

GTS TASA9

September 30 - October 6, 2020

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

ARPET: Mona Leasha from Lost Dog and Cat

By Joan Brady

lived in a very crowded shelter in Oklahoma for a while. I don't remember a lot about it. But I remember being very afraid. I saw what happened when there were too many animals and not enough space and each day I was worried that it would be my last.

The day the Lost Dog and Cat Foundation rescued me from that shelter, was a great day. And it just got better and better. After just a few days in the LDCRF kennel, my foster mom came and got me.

Yep, I've gone from the plains of Oklahoma to the cobblestones of big city DC. Who woulda thought?

I've been working on some stuff with my foster mom. My fetch skills are improving. I'm pretty good at chasing the ball. I'm still working on bringing it back though. I have no idea why my foster mom thinks that's so important. But she does, so I'm trying.

We take lots of walks, which I love. But to be honest, I'm not a fan of all those whippersnappers speeding by me on the sidewalk on their scooters. I mean seriously, folks, stay in your own lane.

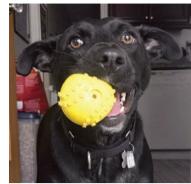
I've been waiting for my forever home for about a year and while I'm trying to be patient, it's getting really hard. People often stop us on the street to admire my big hazel/brown eyes and shiny black coat. I try not to get a big head about that. I've been called a sweetheart and I'm a staff favorite, so I know people see my inside is beautiful too. I'm easygoing, napping lots when I'm not enjoying the company of my foster mom. I truly love humans and am very gentle and loving with them.

Doesn't it seem like someone should have wanted me before now?

I'm worried maybe no one wants me because I'm a little leaky. No, I don't mean that I cry all the time, I'm a happy gal. But after I go outside to pee, I can be a little drippy for an hour or so. It's so embarrassing.

My foster mom is really nice about it. She has gotten me some fashionable diapers, which I totally rock by the way. I wear them, as needed, when I come in from my walks. I like them because I look awesome and I feel better knowing I'm not going to drip on my bed. But it still sucks.

I overheard the vet talking to my foster mom, he thinks it might happen because I was forced to have puppies when I was too little. That makes me sad, since that would mean it was totally avoid-



Mona Leasha: See, I know how to go get the ball!

able. It especially hurts if this small problem is what is keeping me from finding my forever home. My heart breaks a little more each day that I wait.

I wake up every day hoping that someone or a whole family will pick me. If they have a fenced-in yard, that would be awesome. Older kids would be nice and a cat is fine too.

I don't want to sound picky, but while I really like to play with other dogs when I'm not on a leash, I think I'd prefer a home with no other dogs.

While I hope you read this and start to fall in love with me, if I'm not a good fit for you, please share my story and help me find my perfect, permanent loving home.

You can learn more about me



The view is always better when I'm not alone

on the Lost Dog and Cat Foundation website or reach out directly to my foster mom: samantha. brown0524@gmail.com.

ArPets is a weekly feature for highlighting the well-loved pets of Arlington as well as animals who are available for adoption. If you or your dog, cat, iguana, bunny, rat or any other pet, has an interesting pet story to tell, email me at joan@ joanbradyphotography.com.

Joan is an award-winning Connection Newspapers columnist and local photographer specializing in pets, children and families and contemporary business portraits.

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Newcomers & Community Guide

Be Prepared—Election Day is Almost Here

By Shirley Ruhe Arlington Connection

t is easy to vote but voters must pay attention to the details surrounding each method. There are a number of options available to securely vote in the upcoming Presidential election in Arlington.

Vote in-person either the day of the Election at your regular polling site or in-person before the election at one of five sites located around Arlington (listed below.)

* Vote by absentee ballot through the mail or by depositing the ballot in a supervised drop box. Two drop boxes are currently available at 2100 Clarendon 3rd floor and 2100 Clarendon. They are only available during voting hours; not 24 hours a day. On Oct. 17 when the additional early voting satellite sites are open, drop boxes will be available at these sites as well during voting hours.

When you receive your absentee ballot, you will receive two envelopes and must use both of them whether you are mailing the ballot or using a drop box. In both cases insert the envelope containing the ballot into the yellow striped Mail Ballot Return Envelope.

Any voter can vote absentee for any reason replacing the former requirement that a voter had to cite a specific reason from an apImportant dates:

Sept. 18, Early voting begins at the Arlington Courthouse Plaza.

Sept. 18, Absentee ballots previously applied for began appearing in Arlington voter's mailboxes. You can apply for an absentee ballot at elections.virginia.gov. When you receive your ballot, mark it carefully with a blue or black pen, place in envelope B provided, complete information on the envelope and sign. Place that envelope in Mail Ballot Return Envelope with the yellow stripe and return. You may mail through USPS or a commercial delivery service or drop in a supervised drop box location.

Oct. 13, Last day to register to vote. If you are unsure if you are

registered to vote you can check at the one-stop shopping site for Virginia voter information at elections.virginia.gov. If you are voting for the first time, you must submit a copy of a valid ID with your ballot or your initial application. Oct. 17 Early in person early voting begins at four additional satellite sites including Aurora Hills Community Center, Langston-Brown Community Center, Madison Community Center and Walter Reed Community Center.

Oct. 23 Last date for requesting absentee ballots, but don't wait until then.

Nov. 3 Election Day.

Polling places open from 6 a.m.-

7 p.m. Each of Arlington's 54 precincts has a polling place.

On the ballot: President, U.S. Senate, U.S. House of Representatives (8th District), one County Board seat and two School Board seats. There are also two Constitutional amendments and four bond issues on the ballot.

Absentee ballots must be postmarked by Election Day. Be sure to mail at least 10 days before Election Day to account for potential postal backlog caused by heavy mail. The ballot will be counted if it arrives by noon on the Friday after Election Day. Be safe and drop it in a drop box.

For questions: vote.arlingtonva. us or call 703-228-3456.

About the Connection in 2020

his year, 2020 in the time of the pandemic, has been brutal for so many. More than 21,000 residents of Fairfax County have tested positive for COVID-19, and more than 600 people here have died.

Life is vastly different than it was pre-pandemic. Most students have not been face-toface with their teachers or classmates since March. Lucky families are merely juggling homeschooling and home child care with telecommuting and meetings via Zoom.

Less fortunate parents have jobs that cannot be accomplished remotely, and they must find a way to have their children cared for at home while they go to work, risking infection. Even less fortunate people have lost their jobs.

Families of all stripes are facing food insecurity and demand at food pantries has skyrocketed.

Thousands of families could be facing eviction.

Small businesses and their employees hope that Congress will deliver more help. The Paycheck Protection Program was designed at the beginning of the crisis to pay employees for two months. Employees face unemployment; businesses face closure and/or bankruptcy. Customers are unlikely to return to retail businesses, restaurants and other public places in sufficient numbers for revenues to rebound until after the pandemic is under control.

Local newspapers, including the Connection newspapers, are facing an existential threat from the combination of nationwide downturn in newspaper advertising that has been worsening over several years, compounded by the economic crisis of corona-

In the midst of this, we at the Connection hear the call to continue to serve our communities. We still seek to fulfill our mission by continuing to publish, even with reduced resources. It's still our mission to provide information about where to get help and how to help; to disseminate information about the virus and efforts to stem its spread; to tell the stories of those who are helping, of those who are hungry; of those who have gotten sick with the virus, of those who are caring for the sick; and those who are performing essential jobs, from grocery clerk to firefighter to nurses and doctors. It's still our mission to tell the stories of those working for social and racial justice, and battling income inequality in the

Perhaps most of all, it is still our mission to deliver the local news you need, to help make sense of what is happening in your community, to advocate for community good, to provide a forum for dialogue on local concerns, and to record achievements, milestones and events in the community and people's lives. It is still our mission to cover the normal news of the local communities.

We want to know if someone in your family or your community published a book, started a business, became an Eagle Scout, raised money for a good cause, accomplished some feat like running a marathon, supporting a cause or having art included in an art show. We publish photos and notes about personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

Tell us: how are you surviving in the pan-

We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome.

For many months, there were no calendar listings in our papers. Everything was cancelled. Now there is a return of some outdoor events, and many virtual events. If you are planning an event, we appreciate getting notice at least two weeks ahead of the event, and we encourage photos.

Your community Connection newspaper is published by the independent, locally owned Local Media Connection LLC, serv-



ing the suburbs of Metropolitan Washington in Northern Virginia and Potomac, Md. Our flagship paper, the Alexandria Gazette Packet, is one of the oldest continuously publishing papers in the country, beginning publication in 1784.

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MARY KIMM

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www.ConnectionNewspapers.com Newcomers & Community Guide 2020-21

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Virginia Department of Transportation

Boundary Channel Drive at I-395 Interchange Improvements Arlington County

Virtual Design Public Hearing

Thursday, November 5, 2020, 7-8:30 p.m. www.virginiadot.org/BoundaryChannel

Find out about plans to upgrade the Boundary Channel Drive at I-395 interchange. Improvements include reducing Boundary Channel Drive from four lanes to two in order to construct a ten-foot-wide sidewalk along eastbound Boundary Channel Drive and a ten-foot-wide shared-use path along westbound Boundary Channel Drive. The project also includes new roundabouts on Boundary Channel Drive just west and east of I-395 to improve safety and traffic flow, reconfiguring the ramps between I-395 and Boundary Channel Drive, and new crosswalks along Boundary Channel Drive. The project also features a new shared-use path linking the Mount Vernon Trail to Long Bridge Park. This project will involve changes and/or breaks in limited access control.

The hearing will be held as a virtual/online meeting. Information for accessing and participating in the meeting will be posted on the project website (www.virginiadot.org/BoundaryChannel). The VDOT project team will make a short presentation beginning at 7 p.m. and answer questions for about an hour after the presentation.

Review project information and meeting details on the VDOT project website or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-2768 or TTY/TDD 711 to make an appointment with appropriate personnel.

In compliance with the National Environmental Policy Act (NEPA) and 23 CFR 771, the Federal Highway Administration prepared and approved a Categorical Exclusion (CE) on January 17, 2018. The approved CE can be accessed on the project website and includes information on the project's potential impacts to historic properties, water quality, threatened and endangered species, and other environmental resources.

Give your comments after the presentation, submit your written comments by November 16, 2020 via the project website, by mail to Mr. Christopher Barksdale, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or email meetingcomments@VDOT.virginia.gov. Please reference "Boundary Channel Drive at I-395 Interchange Improvements" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775.

State Project: 6587-000-R89, P101, R201, C501 UPC: 116394 Federal: NHPP-5B01 (120)



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Newcomers & Community Guide

It's a Dog's Life (And a Good One) in Arlington

By Shirley Ruhe Arlington Connection

oes Fluffy like grass? Does Charlie like playing with toys and chasing a dusty ball across the lot? Does Bailey like relaxing under a bench in the shade close to the large bowl of water? Does Sam like running down the trail and leaving you in the dust behind?

Arlington has eight sanctioned off-leash dog parks scattered across the county with different facilities to meet the needs of the panoply of personalities possessed by our favorite companions.

Your retriever can quickly become a tan blur as he races the quarter mile trail along the stream at Shirlington Dog Park. The park is located along South Four Mile Run Drive right beside the stream, an attractive nuisance since dog owners are warned about the contamination caused by chemicals that can sicken your favorite companion. If your miniature schnauzer is a little less outgoing, he can stop in the small dog park nearby and cavort with others his own size. Frequent patrons warn it can get crowded, and large unsupervised dogs can get unruly. 2710 S. Oakland Street

If Coco enjoys art, the Ethan Allen dog park offers a romp beside hand painted murals that run the length of the park. There is plenty of room to run while your humans chat on shaded benches located on a platform spotted with fresh bowls of water. This is part of the 15-acre park that includes the Ethan Allen historic site on the National Register of Historic Places 3829 N Stafford Street.

The Utah Dog Park gives your pup an opportunity to share the communal dog toys while listening to the crack of the bat at Little League games during the spring and summer. It is part of the 4-acre Utah Park with a pavilion and picnic tables for humans. 3191 South Utah Street.

Get off work late but Zeus still needs to let off some steam? Towers Dog Park is lighted and open until 10 p.m. It offers a challenge with the wooden obstacle course and plenty of room to exercise but if you are there in the daytime, there is also plenty of shade. This dog park is part of a larger entity with tennis and basketball courts, a picnic pavilion and a sand volleyball court.

There is also a small pup park.



James Hunter Park is a neighborhood park in the Clarendon area offering a crushed granite surface for chasing balls and romping with dogs.

Ethan Allen Park
offers plenty of
room to run as
well as some
shade for relaxing
and a little art
appreciation on
the side.





Shirlington Dog Park hosts both dogs under 25 pounds in its small dog park located at the beginning of the trail and larger dogs along its quarter mile trail running along 4-Mile Run stream. It can be crowded and rowdy so may not be for every dog.

801 S. Scott Street.

Rosie may have to sniff out Glencarlyn Dog Park which is a secluded dog park in the woods accessible by a bridge and difficult to find the first time or even the second. It has plenty of trees, rocks and squirrels but not many other dogs, which can be a plus, or minus depending on your dog's personality. This is the only dog park without fences and dogs are allowed to roam without a leash. 301 S. Harrison Street.

Benjamin Banneker Dog Park is currently closed for renovation. When complete it is expected to include synthetic grass, an ADA-accessible entrance and a concrete splash pad for dogs as well as a separate small dog park. It is part of 11-acre Banneker Park. 1680 N. Sycamore Street.

James Hunter Dog Park is located in the middle of a Clarendon neighborhood with limited parking. It offers plenty of room for Max to run on a crushed granite surface but offers no shade. The waterfall feature in the corner is appealing but often not running. 1230 N Hartford.

Fort Barnard Dog Park is just down the road from the usually crowded Shirlington Dog Park and so is relaxed and less crowded. If Oscar likes sniffing the zucchini and asters, he can mosey through the community garden next door. 2060 South Walter Reed Drive.

FLOURISHING AFTER 55

Arlington's five 55+ centers are closed, however, virtual programs and outdoor programs are available free of charge this month and are open to all residents 55 years of age and older. Residents must pre-register to receive a link to the virtual programs and the outdoor programs. Register at registration.arlingtonva.us or by calling 703-228-4747, option 3. https://parks.arlingtonva.us/programs/flourishing-55/

55+ Centers

❖ ARLINGTON MILL 55+ CENTER, 909 S. Dinwiddie St. (off Columbia Pike), 703-228-7369. Open Monday through Friday, 9 a.m. − 3 p.m. e-mail: nenglund@arlingtonva.us

❖ AURORA HILLS 55+ CENTER, 735 S. 18th St. (near Pentagon City), 703-228-5722. Open Monday, Wednesday, Friday, 10 a.m. − 3 p.m. e-mail: lpaig@arlingtonva.us

❖ LANGSTON-BROWN 55+ CENTER, 2121 N. Culpeper St. (off Lee Hwy.), 703-228-6300. Open Monday through Friday, 9 a.m. − 3 p.m. e-mail: epoole@arlingtonva.us

❖ LEE 55+ CENTER, 5722 Lee Hwy. (at N. Lexington St.), 703-228-0555. Open Monday through Friday, 10 a.m. − 3 p.m. e-mail: sbud-off@arlingtonva.us

❖ WALTER REED 55+ CENTER, 2909 S. 16th St. (between Col. Pike & S. Glebe, off S. Walter Reed Dr.), 703-228-0955. Open Monday through Friday, 9 a.m. − 3 p.m.

e-mail: sreid@arlingtonva.us

* LUBBER RUN $5\bar{5}+$ CENTER (not open yet)

IN THE PARK PROGRAMS: 10/2-10/20

Italian game of bocce, Friday, Oct. 2, 9-10 a.m., Walter Reed 55+ Center, 2909 S. 16th Street. Register after Sept. 23. Registration # 911700-07

Basic drawing class, two parts, begins Friday, Oct. 2, 1-2:30 p.m. Virtual program with community arts programmer, Jennifer Droblyen. Supply list and other details supplied at registration. Register after Sept. 23. Registration # 911301-05.

Folk Music sing-a-long with singer-guitarist Carl Gold, Monday, Oct. 5, 2-3:30 p.m., Lee Center Park, 5722 Lee Highway. Bring a lawn chair. Registration # 911702-06

Outdoor needle craft group, Monday, Oct. 5, 10 a.m. – noon, Virginia Highlands Park, 1600 S. Hayes Street. Registration # 911703-09.

Lee Book Club members to discuss, "Unorthodox: The Scandalous Rejection of my Hasidic Roots" by Deborah Feldman, Lee Center Park, Tuesday, Oct. 6, 10-11 a.m. Bring a lawn chair.. Registration # 911402-06.

Drumming Circle, Tuesday, Oct. 6, 10-11 a.m., Highview Park, 1945 N. Dinwiddie Street. Registration # 911702-07.

Yarn Creations, Enjoy crocheting and knitting with friends, Wednesday, Oct. 7, 1-2:30 p.m., Langston-Brown Plaza, 2121 N. Culpeper Street. Registration # 911703-13.

Acoustic Hour, live music from the 50s to today, Friday, Oct. 9, 1-2 p.m., Virginia Highlands Park, 1600 S. Hayes Street. Registration # 911802-04.

Line dancing for fun, Friday, Oct. 9, 10-11 a.m., Virginia Highlands Park, 1600 S. Hayes Street. Registration # 911701-06.

Just Play'n Country, Friday, Oct. 9, 2 -4 p.m., Lee Center Park, 5722 Lee Highway. Bring a lawn chair. Registration # 911702-11

Fast paced walking club, Friday, Oct. 9, 9-10:30 a.m. Meet at Aurora Hills Center, 735 S. 18th Street. Registration # 911109-14.

Explore Fort C.F. Smith Park, 2411 N. 24th St. with Park Historian John McNair, Saturday, Oct. 10, 10 a.m. – noon. Registration #



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Newcomers & Community Guide

Arlington Life



The Clarendon Metro stop is located in the middle of a vibrant neighborhood of shops, restaurants and a farmer's market.



Arlingtonians bustle through the 8 blocks crowded with several bands, street vendors and children's activities at Clarendon Days in September in this diverse street festival.



Arlington Parks and Recreation offers a wide variety of trips, classes and activities for seniors over 55 in the county including cooking demos, language classes, dancing lessons, Tai Chi, basketball, and a senior gym. This talent contest was held at Lee Senior Center.



The Arlington park system includes 148 parks with 99 percent of its residents living within a 10-minute walk from a park. Park facilities include 4 spray grounds, which normally open on Memorial Day weekend and close Labor Day weekend but were closed this year to coronavirus restrictions.



The Arlington Central Library has a "hold pickup" initiative that allows a library patron to order books in advance and pick them up in the auditorium. All other services and branches are currently closed due to the coronavirus restrictions.



Bike to Work Day is held in the spring with local bike stores hosting bikers who pick up granola bars, water and T-shirts and enjoy a bit of entertainment on their way to work or school.



FILE PHOTOS BY SHIRLEY RUHE/ARLINGTON CONNECTION

Every year Santa is busy all around Arlington from his arrival on a fire truck at Cherrydale Volunteer Fire Station on Lee Highway to offering his lap and his ear at the annual Green Valley Community Christmas party at Drew Community Center.



Virginia Hospital Center is a 394-bed not-for-profit teaching facility that is part of the Mayo Clinic Care Network. It is located at 1635 N. George Mason Drive.



Over 800 participants compete in Northern Virginia Senior Olympics (NVSO) in September each year around 25 venues in the Northern Virginia area. NVSO features 60 different events from croquet to pickle ball, horseshoes, softball throw, tennis, Mexican train dominoes and a new event, jigsaw puzzles. This group has just competed in the diving event at Yorktown High School swimming pool.



The Columbia Pike Fall Fest features activities for all ages inspiring dancing in the aisles to musical artists to engaging with local artists, and sampling foods from around the world.



Arlington Street People's Assistance Network (A-SPAN) operates a Homeless Services Center offering a wide array of assistance from food, shelter, counseling, nursing services and job training. The community provides supplemental food assistance for the homeless with bagged meals.



Arlington Food Assistance Center is a non-profit organization serving an average of 2,283 needy families each week with supplemental groceries. The Stamp Out Hunger initiative is one of the many fundraising efforts supported by the community.



Culpepper Garden is the largest low-income retirement property in the area and offers high quality, affordable senior living with both independent living and assisted living apartments.



Welcome to Arlington as you travel over Chain Bridge spanning the Potomac River from D.C. It carries 22,000 cars each day and serves as a major traffic artery between the two locations.



Lucky Dog holds a dog adoption event at the Harrison Shopping Center.

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Newcomers Guide

You Can Be Part Of the 'Arlington Way

Opportunities to get involved in Arlington are diverse and fun.

By Eden Brown The Connection

here are more than a hundred ways to get involved in Arlington. To name just a few:

- * The Outdoor Lab: The Phoebe Hall Knipling Outdoor Lab is a 225-acre facility that provides science and outdoor education to the students of Arlington County Public Schools. In this natural classroom, urban youth — often for the first time — can run in a meadow, climb a mountain, hike beside a stream, or fish in a pond. The non-profit Arlington Outdoor Education Association owns the land and buildings and partners with Arlington Public Schools who provide the teachers, buses and science programming at the Outdoor Lab. Volunteers and donations are welcome: see: https:// outdoorlab.org
- * Master Gardeners of Northern Virginia: Offered by Virginia Cooperative Extension (VCE), Arlington County Office, in partnership with the City of Alexandria, the VCE Master Gardener program trains participants in best management practices of gardening and landscaping techniques that preserve and sustain the environment.

https://mgnv.org

- **❖** Tree Stewards of Arlington/ Alexandria: Volunteers who take the lead to enhance a sustainable urban forest through volunteer activities and public education programs. Volunteer activities include planting, pruning, mulching and watering of street, park and school trees; staffing informational booths at farmers' markets and local festivals; leading neighborhood Tree Walks and speaking at community gatherings; advocating for trees wherever and whenever needed. For more: https://treestewards. org/about/
- * Audubon Society of Northern Virginia: ASNV's mission is to conserve and restore natural ecosystems, focusing on birds, other wildlife, and their habitats for the benefit of humanity and the earth's biological diversity. They offer bird walks, bird counts, classes, and other "outside" activities perfect for a pandemic era. See:

https://www.audubonva.org

Arlington Foster Parents: Arlington Foster Care/Adoption Program's mission is to provide temporary living arrangements, care and parenting for children who can no longer live in their homes because of abuse, neglect or other severe family problems. http:// www.arlingtonva.us/fostercare

* Challenging Racism: This local group was founded to promote "a just and anti-racist society that celebrates personal stories and bears witness to our shared humanity." Through volunteers, their mission is to empower and inspire people to disrupt racism one compassionate conversation at a time.

https://www.challengingracism.

* Restorative Justice: -Restorative practices help build community and create effective responses to conflict and harm. The Restorative Arlington initiative is bringing people together to plan how we will adopt restorative practices in Arlington's legal system, schools and community settings.

https://www.facebook.com/pg/ arlingtonrj/

- ❖ NAACP, Arlington Branch: The vision of the National Association for the Advancement of Colored People is to ensure a society in which all individuals have equal rights without discrimination based on race. The Arlington branch is active in the local community. See: http://www.arlingtonnaacp.com/home.html
- **& EcoAction Arlington** is a group that protects and improves water, air, and open spaces in the Arlington community and nearby areas by promoting stewardship of our natural resources and connecting all citizens to practical solutions that achieve a sustainable lifestyle.

They work to promote the 4R philosophy (Reduce, Reuse, Recycle, Rot) in Arlington schools and businesses. See: https://www.ecoactionarlington.org/

Arlington Public Schools: Arlington's school system has a strong reputation, but to maintain that, it must have a strong PTA and community involvement. Try joining the local PTA or Advisory Councils on Instruction, which give parents a chance to influence the school board on matters such as language, technology, and arts instruction. For more information, see: https://www.apsva. us/school-board-advisory-councils-and-committees/

SEE GET INVOLVED, PAGE 9

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Arlington Restaurants—Around Town



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hatever your taste you are sure to find it in Arlington. The dining options may have changed due to COVID restrictions so be sure to check before you set out. A sample of the many food choices is included below.

> All of these restaurants are open for delivery.



Café Sazon

Liberty Tavern

3195 Wilson Blvd.

Open for indoor dining at 60

percent capacity as well as outdoor

sidewalk tables which are popular

for an afternoon glass of wine.

Ready for the afternoon crowd to

order The Dude pizza, homemade

pecorino gnocchi or the daily spe-

cial such as prime rib on Sunday.

Offers pupusas, chicken empanadas as well as a selection of pastries including pineapple and strawberries turnovers. Pick a patio table, eat inside or take home carry out. 4704 Columbia Pike



Open for 60 percent indoor dining at a popular spot for families with well known large platters including their brunch items like the fried chicken and waffles, the homemade challah French toast and a variety of lunch entrees like the hot turkey platter and chicken souvlaki. Featured on Diners, Drive-Ins and Dives. 4711 Lee Highway



Chill Zone Cafe

Open for take out and curbside pickup of the popular beef, chicken or pork Banh Mi sandwiches, Viet tacos, Pho and a variety of ice and hot Viet drinks including bubble tea. The owner, Daniel Bui, readies a take out order. 2442 N. Harrison



Sloppy Jo Mama's BBQ

Open for curbside pickup of BBQ sandwiches, ribs and sides as well as Thursday night rotating specials such as crabs, chicken parmesan and cowboy rib eye steak dinner. Josue Madrigales serves a new breakfast special-brisket on a homemade biscuit with egg and cheese. 5731 Lee Highway.



Opens for dinner with curbside or



Sushi Zen

take out at 4:30 p.m. for tempura assortment, cherry blossom roll, blue fire or alligator roll. 2457 N. Harrison Street.



what it used to be. 1127 N. Hudson. **Cowboy Cafe**

Open with a few indoor tables and for pick

up of the popular grilled pork with vermicel-

li, spring rolls or orange beef. While it used to

have a lively lunch crowd, Richard Nguyen,

manager, says it now the office buildings close

by are vacant, and business is 30 percent of

Nam Viet Restaurant

Open for Tuesday halfprice burgers, chili, wings and your favorite lunch sandwich at this local watering hole. Limited inside dining, curbside delivery or pick up. A mural is in progress on the wall next door as they create a new patio space in the parking lot with outdoor tables complete with a big screen TV. 4792 Lee Highway



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Open for inside pick up of pre-made Italian subs, pizza and shopping for Italian groceries. Curbside pickup for preordered sandwiches and pizza as well as family dinner special such as lasagna for four. Jack Burris has just made a Milano, the most popular sub, while Ellisa Koller is dishing out the best selling plain cheese pizza. A few outdoor tables. Two locations: Westover and Lyons Village.



La Union grocery

Open for Latin American groceries with an in-house butcher as well as a deli counter with Salvadoran platters made on the spot including their pork and cheese pupusa with slaw, the beef empanada and the grand finale of creamy dulce le leche. 4308 Lee Highway.

8 ARLINGTON CONNECTION SEPTEMBER 30 - OCTOBER 6, 2020

Newcomers

Get Involved

From Page 7

- ❖ Sierra Club of Northern Virginia is a grassroots organization that advocates for a Virginia where all people may enjoy our natural treasures, access clean air and water, and thrive in a healthy community. They coordinate action to promote climate solutions and oppose projects and policies that put the interests of corporate polluters above the needs of communities. (They recently played a role in getting the Virginia Clean Economy Act passed.) https://www.sierraclub.org/virginia
- ❖ Tree Action Group: Arlington Tree Action Group (ATAG) is a network of citizens working to preserve and grow Arlington, Virginia's urban forest to keep Arlington green and fulfill the Vision stated in the County's Urban Forest Master Plan (2004) see:https://arlingtontreeactiongroup.org
- ❖ Committee of 100: The Arlington Committee of 100 fosters open and vigorous discussion of issues involving all facets of community life in Arlington. The Committee's monthly forums are open to all and provide a non-partisan setting in which issues of local, regional, and state interest are addressed by experts, with audience participation in lively Q&A sessions.https://www.arlingtoncommitteeof100.org
- * Arlington Housing Corporation: AHC takes a holistic approach to affordable housing. We create innovative development strategies, manage our properties professionally and provide life-changing programs for residents. see:

https://www.charities.org/charities/arlington-housing-corporation-ahc-inc

- ❖ Literacy tutoring: AHC will start its educational programming virtually in the fall. Volunteers will join a virtual video call at a set time each week; email volunteer@ ahcinc.org.
- ❖ Arlington Branch of League of Women Voters: A nonpartisan group of men and women, the League of Women Voters of the United States encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy. See: https://www.lwv.org/local-leagues/lwv-arlington
- *Arlington House: The home of Robert E. Lee, the house is a snapshot of history of pre-Civil War life as well as the consequences of the war. It depends on volunteers who work with National Park Service staff. https://www.nps.gov/arho/index.htm

And don't forget: just a short drive

SEE GET INVOLVED, PAGE 10







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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

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

MONDAY/OCT. 5

MSNBC's Chuck Rosenberg. 3-4:30 p.m. Virtual online event. Join former federal prosecutor and senior FBI official Chuck Rosenberg for a discussion before the election about current events and the rule of law, as well as legal and policy issues surrounding the approaching election. Advance registration is not required, and this free event is open to all. You may be prompted to enter your name and email address before being admitted to the webinar. Visit the website: https:// encorelearning.net/

TUESDAY/OCT. 6

Due to the coronavirus pandemic, National Night Out, which is held annually on the first Tuesday in August was postponed until October. For the continued health and well-being of our community, the Arlington County Police Department has made the decision to cancel attending in-person NNO events for 2020. The Police Department remains committed to actively engaging with the community and is available to attend virtual neighborhood events from 5-7 p.m. on Tuesday, October 6. Neighborhoods wishing to have representatives from the Police Department attend their virtual event should email ACPDMedia@arlingtonva.us by Friday, October 2.

THURSDAY/OCT. 8

Biophilia Live. 7:30-8:30 p.m. Online

Get Involved

From Page 9

from Arlington are some of the wonderful sites that can always use volunteers; there are many benefits to being a friend to these organizations:

Employment

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Announcements

via Zoom. Join EcoAction Arlington as they kick off the Love Our Living World series with Biophilia Live!

Featured speakers will share ways they enjoy and incorporate nature into their lives followed by a Q&A. Visit ecoactionarlington.org

for details. THURSDAY/OCT. 8

Suburbanization, Segregation, and Community Development in Arlington. 7-8:30 p.m. Online. Lindsey Bestebreurtje will explore segregation and

racialized zoning and planning laws in Arlington to see how they impacted the county's growth from the 1900s to the 1970s. How did

Arlington's community grow together and in opposition in the fastest growing county in America. To attend this online presentation, register by Oct 7 at https://forms.gle/

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FRIDAY/OCT. 9

Gardening for Wildlife: Audubon at Home Wildlife Sanctuary Certification. 10 a.m. Online. Looking for a way to make an environmental difference in your own yard, church grounds or condo complex by creating a sanctuary for wildlife using native plants and other resources? This friendly talk reviews how you can obtain an Audubon at Home Wildlife Sanctuary Certification in your garden. Speaker Alyssa Ford Morel is an Extension Master Gardener, Master Naturalist and

the Audubon at Home Co-Coordinator for Arlington County. Free. RSVP at https://mgnv.org/events/ to receive link to participate.

ALL-DAY DINING COMING TO ROSSLYN CITY CENTER

Real estate leader American Real Estate Partners is developing a 29,000-square-foot project that will create a new venue for all-day dining, working and socializing for Rosslyn City Center.

The new gathering place from restaurateur and DMK Restaurants co-founder David Morton and his partner Scott Gidwitz will anchor the office, retail and transit hub at 1700 N. Moore Street, where AREP is completing a \$35 million renovation with inspired design features, reimagined workspaces and experiential shared environments. The Rosslyn City Center location is expected to open in Spring of next year.

FALL CLASSES AT ARLINGTON ARTS CENTER

Arlington Arts Center (AAC) is offering Fall 2020 art classes for novice and seasoned artists of all ages, from children to adults. AAC's classes will be held primarily online this fall, but they will be offering one small and special in-person Drawing and Mixed Media class for ages 8-10. Enrollment will be capped at 8 so sign up early. Visit the website https://arlingtonartscenter.org/ education/

Mount Vernon, the Shakespeare Theater, Oatlands, Wolftrap, Kennedy Center for the Performing Arts, Arena Stage, are just a few of the places that could not survive without vol-

Legals

unteers. Lastly, check out the list of local non-profits in this edition of the Connection: many of them, including Thrive, A-Span, AFAC, and NVFS also welcome volunteers.

Employment

ABC LICENSE

Capay Trail LLC trading as PAINT Nail Bar,1520 Clarendon Blvd., Arlington, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF AL-COHOLIC BEVERAGE CONTROL (ABC) for a Day Spa License to sell or manufacture alcoholic beverages. Kevin Donohoo, Own-

er. 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.

MANAGERS-CONSTRUCTION

(Arlington, VA): The position will exercise discre tion over the day-to-day construction operations of Lidl's stores, distribution centers, offices, and special construction projects. Please mail resumes to Lidl US, attn. Viktoryia Johnson 3500 S Clark St, Arlington, VA 22202. Ref job #DB551316

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

Announcements





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Plaintiff: Antonio Allen of 4307 Maple Leaf Lane Wilson NC, 27893 is giving public notice of a divorce action with

Defendant: Jayne Temico Taylor-Fernandez of 2707 9th. Street South Apt. 41-A Arlington VA. 22204

At Wilson County Courthouse 115 Nash Street E. Wilson NC, 27893 Main Phone # 252-206-3000

The plaintiff, Jayne Temico Taylor-Fernandez must file an answer to the complaint within 40 days of the date of the service by publication.

Newcomers & Community Guide

Some Arlington Nonprofits

Give Locally in Arlington

*Arlington Free Clinic provides free, high-quality health care to low-income, uninsured Arlington County adults through the generosity of donors and volunteers. www.arlingtonfreeclinic.org 2921 11th St. South, Arlington, VA 22204, 703-979-1425

*A-SPAN provides services for Arlington's street homeless. Its mission is to secure permanent housing for one of Arlington's most vulnerable populations. P.O. Box 100731 Arlington, VA 22210, A-SPAN strives to end homelessness in Arlington through housing and ongoing case management. Learn more about our housing programs; medical, employment and Day programs. A-SPAN provides shelter and shelter-based supports. 703-820-4357, www.a-span. org/ and www.facebook.com/aspan.org/

*Arlington Thrive provides one-time, sameday emergency financial assistance to Arlington residents facing a financial crisis, and also has programs to help prevent homelessness. 703-558-0035, www.arlingtonthrive.org

❖Bridges to Independence - Bridges to Independence leads individuals and families out of homelessness and into stable, independent futures. They offer a continuum of aid and support for all family members, helping them attain financial security and move forward into self-sufficiency. www.Bridges2.org

Animal Welfare League of Arlington - Since 1944 the Animal Welfare League of Arlington has worked to improve the lives of animals. Help them create a world where all companion animals find homes; enjoy their lively social media presence. Rabies & Microchip Clinic, Oct. 8 @ 6:30 pm - 8:30 pm by reservation only. Sign-ups for each date will open a week before the clinic date. Rabies shots are \$10, microchips are \$35. www.awla. org/event/drive-up-rabies-microchip-clinic-3/703-931-9241, www.awla.org

♦OAR (Offender Aid and Restoration) Offender Aid Restoration (OAR) community based nonprofit working with individuals returning to the community from incarceration and offering alternative sentencing options through community service. 1400 N. Uhle Street, Suite 704. 703-228-7030 www.oaronline.org

*Doorways for Women and Families provides services to help women out of domestic violence and homelessness toward safe and stable lives, Arlington, www.doorwaysva.org, 703-504-9400.

❖The Arlington Food Assistance Center provides supplemental food assistance to Arlington County residents, distributes groceries to over 2,300 families every week. More than 35 percent are children. 2708 South Nelson Street, Arlington, VA 22206, www.afac.org/, 703-845-8486.

♦ Habitat for Humanity of Northern Virginia, Arlington, 703-521-9890.

*Arlington Partnership for Affordable Housing (APAH) has expanded its Resident Emergency Fund to help more than 4,000 low-income neighbors hit the hardest by the economic repercussions of COVID-19.

Donations to this fund go directly to struggling households to help them meet their basic needs like putting food on the table, paying their rent or utility bills, keeping infants and toddlers in diapers, filling prescriptions, and picking up personal hygiene items. https://apah.org/

❖ Just Neighbors provides immigration legal services to low-income immigrants in Washington D.C., Maryland and Virginia, especially those who are most vulnerable. 7630 Little River Turnpike, Suite #900, Annandale justneighbors.org

❖The Lost Dog & Cat Rescue Foundation helps homeless pets find their way into loving homes through rescue and adoption. We offer same-day adoptions and two-week trial periods. ALL pets are spayed or neutered prior to adoption. www.lostdogrescue.org/ P.O. Box 50037, Arlington, VA 22205; To donate www.lostdogrescue.org/donate-now/ or email giving@lostdogrescue.org 703-295-DOGS

Northern Virginia Family Services, 571-748-2500, www.nvfs.org, Employment and job training, healthcare, housing, mental health, foster care and Healthy Families.

♦ Second Story — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182. 703-506-9191, second-story.org. Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children.

❖Comfort for America's Uniformed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, 703-591-4965, cause-usa. org

org
Neighborhood Health Clinics www.neighborhoodhealthva.org, Improving health and health equity in Alexandria, Arlington, and Fairfax by providing access to high quality care regardless of ability to pay.

Literacy Council of Northern Virginia, 703-237-0866, www.lcnv.org, Teaches adults the basic skills of reading, writing, speaking and understanding English.

❖The Community Foundation of Northern Virginia works to respond to critical needs and seed innovation in our region. www.cfnova.org/for-donors/donate-now

❖TAPS, Tragedy Assistance Program for Survivors, 3033 Wilson Blvd., Third Floor, Arlington, VA 22201, Call 24/7 800-959-TAPS (8277) The Tragedy Assistance Program for Survivors offers compassionate care and resources to all those grieving the loss of a military loved one. Make a donation to support surviving military families and loved ones. You can also make a gift in honor or memory of a loved one. www. taps.org/donate

*Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org/

❖Ronda A. Gilliam Clothing Bank provides free clothing, shoes and linens to individuals of all ages. Located in Arlington Presbyterian Church, 716 S. Glebe. 703-920-5660.

❖Shirlington Employment and Education Center (SEEC) established to link employers with temporary day laborers; serves mainly low-income immigrants. At the Arlington Mill Community Center at 909 S. Dinwiddie Street, Suite 422, Arlington, VA 22204 703-933-1101 or seecjobs.org

*Alliance for Housing Solutions 3100 Clarendon Blvd, Arlington, VA 22201 703-859-0452, working to increase the supply of affordable housing in Arlington County and Northern Virginia through public education, policy development, advocacy and innovation. https://www.allianceforhousingsolutions.org/

*Catholic Charities Diocese of Arlington, 200 North Glebe Road, Arlington, VA 22203 (703) 841-3895 www.ccda.net

♦ Homeward Trails Animal Rescue, PO Box 100968 Arlington, VA 22210 (703) 249-5066 We find homes for dogs and cats rescued from low-income, rural animal shelters or whose owners can no longer care for them. www.homewardtrails.org

♦ The Clothesline for Arlington Kids, 2704 N. Pershing Drive, Arlington, VA 22201 (703) 243-2615 Collects new and clean, gently used quality clothing from the community, and distributes it free of charge to low-income schoolaged children in a welcoming space. www. clotheslinearlington.org/



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And So It Continues



By KENNETH B. LOURIE

Two-plus weeks into my thyroid cancer treatment, all is as I anticipated. I'm still not in a comfort zone, routine wise, nor side-effect wise, I am feeling some predicted discomfort. I won't self-indulge and list the difficulties that I'm having. I will say that even though I'm extremely thankful not to have experienced any of the more severe side effects (blood clots, arrhythmia), I have felt something. The 'something' I've felt has been made more complicated due to the synthroid pill I take daily, since I had my thyroid surgically removed in late January, 2020. The proper dosage, prescribed to replace the function of the thyroid is not easy to determine. As such, I'm not exactly feeling myself. I'm not sure who it is I'm feeling (as Groucho said because he could never get that close), but it's not who I've come to feel.

The complication I refer to is the effect on my thyroid replacement medication (synthroid) by my thyroid cancer pills. What happens, I'm told, is that the synthroid's effectiveness is partially mitigated by the cancer medication and as a result, I need regular lab work to monitor the situation and maintain proper thyroid replacement. If my thyroid hormone is too low, I'll feel tired and unmotivated. And since a side effect of the thyroid cancer medication is among others, fatigue, I am tired for two reasons: the cancer drug itself and the effect the same cancer drug has on the synthroid pill, which has everything to do with my energy level.

Now, not only am I a two-for-the-price-of-one cancer patient (non small cell lung cancer and thyroid cancer), I am also a thyroid cancer patient being treated for cancer and for the replacement of the thyroid. As a result, in addition to juggling two cancers, I am also juggling one cancer with two semi competing side effects: feeling tired due to low thyroid hormone and feeling tired as a side effect of the thyroid cancer treatment. I imagine one or the other would be manageable but simultaneously, not so much. (I guess it's another BOGO-type situation).

Granted, it's a living and it sure beats the alternative. Still, I was hoping one set of side effects would be enough rather than having to consider a second set (side effects of the side effects, if you will). My concern is compounded by something my oncologist was wary of doing years ago: Treating the side effects, in addition to treating the cancer. Moreover, he said that often it's the side effects that become so debilitating and harmful that the actual cancer treatment itself has to be stopped. And though your quality of life might improve - with the reduction/elimination of the side effects, the cancer is now left untreated and cancer left untreated generally speaking, doesn't usually mind it's own business, if you know what I mean? In either scenario, you're unlikely to be smelling any roses

And not 'smelling any roses' is what I'm most worried about. Stopping treatment for the thyroid cancer would be bad enough, but what about my previous pre-existing stage IV, non small cell lung cancer diagnosed Feb. 2009? I'm currently not receiving any treatment for that as we defer to the thyroid cancer. If I have to stop the thyroid cancer treatment because of the side effects, will I then re-start the lung cancer treatment for which I had very minor side effects. Is treating the back-up (so to speak) cancer better than not treating the new primary: thyroid cancer? As you can possibly tell, I am potentially between a rock and a very hard place.

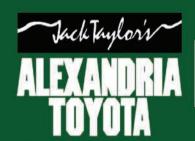
Nevertheless, as my oncologist emailed me a month or so ago when we received the results of my third tumor biopsy (which was taken from a tumor inside my lung rather than outside from a lymph node), "Thyroid cancer is better than lung cancer." And though I certainly liked the sound of that when I first read it, the present complications were not yet a part of the discussion. But that's what being a cancer patient is all about: an evolving existence of good, bad and indifferent information with nary a guarantee in sight.

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

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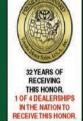












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