COVID-19, they are safely moved into a hotel, through a partnership with Prince William County. To date, there have only been a couple cases of people who needed to quarantine."

Beyond its food center and shelter, NVFS has moved to virtual services for many of its programs during the pandemic. "We have been able to serve 200 of our clients with tele-mental health that is HIPAA compliant, for instance," said McMahon. "We are transitioning our workforce programs to become virtual as well."

More people need emergency assistance right now, which is why

to be a hallmark of NVFS staff, McMahon says: "Though we cancelled our in-person spring 'Road to Resilience' gala, our online campaign demonstrates how eager residents of our community are to help their neighbors in need."

Adds NVFS President and CEO Stephanie Berkowitz: "We have received overwhelming support from individual donors, corporate sponsors, and foundations. And while the online campaign has been very successful, we are still a long way from meeting the escalating need in our community."

NVFS's APPROACH is holistic. "We might see a client for one thing, but he or she may end up getting referred to another part of the organization because they need something else," McMahon said. For instance, families seeking asylum may benefit from legal services as well as mental health counseling. Or a family in need of food may also benefit from job training. NVFS won't abandon its clients midstream, either. As Bianca Molinari Anez says, (see adjacent story), "...we wrap up when we feel the client is at a healthy place."

Many of NVFS's clients are living with trauma, whether they have lost their job, experienced a mental or physical health challenge, or are facing deportation. Essential NVFS programs like family reunification or gang prevention lead to positive outcomes that are not only good for the individuals, but good for families and for the community.

In much of its work, NVFS uses a case management approach. They also frequently collaborate with other local nonprofits, government agencies and others to ensure clients have access to a broad range

of resources. Donors appreciate these partnerships because it helps their donations go further.

"Our work never stops," said McMahon, "particularly since we are seeing the mental health of everyone exacerbated by the virus."

In addition to its dedicated staff of experts, NVFS depends heavily on thousands of volunteers who serve on the board and its committees, and in many other capacities. The organization currently has volunteers reading stories to young children virtually and cooking meals on weekends and dropping them off at the SERVE shelter. The website lists volunteer opportunities. Jessica Clark, a Vienna resident who started out volunteering with NVFS and is now on the board of directors, said, "I started out working with them as a volunteer on the Marketing Committee, but they turned out to be such a great group of people doing such important work that I decided I wanted to make more of an impact and joined the board." This is an organization where the director of the Healthy Families program, Nanci Pedulla, gets out and does deliveries to families herself, and who regularly encourages her staff to take mental health days so they don't burn out.

NVFS sustains its operations with government grants and private contributions. It has received the Platinum Seal from Charity Navigator - which means it has the highest level of fiduciary responsibility and transparency. But with no gala this spring, and a full plate of COVID-19 crisis cases, it will lean heavily on the support of Northern Virginians who can afford to help. To learn more about NVFS, to volunteer, or to donate, see: www.nvfs.org.

Pandemic Patience: Counselor At NVFS Calms New Mothers

Tele-mental health during COVID-19 is the new normal for the Healthy Families Program.

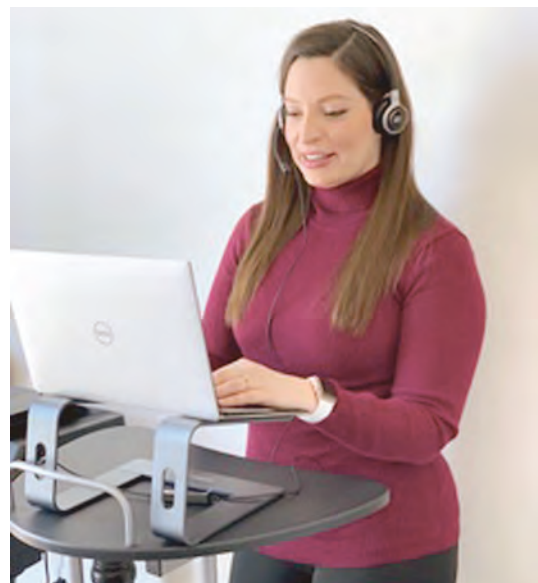
BY EDEN BROWN
THE CONNECTION

Mental health counselor Bianca Molinari Anez knows what it is like to encounter postpartum depression; she experienced it herself. That's one of the reasons she is so devoted to the group of women she counsels. Working under the Northern Virginia Family Service (NVFS) Healthy Families Program, she provides mental health services to women who are pregnant or postpartum. "We are committed to working with moms during this very vulnerable period of their lives. The mental health issues that the mother has during or after birth affects the child's mental health as well. Early intervention fosters a nurturing relationship between mother and child, as well as for the whole family and community," said Anez. "There is research that when a mom experiences perinatal depression, it can affect how she attaches with her child. In other words, if a mom doesn't have her own needs met, it makes it difficult for her to meet her child's needs."

NVFS starts with an assessment to determine if the client is at risk of depression. If so, the mother is referred to Anez, a bilingual mental health counselor with a master's degree in counseling.

"We help new moms cope with daily stressors, so they can be emotionally available for their children," Anez said. They use talk therapy, cognitive behavioral therapy, art therapy, mindfulness and other strategies depending on the client's needs, as well as case management.

"The mothers we work with are very vulnerable," she added. Many are new immigrants who don't speak English or have limited proficiency, are low income and may face other barriers such as access



NVFS mental health counsellor Bianca Molinari Anez using her computer to reach out to clients during the pandemic.

to transportation or lack of health insurance. "We remove barriers and make it as easy as possible for them to access counseling. Because our therapy is home-based, bilingual, and free, there's no need to travel to an appointment and no need for childcare. In the current climate, we 'meet' by phone or video either in English or Spanish."

Since March 9, NVFS moved to tele-mental health, starting with weekly phone calls instead of in-person meetings to prevent spread of the virus. More recently, NVFS is communicating with clients who are able by video. "Tele-mental health has

SEE ADVISE FOR WEATHERING. PAGE 8

In Her Own Words: Bianca Molinari Anez

"The focus of my work is helping new mothers. Normally, I do that in person in clients' homes but because of the pandemic, Northern Virginia Family Service counselors are now providing tele-mental health.

"For instance, one of the clients I am seeing virtually is a new mom who had been working in a restaurant in Tysons Corner. At first, when the restaurant cut back from a full team to only two workers, my client didn't get called in to work. Now she works two days a week, helping with deliveries and take-out. This family was financially impacted in a big way, because her husband's hours were cut as well.

"My client was already suffering from postpartum depression; being able to go to work was her coping mechanism. It allowed her to see herself as more than a mom, to feel productive outside the home, to interact with others, and practice her English skills. But COVID-19 took that from her. She felt isolated. She was constantly checking the news and worried about her family overseas. She no longer had a routine. In addition, her child, who had been in day care part-time, was now at home without a routine and began to regress. In other words, the whole family was being affected by all the changes from the pandemic.

"That's where I came in. I made sure the mom had a safe space where she could tell me whatever she was feeling. (When we started doing tele-mental health, she asked to do some of her sessions in English so she could keep up with the language.) From what she

shared, I knew she was in survival mode. She was in shock. She had no motivation to do basic activities like cooking or working out, yet by the end of the day she felt exhausted. I validated her feelings and helped her understand why she was feeling that way."

"I shared coping strategies, like to have a routine but also to be flexible. I encouraged her to be self-compassionate. I suggested she filter the news and, as a result, she became intentional about just watching the news at the end rather than all day long. It was clear to me that just talking about the news was a trigger for her anxiety. I talked to her about how to communicate with her husband. They worked on this together and now their relationship is thriving."

"I'm happy to report she is doing much better after a number of tele-mental health sessions. She is communicating with her husband, working out, and spending time with her child. At the beginning of the pandemic, she was having a hard time playing with her child, because she was distracted by the virus. That has shifted too. She recognizes that the silver lining of sheltering in place is she has more time with her child to do things like arts and crafts. She told me, 'Since I don't know if I'll have this time at home with my child again, I'm learning to treasure these moments.'"

— Bianca Molinari Anez,
Mental Health Counsellor,
Northern Virginia Family Service



Three of the four walls of the pool house are made of glass and give the space a rustic feel.



The pool house has a kitchen to make entertaining convenient.

PHOTOS CONTRIBUTED

A Summer Oasis Pool house evolved into a space that incorporates the beauty of the outdoors into the interior design.

MARILYN CAMPBELL
THE CONNECTION

Transforming the expansive backyard into a summer oasis by designing a pool and adjacent pool house.

The combination of sunny, warm weather and the current pandemic can make staying home a wise, but stifling choice. However, one Bethesda, Maryland, builder made that a pleasurable decision for one Great Falls, Virginia family.

Jim Rill of Rill Architects transformed their expansive, but empty and unused,

backyard into a summer oasis by designing a pool and adjacent pool house.

The end-goal was to combine functionality, style and comfort, says Rill. "The furniture and fabrics are easy to maintain and care for, while also being functional and pretty," he said.

Originally tasked with building a screened-in porch, Rill's design process evolved into a space that incorporated the beauty of the outdoors into the interior design.

"The owners became more and more inspired to use the building year round," he said.

Both flooring of the pool deck and pool

house are flagstone. The furniture is by luxury design company Janus et Cie and a chandelier by the same company hangs from the ceiling.

Rill and his team added a powder room and changing room. There is a kitchen with an island made of maple and topped with a waterfall countertop of quartz by Caesarstone.

Three walls of the pool house are glass and can be covered with retractable screens.

"The owners wanted rustic with lots of glass," he said.

Advice for Weathering the Pandemic: Go Day by Day

FROM PAGE 7

been very helpful for we have been able to see each other, since we can't be together in person," Anez said. "That visual communication brings a sense of normalcy to our sessions." One benefit of tele-mental health is it gives social workers like Anez more time to work with clients, since she doesn't have to spend time commuting to their homes. That extra time has allowed her to expand her caseload in response to the growing request for services because of COVID-19. At this point there is a waiting list for services.

"Tele-mental health is going to change the way we do business,"

Anez said.

"In the past, schedules sometimes made it difficult to find a convenient time to meet. This gives us another option, one that for many people is a familiar option, since they already were using video to communicate with their families back home. For others, who may be experiencing domestic violence or another crisis or may lack the technology, we will continue to identify the best – and safest – ways to communicate."

Many of Anez's clients live in multi-generational or multi-family households, which makes it harder to isolate. There is a lot of fear about getting the virus – for

good reason. Some have continued to work to support their families, even when working may be a risk to their health. This is on top of other stressors they face, such as how they will pay critical expenses like rent, food and diapers. In addition, with less income, they may not be able to send money to their families back home. And, those family members may live in countries with no testing, which creates more worries.

NVFS's POST-PARTUM program is typically 12-weeks long. But for some clients, like the new mom whose work hours were reduced, therapy was about to end when

COVID-19 hit. "We chose not to abandon our existing clients in that moment," says Anez. "Our goal is to get our clients back on their feet and make sure they are able to stay there. Nanci Pedulla, who directs Healthy Families, trusts my clinical judgment. We go day by day and wrap up when we feel the client is at a healthy place."

Is it hard to say good-bye? Says Anez: "With home-based therapy they open up their homes to you and treat you like family. But when they graduate, they're ready. They have the tools and coping skills. It's a bittersweet goodbye, but I trust they are ready to fly."

Anez has been a counsellor with

NVFS for three years. Before that she worked with youth in an Alexandria detention center.

The facility was open 24 hours and that was hard on her family life so she chose a job where she could meet her own family's needs. "Perinatal mental health has always piqued my interest because I went through postpartum depression. This job occupies a very special place in my heart. I love my job, love the moms, love Northern Virginia Family Service, and am so encouraged to see how effective it is."

To donate to NVFS, learn more about what they do, or volunteer, see: www.NVFS.org.

BULLETIN BOARD

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

THURSDAY/JULY 9

Ground Observer Corp. 7-9 p.m. Zoom event. Wake Up! Sign Up! Look Up! This was the tagline for the Ground Observer Corps (GOC), civilian plane spotters who searched the skies for enemy air-

craft from 1951-1959. An integral part of civil defense, the GOC was comprised of an estimated 800,000 members who volunteered for shifts at local observation posts and filter centers that tracked aircraft reports. Deb Fuller will discuss the history of the organi-

zation, the people who watched our skies, and the impact it had on our region and in Arlington. This is a virtual event. For access and connection information, register at www.arlingtonhistoricalsociety.org. Register before the end of the day on Wednes-

day, July 8.

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

SEE BULLETIN, PAGE 10

FUN THINGS TO DO THIS SUMMER

ONLINE DANCE CLASSES

Jane Franklin Dance of Arlington is hosting online dance classes via Zoom from July 6 to Aug. 15, 2020. Classes are 40 – 60 min in length. The enrollment is by donation. For class, exercise at your own pace, omit or alter portions that don't feel quite right, and make adjustments to improve your experience. Registration is required.

Schedule of Classes:

- ❖ Ballet with Brynna: Ballet Barre Monday at 1 p.m.;
- ❖ Making Connections: modern dance with Jane Tuesday at 3 p.m.;
- ❖ Afternoon Delight: improvisation with Kelsey Thursday at 3 p.m.;
- ❖ Happy Hour Fitness: fitness and hand/ankle weights Jane Friday at 5 p.m.;
- ❖ Abs with Amy: fitness exercise Saturday at 10 a.m.

Information and links to join: <https://www.janefranklin.com/online-classes>. Call 703-933-1111.

METROPOLITAN SCHOOL OF THE ARTS CAMPS

Metropolitan School of the Arts in Alexandria is hosting its summer camps, but this year, camps are all virtual, live Zoom sessions, due to COVID restrictions. Camps are geared toward students interested in music, vocal training or dancing from now through Aug. 21. Mini-camps and CAMP MSA are offered for all age groups in one hour or two hour segments to help students avoid screen fatigue. Camps are themed, to include: Tropical

Paradise, Dora and the Lost City, Toy Story, Frozen II, Color Me Crazy, Space is the Place, Barnyard Palooza, Bugs Life, Mary Poppins, Neverland, Olympic, Aladdin Jr., Hogwarts School of Witchcraft and the Addams Family. Camps range in cost from \$40 per week to \$350 per week.

To sign up for a camp, go to www.metropolitanarts.org for more information.

THE BIRCHMERE REOPENS

The Birchmere in Alexandria is reopening with limited capacity. During the public health emergency, there will be a \$25 food and beverage minimum and a \$5 Covid fee.

There will be no bar service and no gathering in the stage or bar areas. Customers will be escorted to their seats, and those without reserved seats will be seated by staff to ensure social distancing. Masks have to be worn when leaving your seat, including when you go to the bathroom or to the store to buy merchandise.

Schedule of Birchmere shows:

Friday, July 10: Billy Price Charm City Rhythm Band;
Saturday, July 11: Daryl Davis;
Friday, July 17: Skinny Wallace;
Saturday, July 18: Jumpin' Jupiter;
Friday, July 24: The Nighthawks;
Saturday, July 25: The Free Flowing Musical Experience;
Friday, July 31: The Roadducks.
The venue is located at 3701 Mount Vernon Avenue, Alexandria. Visit the Birchmere's website: <http://www.birchmere.com/>



Jane Franklin Dance of Arlington is hosting online dance classes via Zoom beginning July 6, 2020.

VIRTUAL "THE DECAMERON" AT SYNETIC THEATER

On July 10, join Syntetic Theater in its first virtual production — "The Decameron," an adaptation of Giovanni Boccaccio's masterful collection of stories written in response to the Black Death of 1348. As an epidemic ravages their city, 10 young Florentines take refuge in a secluded villa, where they amuse

themselves by each telling a story a day over the course of ten days—a hundred stories of romance, adventure and twists along the way. Syntetic's adaptation partners 35+ veteran company members and emerging artists from across the globe, each taking turns adapting one of the stories. This experience—told in serial format over 10 days—honors the unfolding of the source material and celebrates the

human impulse to connect through storytelling in a time of despair and isolation. Pay-what-you-can ticket options begin at \$10. Visit the website: <https://synetictheater.org/>

WORKHOUSE SUMMER CAMPS

Ready for in-person Summer Camps?

The Workhouse Arts Center in Lorton will be offering July and August Summer Camps for kids in-person on campus. They've got half-day and full-day camps for kids of all ages starting the week of July 20 and August 3. Camps include the following:

❖ Game Design Camp where campers learning about computer technology, visual arts, storytelling and music with creative and critical thinking and problem-solving skills. And the Game Design camps integrate all of the STEM core competencies in a fun and engaging way.

❖ Young Writers Camp gives campers in grades 7-12 the chance to write creatively in a variety of genres, learn about new genres through mini-lessons and receive response to their work from writers.

❖ Performing Arts Summer Camp Challenge offers campers the opportunity to work collaboratively to create a new theatrical work in just two weeks' time! They will write a script, consider production design elements and ultimately perform their new, original work in front of an audience of family and friends!

❖ Visit the website: www.workhousearts.org.

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-Werner Heisenberg

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VA Taco V, LLC trading as Taco Bamba Taqueria, 4000 Wilson Blvd Ste C Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage On Premise & Beer and Wine On Premise license to sell or manufacture alcoholic beverages. Kirk Spare, Director of Operations. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals

PUBLIC NOTICE
AT&T proposes to replace an existing 32.3' metal street light pole with a new 35' metal street light pole and install a top-mounted antenna at 40.3' near 1900 S Fern St, Arlington, VA (20201139). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

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NEWS

Police Investigate Fatal Motorcycle Crash

The Arlington County Police Department's Critical Accident Team is investigating a fatal single vehicle crash involving a motorcycle, that occurred on the evening of July 3, 2020.

At approximately 7:44 p.m. on July 3, 2020, police were dispatched to the area of Walter Reed Drive and S. Wakefield Street for multiple reports of a crash with injury. The preliminary investigation indicates that the motorcyclist was traveling southbound on Walter Reed Drive at a high rate of speed when he lost control, struck a pole

and was thrown from the vehicle.

The motorcyclist, identified as Gilberto Portillo-Solorzano, 27, of Arlington, Va., was transported by medics to an area hospital with life threatening injuries. He later succumbed to his injuries and was pronounced deceased.

This crash remains under investigation and anyone with information related to this incident is asked to contact Detective J. Bartholomew of the Arlington County Police Department's Critical Accident Team at 703-228-7012 or JBartholomew@arlingtonva.us.

Arlington Announces Compliance with Virginia Community Policing Act

The Community Policing Act, Virginia House Bill 1250, takes effect July 1, 2020.

This law requires law enforcement and State Police to collect certain information from the driver during all motor vehicle (traffic) and investigatory stops and prohibits law enforcement officers and State Police from engaging in bias-based policing.

The Arlington County Police Department (ACPD) will comply with the requirements of this bill and begin collecting required data on July 1, 2020. Members of the public should be aware of the new information collected, as it may involve the officer asking them additional questions on a traffic stop. On each stop conducted by a local law enforcement officer or State Police officer, the following information will be collected, based upon the officer's observation or information provided to them by the driver:

Race, ethnicity, age and gender of the person stopped

The reason for the stop

The location of the stop

Whether a verbal warning, written citation or summons was issued or whether any person was arrested

If a verbal warning, written citation or summons was issued or an arrest was made, the violation or

crime charged

Whether the vehicle or any person was searched

The data collected during traffic and investigatory stops will be reported to the Department of State and included in the Community Policing Reporting Database. Access to this database will be provided to the Department of Criminal Justice Services (DCJS) for the purpose of analyzing data to determine the existence and prevalence of the practice of bias-based policing and the prevalence of complaints alleging the use of excessive force. In addition to the reporting required by the Community Policing Act, the Department's Office of Professional Responsibility will continue to conduct internal audits on all allegations of misconduct and fully review and investigate incidents involving use of force.

ACPD remains committed to serving with utmost respect, while remaining engaged and transparent with our community. The information and data collected as a result of the Community Policing Act will further enable us to ensure we hold ourselves accountable to the highest professional standards. The Department will continue to work proactively with the community in identifying needed data values to increase transparency with the public.

BULLETIN BOARD

FROM PAGE 8

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 ENTERS PHASE 3 OF REOPENING
Arlington County transitioned to Phase 3 of the Forward Virginia plan on

SEE BULLETIN, PAGE 11

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BULLETIN BOARD

FROM PAGE 10

Wednesday, July 1. In Phase 3, Arlington will maintain a Safer at Home strategy with continued recommendations for social distancing and teleworking, and the requirement that individuals wear face coverings in indoor public settings. All businesses should continue to follow physical distancing guidelines, frequently clean and sanitize high contact surfaces and keep enhanced workplace safety measures in place.

As part of a cautious approach to entering Phase 3, Governor Northam on Tuesday announced that bar seating will remain prohibited in restaurants to reduce the likelihood of patrons gathering in bar areas without observing social distancing guidelines. The Governor added he is prepared to implement tighter restrictions if needed.

Because Arlington is an urban, high-density area — and because there is still community spread of the virus — the County is going to similarly move forward with caution in the hopes of continuing to stop the spread of COVID-19 and ensure the safety and well-being of the entire community.

Arlington will continue to open government facilities gradually to ensure adequate space for social distancing and follow public health guidelines.

Phase 3 looks like this:

Safer at Home, especially if you are vulnerable
Continued social distancing and teleworking
Face coverings required in indoor public spaces
Expanded business operations
No social gatherings of more than 250 people

NATIONAL LANDING BUSINESS

IMPROVEMENT DISTRICT LAUNCHED

The Crystal City Business Improvement District is officially renamed the National Landing Business Improvement District (BID) following an action by its voting membership at its annual meeting last week. The organization's adoption of the National Landing name is the culmination of a years-long community engagement process in which the BID sought and received positive feedback from residents, civic associations and stakeholders, and obtained approval from the Arlington County Board. The name and coinciding brand assets aim to better reflect the BID's enlarged boundaries and to foster a more cohesive identity for National Landing, which comprises Crystal City, Pentagon City and Potomac Yard-Arlington.

METRO REOPENING

MOST CLOSED STATIONS

Metro announced that 15 rail stations that had been closed as part of the transit agency's COVID-19 response reopened on Sunday, June 28.

They include the following stations: Grosvenor-Strathmore, Cleveland Park, Federal Center SW, Federal Triangle, Mount Vernon Square, Judiciary Square, Archives and Smithsonian. After June 28, Arlington Cemetery will be the only Metrorail station without regular service. Arlington National Cemetery is currently closed to the general public.

CHANGES TO MCM

WEEKEND SCHEDULE

The Marine Corps Marathon Organization announced changes to the 2020 MCM Weekend schedule by removing the live MCM Kids Run and MCM10K from the lineup of events happening on Oct. 24-25. The MCM10K will now be a virtual-only event. Additionally, the MCM Kids Run has been rebranded to the MCM Semper Fun Mile, a one-mile virtual event for kids to run with their parents or guardians. Registration for the virtual MCM10K opened to the public on Wednesday, June 3 at www.marinemarathon.com at \$33 per entry. The new MCM Semper Fun Mile is open to runners of all ages. The virtual run must be completed between October 1 - November 10. Registration is open to children and adults starting on Wednesday, June 24 at www.marinemarathon.com. Individual entries cost \$20.

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Questions and "Canswers"



By KENNETH B. LOURIE

"Very interesting," to quote Artie Johnson from "Rowan & Martin's Laugh-In," that "crazy-kooky" comedy show from the 70s. What's interesting is what my oncologist will say concerning the July 6th CT scan of my upper torso (lungs), the first such scan I will have had in almost six months. That interval being twice the usual and customary three-month schedule I've been on for years. The reason for this abnormally long interval? As you regular readers know, I was being treated for my second cancer: stage II, papillary thyroid cancer. Now that the treatment and all is complete, we can return to the scene of the original crime, if you know what I mean, and begin assessing/treating my underlying cancer: stage IV, non small cell lung cancer, which presumably has not disappeared in the last six months. To say my life depends on these findings is a bit obvious. Nevertheless, keeping one's eye on the ball is what is characterized-as-"terminal" patients have to do. (We're in constant touch with our mortality.)

Losing sight of the obvious is the ultimate presumption, not unlike one being innocent until proven guilty. In the cancer world in which I live exists the exact opposite: your cancer is never in remission (innocent). Ergo, you are always guilty (of having cancer). Now whether it moves or grows, the results of one's scan will confirm. It's challenging to not expect the worst, even after 11+ years of experience often receiving good news; the inevitability of the eventual bad news is occasionally overwhelming. I mean, one is not characterized as "terminal" because they're expected to live. The writing may not exactly be on the walls, but apparently it's in the handbook that oncologists use to determine the proper protocol to treat their patient's cancer.

Generally speaking, a serious/terminal diagnosis is rarely affected by the advances of modern medicine and/or a patient's disparate hopes and prayers. For us cancer patients, we're only as secure as the results of our most recent diagnostic scan says we are. So yes, July 6th is an important date for Team Lourie as will the follow-up telephone appointment with my oncologist on July 13th. That's when we'll learn if the road is hitting back at the rubber and whether or not I go forward in hope or backward in despair.

As much ado about something as I am making this situation to be, it's not as if I haven't been down this road before; many, many times since my original diagnosis in late February, 2009. This is just "another day in paradise" to quote Phil Collins. And though this road is the one most traveled, it still doesn't minimize the stakes. It just means that I've been incredibly and amazingly lucky not to have succumbed to this killer disease (lung cancer is by far the leading cause of cancer deaths) as so many hundreds of thousands already have. And though experience helps, it doesn't really change the stakes; it sort of maintains them. All I can do in the interim is try not to consider the negative and recommit to the positive. That positive mantra for me has been, "it's nothing until it's something." And if it is something, it will be bad enough to hear about it then so I don't need to hear about it (presume) it's bad now. For the moment, to quote Sergeant Schultz (John Banner) from Hogan's Heroes: "I know nothing!"

For some reason though, and I may be reading more into it than is appropriate, this July 6th scan seems to be carrying some additional weight. Not that there's anything different in and of itself with this scan compared to the previous one hundred or so that I've had - with or without symptoms, it just seems as if I'm spending more time trying to convince myself that it isn't.

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

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