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Publishes:
July 29, 2020
Ads submitted by:
July 23, 2020

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News

Arlington Launches Review of Police Policies and Practices

Fifteen-member citizen group to report back by end of the year External assessment of police practices and group review of policy issues.

ollowing recent events involving policing and racial justice across the United States, the County Board has asked the County Manager to lead a review of police policies and practices. This review will ensure that the Arlington County Police Department is current with policing best practices and continue to build trust between our police and the community.

The first step will be an external review and assessment of current policies and practices in six key areas:

Review of use of Force: De-escalation tactics; lethal and non-lethal force; and, foot and vehicle

Training and Supervision: Police Academy training; and training for implicit bias and crisis

Cameras: Both body-worn and vehicle dash cameras; and policies regarding use of this

Recruitment and Retention: Screening for bias; psychological evaluation; mental health programs; process for officer evaluation; promotion and leadership development programs; and compensation, including pay and

Internal Affairs: Statistics; structures and procedures; effectiveness through an anonymous climate survey; grievance processes; and use of force

Data/Statistics: Reviewing data collected for arrests and stops over the past 3 years

This external assessment will begin on July 20, 2020 and be led by two parties: Marcia K. Thompson, Vice President at Hillard Heintze, an attorney and law enforcement practitioner with more than 20 years working in the criminal justice field; and Dr. Julie Shedd, Associate Dean at the School for Conflict Analysis and Resolution, George Mason University Carter School.

The themes of this assessment will be shared with the 15-member Police Practices Group early in the fall and will support the work of the group moving forward.

The PPG will begin meeting in August.

News

In Search of Fireflies: She Got a Copperhead Bite Instead

Advice from an Arlington resident and Virginia Herpetologists.

By Eden Brown The Connection

t was a beautiful summer's eve in Arlington last July, and Sara Stepahin was walking with her partner to see fireflies at Fort C.F. Smith. But at midnight, walking along the gravel path, she ran into a Copperhead snake that bit her in the big toe and then slithered away across her foot. "I'm not a stranger to pain: accidentally cutting my thumb off was way more upsetting, but I don't think it was as painful," Stepahin said. "Luckily I had my partner to help me as I was in so much pain I couldn't walk."

Stepahin got to the Emergency Room at Virginia Hospital Center right away in the pre-pandemic era, and they took her to Triage quickly, she said. The waiting room was full because Sunday night is always busy, but luckily, she said, the Charge Nurse in the ER looked at her file and took her into the ER within 10 minutes of arrival, telling Stepahin: "I'm from a big hospital where we see a lot of snake bites, and it's good you came in right away."

What happened after that is another story, but because of her experience, Stepahin had a lot of advice to those who might be unlucky enough to be bitten by a Copperhead.

Copperheads are abundant in the Arlington area. They look like they are wearing brown and tan camouflage. They will be even more present after a torrential rain. Sightings of Copperheads in the Arlington area have been high this summer, and not just along the Potomac; some residents in Country Club Hills have found the snakes in their garden. Dogs have also run across Copperheads in the woods, and one large snake was seen sunning itself on the rocks at Donaldson Run not far from the Nature Center.

Copperheads are primarily active just after dark, particularly on warm, rainy summer nights. But likely one of the main reasons residents are seeing more copperheads is simply because people are outside more, thanks to the pandemic.

The Copperhead bite, while painful, is not particularly toxic and death is extremely rare. According to the Virginia Herpetological Society, in Virginia, only about 1-2 people have died over 10 years or so from copperhead bites; most pets fully recover.

www.ConnectionNewspapers.com



Copperheads with typical "saddle" or camouflage pattern.

"I did not see the snake, however the pain was excruciating and my leg swelled quickly and intensely, " said Stepahin. "I was bitten on my toe and the swelling eventually went all the way up to my knee. If you are bitten, go to the hospital immediately. This should become obvious when you start shaking and writhing around from the pain."

"Insist they call poison control right away. Insist they give you pain medicine. This pain is crazy intense."

"Wear closed toe shoes when you are out, especially at night, and get your flashlight out when it is dark and you can't see exactly where you are stepping," said Stepahin. "We were busy looking at fireflies, but we should have been more cautious."

"I hope this is helpful if you do ever experience a Copperhead bite. Sometimes the snakes do not inject poison, this is called a dry bite, so you could be the lucky one. Just let the hospital determine that."

According to Georgetown University Medical Center, "MedStar Georgetown University Hospital sees about two to three snake bite patients every year and stocks more than enough antidote to treat additional patients. Also, area hospitals do share antidote if there is a need. The antidote is administered when symptoms of venom poisoning are present. Those symptoms include nausea, vomiting, diarrhea, tissue damage extending outside the bite itself, rapid heart rate or renal failure. How each snake bite patient is treated depends on the whole clinical picture for that individual. However, doctors agree

there is no reason to withhold pain medication during treatment."

Despite the frequency of snakebites in Virginia, there is still a great deal of ignorance about how to manage a bite from a poisonous snake. Part of the problem is the "TV lore" about snakebites. Never use a tourniquet and never cut an X at the site of the snake bite to open up the wound or suck out the venom. People who watched a lot of Westerns think of these techniques, both of which do more harm than good.

A survey of snakebite and health websites indicated the following basic guidelines in addition:

Remove clothing or jewelry from the area near the bite as swelling will occur.

Remain calm.

Clean the bite, but do not flush with water.

Use ice but just for five minutes on, five minutes off.

Do not drink caffeine or alcohol,

both of which enhance absorption of the venom.

Leave the area and do not try to

kill or capture the snake. A photo is nice, but not if it provokes a second bite.

Snakes are more active at night and in warm weather. Avoid walking in high grass or uncleared bush. And remember snakes don't just stay at ground level.

Take steps to avoid copperheads, which are docile rather than aggressive, and which perform a valuable role in keeping down rodent populations. Along with a flashlight for walking at night is a walking stick. Snakes do not have ears and cannot hear you coming, but they feel vibrations in the earth and will seek to get out of your



The swelling continued up the leg; pen marks helped show how the swelling was progressing over time.

way. They bite out of fear of you, not out of aggression.

- Don't allow your yard to become overgrown
- Eliminate any hiding places, such as leaf and brush piles
- ❖ If you do encounter one, JUST LEAVE IT ALONE
- If bitten, call 911 or seek immediate medical attention.

Stepahin is an advocate of calling Poison Control as a good resource. There are two ways to get help from Poison Control. Use www.webpoisoncontrol.org to get help online, or call 1-800-222-1222. The National Capital Poison Center, founded in 1980, is an independent, private, not-forprofit 501(c)(3) organization. The Center is accredited by the American Association of Poison Control Centers. The Center is not a government agency. Stepahin found that their advice can be helpful to the hospital in encouraging them to give the patient antivenin and painkillers.

Dogs can be victims of copperheads bites, especially if they are off leash. Keep your pet on a leash whenever possible and stay on trails, but if your dog is bitten by a venomous snake, you should know the contact information of the nearest emergency vet clinic. Experts advise not to give them Benadryl or other medications and to take them to a vet immediately.

The Hope Veterinary Center in Vienna, Va. is a resource. The Hope Veterinary Center carries antivenin for pets. https://hopecentervet.com

To learn more about snakes, poison control, and what to do if you or your dog is bitten: see: https:// www.cdc.gov/disasters/snakebite. html and the National Snakebite Support Facebook page, to help dispel myths and obtain advice for humans and pets alike: https:// www.facebook.com/groups/9878 50051297436/?ref=sharesnakes. To learn why you should not kill the snake that bit you, and why snakes are important to our ecosystem and are helpful to have in your parks and yards: see: https:// wsed.org/why-we-should-not-killsnakes/ and the www.virginiaherpatologialsociety.com

News

Grab Your Library Card and Keep Reading

BY SHIRLEY RUHE
ARLINGTON CONNECTION

ou can keep on reading during the brave new world of coronavirus rules and restrictions. The Arlington Central Library on Quincy Street has a "hold pickup" initiative that allows a library patron to order books in advance and pick them up at one of the three stations inside the library auditorium. The Central Library is open for this service Monday-Thursday from 12-7 p.m. and Friday-Sunday 12-5:00 p.m.

Henry Bruesewitz and his mother have come to the Library on Wednesday afternoon to pick up "Dora's Pirate Adventure" and "The Gruffalo" for Henry. Jenny is waiting on "Talking to Strangers" which is not yet available for her. They walk over to the outside book slot. "Hey, Bud, let's return our books first."

Henry and Jenny wait under the canopy at the social distancing feet marked on the sidewalk leading into the auditorium. "Henry, get



Jenny and Henry Bruesewitz exit the library auditorium in a one-way traffic pattern through the garden porch and down the pathway back to the parking lot.



Jenny Bruesewitz and Henry wait patiently for the library staff to retrieve the books he has ordered for pickup today.



Henry can't wait until he gets home, so perches on the curb outside the library to glance through his new book.

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out your library card." No line today, not like the last time they visited

They walk to the first station just inside the auditorium door where the library staffer is helping clients retrieve their holds. Only one book is available for Henry today, and he can't wait to read it. He runs out the door through the garden patio and sits on a curb leafing through the pages. In order to ensure the safety of the staff and patrons, there are a number of rules to follow for the hold pickup service. A patron must park in the surface parking lot instead of the garage that is closed. Wear a mask, squirt your hands and line up at six-foot intervals outside the library entrance closest to the tennis courts.

LeoNard Thompson, Central Library Chief says, "The long waiting lines from the first week since starting the new service have dwindled and we have streamlined our approach and process." A regular library patron waiting for "The Water Dancer" for her book club expressed surprise that the process ran so smoothly.

It is recommended that only one household member enter the library to retrieve the holds. Your books will remain on the shelves for 10 days in case you aren't able to retrieve them immediately.

According to the library there may be some delay in receiving your holds due to quarantine of returned books for 72 hours, but you can have as many as 30 holds at a time in any status (ready, frozen,

not ready, etc.)

Henrik Sundqvist, Communications Officer for the Library says since the program began June 15 they have had over 44,000 print books and other library materials checked out or renewed, over 55,000 physical holds placed and 134,000 items returned to the seven book drop locations.

The most popular fiction adult book requested is "Where the Crawdads Sing" and the most requested non-fiction book is "The Splendid and the Vile."

For children "The Diary of a Wimpy Kid: the Meltdown."

Sundqvist says "the demand for the digital collection has been off the chart this year. In 2020 we circulated 714,000 digital items compared to 492,000 in FY2019."

Many library services are not currently available but it is possible to sign up or renew a library card at one of the three stations located in the auditorium. Library books can be returned in the outside book returns at any of the branches but are not accepted in the auditorium. Hang on to your personal books or trade them with your neighbors since no book donations are accepted until further notice.

The Library does not currently have a timeline for reopening other services and the branch libraries. For further information about fines, volunteers, and physical accessibility, pick up and other questions contact 703-228-5990 or text a librarian at 703-783-3898.

www.ConnectionNewspapers.com

SENIOR LIVING

Discarded Electronic Equipment Helps Seniors in Need

Handheld devices keep the elderly in contact with healthcare providers, family and friends.

By Marilyn Campbell The Connection

n a recent summer morning, a group of college students gathered in Chantilly to sort and sanitize handheld devices ranging from smartphones to tablets. The equipment was given to a local medical clinic and then distributed to seniors who don't have the means to purchase their own, but need to stay connected to healthcare providers, family and friends.

"Through my work, I've seen seniors isolated at home," said Tanvi Nallanagula, a junior at the University of Virginia and an EMT (emergency medical technician). "This effort is important to me because I can't imagine being quarantined in my house without access to doctors or friends and family."

"Sometimes it's difficult for seniors to know how much medication to take, for example," she continued. "These devices will make it easier for them to ask for help and get the information they need."

The students, primarily college juniors with an interest in medicine, founded the Virginia State Telehealth Access for Seniors, a non-profit organization with a mission to collect and distribute handheld devices to low income seniors and veterans. Once they collect and sanitize the devices, they contact clinics that serve those populations.

"Clinics give us a ballpark of what they need and we tell them what you can reasonably deliver," said Sneha Thandra, a junior at Emory University and the Virginia State Lead for Telehealth Access for Seniors. "We've been talking with INOVA because they have so many clinics all over Northern Virginia. Within a month we'll have devices to donate to them."

The group is in need of smartphones or tablets that have cameras and the ability to connect to the Internet.

"There are people who have devices in their homes that they no longer use because they've upgraded," said Thandra. "Older and low-income patients tend to be more vulnerable and have more complicated medical needs. These devices give them the opportunity to access care and prevent unnecessary medical complications."

"We're also collecting money from corporations, family, friends or through fundraisers to buy new ones," added Rachana Subbanna, a junior at the University of Virginia. "Anything helps, even \$5. If someone doesn't



Courtesy of Virginia State T elehealth Access for Seniors

Northern Virginia college students collect and sanitize handheld devices to help seniors stay connected to health care providers, family and friends.



Rachana Subbanna, a junior at the University of Virginia, dropping off 25 devices this week at the Charlottesville Free Clinic.

For More Information or to Donate

https://www.telehealthforseniors.org/

have an old device to donate, but wants to donate \$40, that's enough money to buy a device."

The organization was founded in response to the COVID-19 pandemic and is part of Telehealth Access for Seniors, a national organization run by 120 volunteers in 26 states

In addition to devices, the student volunteers provide instructions and free tech-support. In order to continue providing this service in Northern Virginia, they need more volunteers and continued donations.

"An interesting approach is to focus on mental health," said .Thandra "We know that during this time a lot of seniors will be lonely so we wanted them to be able to connect with family and friends."

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> 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

Legals

ABC LICENSE

Mint Nail Lounge Arlington, LLC trading as Mint Nail Lounge Arlington, 712 N Glebe Rd, Arlington, VA 22203-2119. The above establishment is applying to the VIRGINIA
DEPARTMENT OF ALCOHOLIC BEVER-AGE CONTROL (ABC) for a Day Spa license to sell or manufacture alcoholic bev erages. Ve-Nu Nguyen, Managing Member NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Announcements

VPS Virginia Press Services

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Legals

PUBLIC NOTICE

AT&T proposes to collocate antennas (tip heights 43') on the building at 5115 Little Falls Road, Arlington, VA (20201189). 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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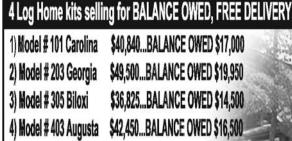
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Fun Calendar

COLUMBIA PIKE DRIVE-IN Saturday Nights in July & August

Pull up to the new Columbia Pike Drive-In Movie Nights at the Arlington Career Center for some free retro-style family fun. All movies start at sunset (between 8 and 8:30 p.m.) and are shown in English with Spanish subtitles. Space is limited and new protocols are in place to keep everyone safe. Registration is required and details

Dr, Arlington, VA 22204. Visit the website: https://www.columbia-pike.org/movienights/ July 25 -- "Twister"

will be sent in our weekly newslet-

ter. Address: 816 S Walter Reed

Aug. 1 -- "Crazy Rich Asians"

Aug. 8 -- "Apollo 13"

Aug. 15 -- "Ready Player One" Aug. 22 -- "Coco"

Aug. 29 -- "Mary Poppins Returns"

ARLINGTON OUTDOOR **GAME ROOM**

If you are between the ages of 11-18, join for classic rec room games like ping pong, pool, air hockey, carrom, board games, arts & crafts and interactive inflatables. High View Park on Friday, July 24, 4:30-6:30 p.m. Limited space; must preregister https://parks.arlingtonva. us/events/open-outdoor-gaminghigh-view-park-3/

TYSONS CORNER DRIVE-IN MOVIES

Tysons Corner Center is hosting Drive-In Movie Nights, in partnership with the Hyatt Regency Tysons Corner Center, on the second weekend of each month. Located along Fashion Blvd. between Nordstrom and Bloomingdale's, will open for parking, be sure to bring your ticket. Show starts at 8:30 p.m.

Friday, Aug. 14 -- "Aladdin" Saturday, Sept. 12 -- "Mrs. Doubtfire" Reserve your spot - space is limited. Reservation and movie details are

https://www.tysonscornercenter.com/

MCC'S SUPER SUMMER **SCAVENGER HUNT**

Join your friends, family and community for McLean Community Center's Super Summer Scavenger Hunt. Already underway and concluding on Aug. 17, this exciting and free virtual event allows you and a team of your choice to compete against other teams and win amazing prizes. The hunt is the perfect way to stay local and have fun with friends and family. The game is played on a smartphone and players must complete indoor and outdoor "missions" (or challenges). Missions include answering questions, taking specific photos or videos, finding a specific item, geocaching or completing specific tasks as given in a list provided by MCC. The scavenger hunt will take place in or around McLean. Participants work in teams up to 10 players. Team captains must be 16 years old or older. The hunt will have a maximum of 125 teams—so register early. The first 50 teams to sign up will rece special gift bag to make the hunt even more fun. Registration is open now through Aug. 3. MCC is located at 1234 Ingleside Ave., McLean. To register, go to www.mcleancenter.org. For more information, call the center at 703-790-0123, TTY:

SEE FUN CALENDAR, PAGE 7

Fun Calendar

From Page 6

711, or visit the website, www.mcleancenter. org.

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 24: The Nighthawks; Saturday, July 25: The Free Flowing Musical Experience;

Sunday, July 26: Sara Evans Friday, July 31: The Roadducks.

The venue is located at 3701 Mount Vernon Avenue, Alexandria. Visit the Birchmere's website: http://www.birchmere.com/

PARK AUTHORITY VIRTUAL SUMMER CAMPS

The Fairfax County Park Authority has partnered with dozens of camp providers to offer more than 375 online summer day camp options for children ages 3 to 17. Morning and afternoon sessions and early evening programs provide flexible alternatives around busy family schedules. Choose from a variety of online programs in STEM, art, music, drama, sports, chess, cooking and business. Virtual camps include e-Sports and Fortnite Camps (Xbox), Make a Musical, Dinosaurs and Ancient Worlds at Home, Virtual Hoops, Intellectual Athlete, Aspiring Fashionistas, Junior CEOs, Martian Garden, Video Game Design, Virtual Robotics, Cupcake Wars, Minecraft, Guitar and Ukulele Mini Camps, chess, Camp Adventure, Pet Camp, Native American Virtual Camp, Science & Nature Explore from Home, Cartoon Creations and International Soccer. Camps usually meet for one week, but often only for one to three hours per day. Longer programs have a lunch break and screen breaks between sessions. Unlike traditional summer camps at a single location, virtual camps may have children from across the region or across the country enrolled in the same class. Fees range from \$60 a week to over \$300 for full-day programs. More information can be found on the Park Authority's camps web page (https://www.fairfaxcounty. gov/parks/camps/types) or call the registration hotline at 703-222-4664 Monday through Friday 9 a.m. to 4 p.m.

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.

FRIDAY/JULY 24

Native Fruit Trees and Berries for the Urban Landscape. 10 – 11:30 a.m. Online. Want to take edible landscaping to the next level? This presentation will cover the selection and culture of native fruit trees, shrubs and vines that will satisfy any ornamental landscape use. From shade to supporting wildlife, erosion control, and screening, you can choose a fruit crop to suit your home garden. Learn about growth habits, pros and cons, and how to acquire and care for these native plants. The speaker is Kirsten Conrad, the Virginia Cooperative Extension Agent for Arlington County and the City of Alexandria. Free. RSVP at https://mgnv.org/events/ to receive link to participate.



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-Thomas Fuller

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Growing Pains



By KENNETH B. LOURIE

After more than six months away from the infusion center, due to the treatment for my papillary thyroid cancer stage II, I make my return on Wednesday, July 22. My non small cell lung cancer stage IV for which I have been treated since early March, 2009, once again becomes front and center after having been back-burnered since early January while we addressed my thyroid cancer. Out of an abundance of caution and concern for the risk of miscellaneous drug/treatment interactions, both cancers couldn't be treated simultaneously. Now we go forward in hope, just like we did 11-plus years ago.

Having completed the thyroid cancer treatment protocol after a recent CT scan showed no residual signs of cancer, I am now free - so to speak, to return to the scene of crime - to euphemise, and resume treatment for my underlying/pre-existing lung cancer. I am also returning for treatment because during the six month interval when I was not receiving any current lung cancer treatment, the lung cancer tumors grew. My oncologist was unable to characterize the growth, other than to say there was growth everywhere, (he didn't say a little; he didn't say a lot). For some context, he did read aloud some comparative tumor measurements written in the radiologist's report which were less than ideal. No matter. Cancer is by itself less than ideal so that's nothing new, really.

The theory of immunotherapy is that it trains your cells to fight the cancer regardless of whether the patient receives current treatment or not so the battle continues. Now whether my six months of not receiving treatment was responsible for allowing this growth or kept it from getting worse, my oncologist wouldn't say. What he did say/ recommend was that we restart the opdivo (immunotherapy that I had been on for the previous year) since it had been effective for the year during which I was receiving regular bi-weekly infusions. However, I'm scheduled for my next CT scan in only two months instead of the usual three months so that my oncologist can make an assessment sooner rather than later. In the absence of any new symptoms before or at present, the scan becomes the arbiter of my destiny. (I imagine waiting for the results of that September scan will be stressful.) But this is life in the cancer world, and the longer I experience it, the luckier I'll be.

In the interim, I am happy to go forward and resume my treatment. Nearly all the medicine that has previously been prescribed for me has been successful at managing my cancer (keeping it stable) so I have a reasonable expectation that my next two infusions will yield encouraging results. Nevertheless, I am well aware that any guarantees left the building on Feb. 20, 2009. That is when I first received a phone call from my internal medicine doctor advising me that the previous week's lung tissue biopsy had indicated a malignancy.

Slow forward to the present (one does not go fast forward enduring cancer) and I will be back in a very familiar place: the infusion center. Though I don't view my return as one of a conquering hero, I am still alive and reasonably well after being treated for a second cancer while my original cancer was not in remission. (No small accomplishment.) Nor was it in hiding. To invoke one of my late father's favorite words: the treatment for my lung cancer had been held "in abeyance."

Now the 'abeyance' is over and I am back to being a garden variety non small cell lung cancer patient. The delay in my treatment caused some damage I presume but it doesn't really worry me yet (talk about naive). I'm glad to once again be current - and active, in my treatment and I continue to remain positive about the negative. My oncologist has referred to me as his "third miracle" (after having survived so long after an initial '13 month to two year" prognosis). However, that was then. This is now.

I don't think my ship has sailed but there does appear to be some activity down at the docks. No matter, I'm an excellent swimmer.

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

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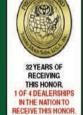
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