

The Arlington Connection

Ann Shanley, making
wildflower bouquets in
a Wyoming field at 90.

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PHOTO BY EDEN BROWN/THE CONNECTION

MOTHER'S DAY

Moms are Always There, Until They Aren't ... Or Are They?

Reflecting on mothers from a different era.

BY PAMELA MATHES
THE CONNECTION

Moms are always there. They pop into your mind even when they are not physically there, especially if you are weighing the odds of getting caught doing something that she warned you not to do. She is somehow there especially if you accomplished something you really did not think you could tackle, say nothing of complete. She has always been that “conscience” sitting on my shoulder. You know that special look that conveys so much without words having to be said.

So this Mothers Day, I realize that my mother will really never again be physically available to me. She died on Jan. 4, 2021, and I have been so busy settling her estate and continuing to “do” things for her and tie up “life’s packages” in her honor, that I truly have not taken the time to say goodbye. It is a task that I knew intellectually would arrive, but now that it is here, I am in awe of where it may take me.

My mother came from a small town in Beloit, Wisconsin. She dated her childhood sweetheart in high school and spent the next 73 years of her 95 years with “the love of



Alexandria resident Pam Mathes (right) with her mother, Pat. And in the middle, a big nosy poodle named Phoebe.

her life.” They were the perfect Navy couple – solid, social and responsible. They were dedicated to making a better life for themselves and their children and were totally devoted to one another. She was the perfect Navy bride, always stepped up to serve where and when needed. Although never officially recognized by the Navy as the hard working, conscientiously faithful accomplice to Dad’s successes, she proudly was there to celebrate his career. She was always there to celebrate accomplishments of both her son

and her daughter.

I guess you could say that my mother lived her life through others. She was from the era of brave women who were not allowed to have careers and were expected to get married, to have children and to delight in keeping the house clean with delightful meals on the family table. She did all those things beautifully, graciously and never asked for recognition. It was expected so she stepped up and made sure expectations were met fully and grandly.

She was the springboard from which each of us jumped into life. We knew that life’s needs would be met while we were off taking chances too risky for a wife or mother. We exercised the fruits of our education that she would not be able to pursue as a wife or mother. We had the celebratory recognition of achievement that she would set up, coordinate, bake for and welcome as a hostess to all in attendance.

In 2018, just after my Dad died, I did get the chance to tell my mother just how much I observed her dedication – her self-effacing strength. I told her that although we never said the words, we knew deep down inside who was responsible for the predictable warmth and security associated with home.

At this time, dementia had truly blanketed her ability to respond verbally.

As I took her hand to communicate my thoughts, I saw how the years had marred her skin and had made her look frail. And then I felt it -- that strong squeeze, that knowing shake and that pull on my arm. Again, with no words my mother assured me and made me feel appreciated. She comforted me while I was doing my best to comfort her.

So that is the way it is now. She comforts me as I live without her. Her memory, her words, her hug, her reassurance will never leave me. Even though I cannot see her physically, her presence is there. Moms are always there.

PHOTO CONTRIBUTED



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LIFE'S
JOURNEY

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THE CONNECTION
NEWSPAPERS

MOTHER'S DAY

It's Mom's Turn: Try Breakfast in Bed

BY SHIRLEY RUHE
ARLINGTON CONNECTION

It's her special day. Mom may want to get dressed up and go out for brunch or she may want to just stay in bed. But of course that doesn't mean she doesn't expect a special breakfast that she doesn't have to make herself.

She may not love to share a bowl of your fruit loops but scrambled eggs are easy for kids because you are supposed to break the eggs. And what kid doesn't love to whip them up around and around in the bowl? But what else to serve on her tray for that special surprise?

Bayou Bakery, Coffee Bar and Eatery on Courthouse Road offers a Breakfast in Bed bundle, which is a collection of petite croissants, savory scones and a mini-banana loaf, packaged in a custom box. You could supplement it with pepper jelly for an extra zip. Orders must be placed by cob Thursday, May 6. The best thing about this selection is that despite how hungry mom may be, there is plenty leftover for everyone including you.

Best Buns Bread Company in Shirlington offers Mom's Breakfast in Bed tray with chocolate, plain and almond croissants, orange and cherry scones with a heart-shaped cookie and raspberry jam. If you want to be nice to everyone, you could tuck in dad's favorite Katie's-No-Ham breakfast sandwich or your sister's favorite sticky bun. But even breakfast demands des-



Duck Donuts fall into hot fat in front of your eyes and can be customized with your choice of coating, topping and drizzle.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

sert on Mother's Day so a two-layer 5.5-inch chocolate personal heart cake with a special message will hit the spot.

Maybe mom is more of a donut lover. Duck Donuts on Harrison Street allows you to create an individualized donut with mom's favorite frosting, topping and drizzle. The donut falls into the vat of hot fat in front of your eyes. It can be topped with just about any flavor you can imagine including chocolate, strawberry, vanilla, lemon, blueberry and maple. Then on to the toppings: coconut, crunchy bacon, rainbow sprinkles, graham crackers and more. And finally some drizzle on the top if you choose. For Mother's Day, they feature a donut special vanilla with strawberry drizzle and chocolate icing with red, white, and blue sprinkles.

And you know that old saying about eating dessert first. Pastries



Best Buns offers heart shaped cookies for mom as well as a Breakfast in Bed tray.



Bayou Bakery, Coffee Bar & Eatery offers a Breakfast in Bed bundle to surprise mom on her special day.



PHOTOS CONTRIBUTED

Randolph's Bakery meets the demand to eat dessert first with its wide selection of pastries, cookies and cakes including this completely edible flower pot.

sneak in your favorite or try something new.

by Randolph in Lee Heights Shopping Center has pastries and pastries and pastries and cookies and cakes and pastries. They have tulip sprinkle cookies, signature cakes such as the marble mousse ribbon, a variety of French pastries such as the pavlova, blueberry almond dacquoise, chocolate Bavarian,

cream puff swan and opera with a bit of gold leaf. And if your mother is a gardener, you can pick up a completely edible flower pot with the milk chocolate pot filled with a layer of strawberry mousse, chocolate mousse, covered in Oreo cookie "dirt" crumbs with an edible sugar pansy on top. Be sure to

Our Mothers Had Few Rights, Much Courage

Reflecting on mothers from a different era.

BY EDEN BROWN
THE CONNECTION

All my friends were losing their mothers, and this year, it was my turn. When we packed out my mother's room in her assisted living facility after Christmas, my brother delegated the bureau drawers to me as they contained her underthings, her jewelry, trinkets — the core of her femininity. He was ruthlessly plowing through the



Ann Shanley, making wildflower bouquets in a Wyoming field at 90.

PHOTO BY EDEN BROWN

bookcase, tossing wildly.

There, under the boxes of clip-on earrings and embroidered handkerchiefs, next to the folded half-slips and white gloves, as though it were the most valuable of jewels, was a small black and white service badge saying "Colby Junior College for Women." She had spent a year there before leaving to get hastily married. It was the kind of badge you sewed on your white blazer with Navy piping and wore with white socks and saddle shoes. It was the only vestige of her brief year of transition from high school to Life, other than her lavish debutante photos. All possibilities were open to her. She came from a good family. She had a roommate she

adored. She was pretty, creative, and fun.

I took it out of her bureau drawer and winced a little. She had kept it in that drawer, the contents of which had

been sorted many times during countless moves in the intervening 73 years.

Her latest moves, when she downsized three times, from house, to apartment, to smaller apartment, to one room had sifted out many more valuable things. She had distributed her silver, her grandmother's bible, the plaque about her great grandfather, her collection of small

SEE OUR MOTHERS, PAGE 9

Walk In Vaccine Clinics

Arlington County's Public Health Division is offering walk-in vaccine clinics to individuals ages 16 and up this week. No appointments are required.

Please bring any form of identification to confirm your identity. Examples include driver's license, utility bill, insurance card or pay-

stub. Arlington residency is not required; anyone from any jurisdiction is welcome.

Walk-ins are welcome Monday, May 3 through Friday, May 7 at the following sites:

❖ Walter Reed Community Center, 2909 16th Street South, Arlington, VA 22206, Hours: Mon-

Fri, 10am-3pm. Age requirements: 16 and over (individuals ages 16-17 will need to be accompanied by a parent or guardian who can provide permission to get the COVID-19 vaccine). Vaccine available: Pfizer

❖ Crystal City, 2100 Crystal Drive (GPS for parking: 220 20th Street South), Arlington, VA

22202; Mon-Tues, 10am-3pm; Wed-Fri, 9am-7pm; Age requirements: 18 and over; Vaccines available: Moderna and Johnson & Johnson

Individuals can still schedule appointments by visiting the County website or by calling 703-228-7999 <https://www.arlingtonva.us/covid-19/vaccines/registration/>

Beyer Submits Community Project Funding Requests

To support Northern Virginia infrastructure, police reform, health care.

U.S. Rep. Don Beyer (D-VA) submitted requests for federal funds for Virginia's 8th Congressional District. The Fiscal Year 2022 Community Project Funding Program will provide targeted funding for local projects across the country.

"The Community Project Funding requests I submitted on behalf of Arlington, Alexandria, Falls Church, and Fairfax all support local initiatives which would significantly benefit our community," said Beyer. "The infrastructure requests would enhance pedestrian routes in the region, support EV's and other environmentally friendly initiatives, fund mental health resources, and support a pilot program for the deployment of body-worn cameras for the Alexandria Police Department. My requests also include funding to help implement some of the recommendations made by the National Park Service safety study for GW Parkway which was recently completed."

New rules adopted by the House of Representatives in the 117th Congress allow each Representative to submit funding requests for up to 10 projects within their district for FY22, without any guarantee of approval. Project requests must fall within a limited scope of federal accounts and direct funds to state and local government and select non-profits.

Details can be found here. <https://beyer.house.gov/blog/?postid=5133>

❖ Project Name: Bluemont Junction Trail

Recipient: Arlington County Department of Parks and Recreation
Amount Requested: \$325,000

This project will mill and repave a segment of the Bluemont Junction Trail and adjacent connector paths. This is one of Arlington County's most heavily used multi-use trails, which serves many members of the community and surrounding areas, including commuters and recreational cyclists,

joggers, pedestrians, and dog walkers.

The current trail pavement and connectors are in deteriorating condition with limited or poor access from adjacent and intersecting streets.

The trail, which was built in the late 1980s, runs for approximately 1.2 miles connecting the Washington & Old Dominion Trail (W&OD Trail) to the Four Mile Run Trail in and near Bluemont Park. Like the W&OD Trail, the Bluemont Junction Trail follows a former railroad route connecting the W&OD rail line to the Ballston area of Arlington, Virginia.

❖ Project Name: Glencarlyn Park Pedestrian Bridge

Recipient: Arlington County Department of Parks and Recreation
Amount Requested: \$800,000

This funding will go towards replacing an important pedestrian bridge in Glencarlyn Park in Arlington. The previous bridge was lost during an unprecedented

flooding event in July 2019. Of the six pedestrian bridges lost in the flooding event, the most important one for connectivity is the bridge in Glencarlyn Park.

❖ Project Name: Behavioral Health Crisis Care

Recipient: Arlington County Government

Amount Requested: \$390,000

The funding would be used to purchase two medically equipped vehicles dedicated to the mobile crisis response team. The requested funds will support a "Help not Handcuffs" approach to ensure that persons in behavioral health crises receive the most appropriate assistance needed when and where they need it.

A behavioral health response vs. a law enforcement response will increase community-based mental health care, decrease emergency department use, reduce inpatient admissions, divert from the criminal justice system and support racial justice.

National Chamber Ensemble Presents The Remarkable Four Seasons of Vivaldi

The National Chamber Ensemble will present a virtual performance of Vivaldi's masterpiece The Four Seasons on May 29, 2021. The 2020-21 NCE season ended up being online, keeping the audience and artists safe. The ensemble pivoted to virtual performances to keep the music going. Taped May 22nd, the concert links will go out on May 29th and will allow our audience 12 days to enjoy the concert at their convenience, the audience will also receive an invitation to a live virtual reception and conversation with the artists on Sun, June 6 at 4 p.m.

The presentation of Vivaldi's "The Remarkable Four Seasons" based on a concept by renowned

violinist Daniel Heifetz will include a reading of the sonnets as well as a multimedia presentation accompanying the performance that includes paintings, moving images, and Vivaldi's own words written into the music plus the ensemble's own humorous demonstration linking Vivaldi's words, story and music.

JaLynn Prince, American humanitarian, photographer, businesswoman and the president and founder of the Madison House Foundation will read the sonnets accompanying the "Seasons". The Ensemble's Artistic Director Leonid Sushansky, called "a musical storyteller" by The Washington Post, will perform the violin solo with a sextet that includes two violins, viola,

cello, double bass, and harpsichord. \$36 Adult / \$18 Student; for more information about the National Chamber Ensemble go to www.NationalChamberEnsemble.org

FLOURISHING AFTER 55

Office of 55+ Programs
Department of Parks and Recreation
3829 N. Stafford St.,
Arlington, VA 22207
703-228-4747

Contact: Judy Massabny,
jmassa@arlingtonva.us
55+ Programs are virtual. A 55+ Membership is required to attend (\$20 annual fee). Learn more at parks.arlingtonva.us, search 55+ member. To join or register, go to registration.arlingtonva.us or call 703-228-4747.

ble.org

For more information about the National Chamber Ensemble go to www.NationalChamberEnsemble.org

VIRTUAL AND OUTDOOR PROGRAMS

Local history group explores Fostoria, Overlee Knolls and Westover, Wednesday, May 5, 1:30 p.m. Registration # 913402-19.
Afternoon hangout with fellow 55+ members, casual conversation, Thursday, May 6, 3:30 p.m. Registration # 913801-22.
Travel trivia game, Thursday, May 6, 11 a.m. Registration # 913601-06.
Artist chat with community arts programmer, discuss techniques,

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The
Arlington
Connection

www.ConnectionNewspapers.com

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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FROM PAGE 4

materials and creative expression, Thursday, May 6, 4 p.m. Registration # 913301-22.

Black women and the space race, virtual trip to the National Women's History Museum, Friday, May 7, 1:30 p.m. Registration # 913400-13.

Armchair travel explores rugged mountains, glaciers and grizzly bears in Alaska, Fri., May 7, 3 p.m. Registration # 913402-31.

Documentary discussion, "Breathtaking K2: The World's Most Dangerous Mountain," Monday, May 10, 2 p.m. Registration # 913402-34.

Tai Chi in the park with experienced volunteers, Monday, May 10, 10 a.m., Virginia Highlands Park, 1600 S. Hayes Street. Registration # 913105-10.

Acoustic Café, live music from the 50's to the present, Tuesday, May 11, noon. Registration # 913802-05.

Stress management in today's climate, Tuesday, May 11, 11 a.m. Presented by Kate Chutuape, manager, Senior Health, Virginia Hospital Center. Registration # 913500-03.

Coping with COVID-19, share challenges and successes, Tuesday, May 11, 3:30 p.m. Registration # 913500-06.

Virtual medical visits, how-to guide, Tuesday, May 11, 1:30 p.m. Learn about telehealth appointments from Dr. Nardin Khalil, Virginia Hospital Center. Registration # 913500-07.

History roundtable members to discuss the impact of plagues, Tuesday, May 11, 11:15 a.m. Registration # 913402-09.

Estate planning beyond wills and trusts, Wednesday, May 12, 11 a.m. Presented by Elder Law Attorney Ed Zetlin. Registration # 913404-06.

The study of words and expressions, Wednesday, May 12, 10:30 a.m. Registration # 913402-25.

Open Mic hosted by musician Carl Gold, Wednesday, May 12, 1:30 p.m. Registration # 913802-07. To participate, sign up for a three to five minute time slot at lpaig@arlingtonva.us.

Movie discussion about "Rebeca," Thursday, May 13, 3 p.m. Registration # 913402-37.

Travel discussion to focus on favorite meals and culinary treats from around the world, Thursday, May 13, 3 p.m. Registration # 913402-28.

Favorite desserts and memories, Friday, May 14, 3 p.m. Registration # 913501-07.

Explore the art of drawing with community arts programmer Jennifer Droblyen, Friday, May 14, 1 p.m. Hear about various techniques in

charcoal, pencil and pastels. Registration # 913301-03.

Fast paced walking group, two to three mile loop, some hills, Friday, May 14, 9 a.m. Leave from Aurora Hills, 55+ Center, 735 S. 18th Street. Registration # 913201-07.

Early morning art activities with materials found at home, Monday, May 24, 7 a.m. Presented by community arts programmer, Jennifer Droblyen. Registration # 913301-08.

Tai Chi in the park with experienced volunteers, Monday, May 24, 10 a.m., Virginia Highlands Park, 1600 S. Hayes Street. Registration # 913105-12.

Monday morning meet-up with fellow 55+ members, May 24, 10 a.m. Registration # 913801-19.

Genealogy 101, led by advanced researcher Eileen Bogdanoff, Tuesday, May 25, 11:30 a.m. Registration # 913400-21.

Yarn creations, crochet and knit with 55+ members, Wednesday, May 26, 1 p.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Registration # 913703-24.

Acoustic Hour in the park, live music from the 50s to the present, Wednesday, May 26, 12:30 p.m., Virginia Highlands Park, 1600 S. Highland Street. Registration # 913802-02.

Cold War intelligence in the skies. Scott Willey, senior docent National Air and Space Museum, will discuss the Cold War Aviation exhibit, Wednesday, May 26, 1:30 p.m. Registration # 913400-14.

Sudoku games, beginners and pros welcome, Thursday, May 27, 2 p.m. Registration # 913601-03.

Return of the cicadas, discover where they went, why they are back and more with Park Naturalist Ken Rosenthal, Thursday, May 27, 6 p.m. Registration # 913400-02.

Copy artworks seen in museum during 55+ Travel excursions, Thursday, May 27, 10 a.m. Registration # 913301-17.

Line dance in the park, watch the teacher demonstrate the steps, Friday, May 28, 10 a.m. Easy for beginners, partner not needed. Registration # 913701-11.

Virtual scavenger hunt, Friday, May 28, 3 p.m. Registration # 913601-12.

Just beneath the surface of works by three artists, presented by community arts programmer and artist Jim Halloran, Friday, May 28, 10 a.m. Includes short demonstration of an artist's specific process. Registration # 913302-06.

Fast paced walking group, two to three mile loop, some hills, Friday, May 28, 9 a.m. Leave from Aurora Hills 55+ Center, 735 S. 18th Street. Registration # 913201-09.

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

Controlling Mosquitoes and Ticks. 10-11:30 a.m., Online. Learn pesticide-free best management practices to control mosquitoes and ticks in your yard and keep them away from you and your family. Extension Master Gardener Joan McIntyre will explain how to identify mosquitoes and ticks prevalent in this area, their life cycle, how they reproduce, and where they go in the winter. Free. RSVP at <https://mgmv.org/events/> to receive link to participate.

5K Race. At The Board Room, 925 N. Garfield Street, Arlington. The casual 5K walk/jog/run course starts and ends at the brewery. Participants enjoy local libations and leave with fun merchandise to commemorate their finish-line victory. Sponsored by Virginia Brewery Running Series. Each event offers

different features including health tips, food trucks, and live music. Visit <https://breweryrunningseries.com/virginia/>

Tuesdays from 3-7 p.m. At Courtyard Green, 2121 Crystal Drive, Arlington. The National Landing BID is once again teaming up with nonprofit FRESHFARM to bring the Farmers Market to Crystal City every Tuesday.

Shop for conventional and organic fruits and vegetables, grass-fed meats and pastured poultry and eggs, sweet and savory baked goods, salsas and other delicious prepared foods from farmers and producers throughout D.C., Maryland, Virginia, Pennsylvania, and West Virginia. Additionally, the community compost collection is back, so bring your compost to the market for easy disposal. Visit the website:

<https://nationallanding.org/do/crystal-city-farmers-market>

SEE BULLETIN, PAGE 8

May 15th - 16th
Sat./Sun. 10am - 5pm

A Socially Distanced Outdoor Art Show

MASKS ARE MANDATORY
RSVP: ARTFESTIVAL.COM

Outdoors on John Carlyle St. from
Duke St. to Emerson Ave. (John Carlyle Square) in Alexandria

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Since 1987

7 Republicans Vie To Be Governor

May 8 convention to determine direction of party heading into November.

BY MICHAEL
LEE POPE
THE CONNECTION

Republicans haven't won a statewide race since 2009, when Attorney General Bob McDonnell received 59 percent of the vote against Democrat Creigh Deeds. Since then, Republicans have been shut out of the Executive Mansion. Ken Cuccinelli lost to Terry McAuliffe in 2013, and Ed Gillespie lost to Ralph Northam in 2017. Now Republicans are about to determine their statewide candidates in a May 8 convention, which will take place at 37 locations.

"This is a great year for Republicans, and we have a good chance to win the Executive Mansion," said Frank Fannon, a former Republican member of the Alexandria City Council. "A lot of people are not excited about a recycled Terry McAuliffe running for governor again."

The candidate with the most votes in the first round of counting may not end up as the winner. That's because Republicans are using a process called ranked-choice voting to make sure that the nominee has support from more than 50 percent of the delegates. When the voting ends at 4 p.m. on May 8, votes will be hand counted and then sent to Richmond, where party leaders will use mathematical formulas to give

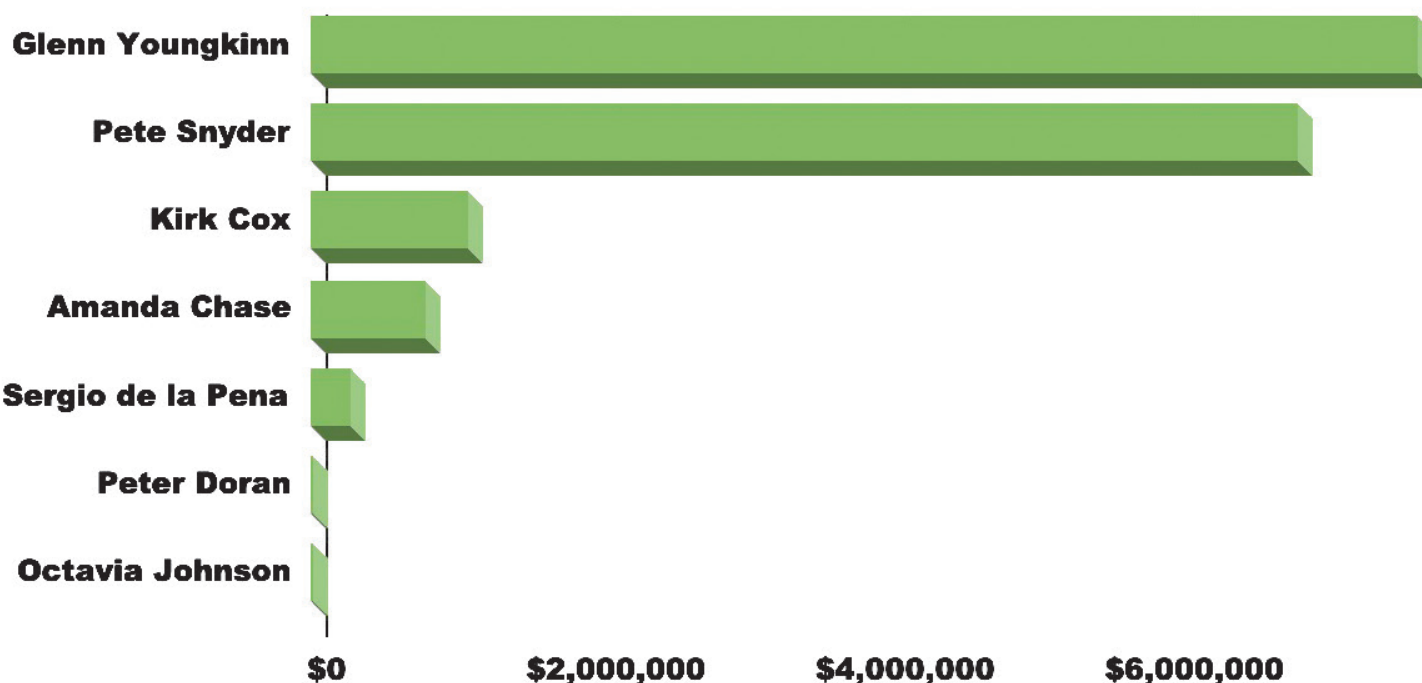
"We've seen a lot of interest in this convention. It's a sign that the two-party system is alive and well."

— Pete Benavage,
chairman of the Alexandria
Republican City Committee.

more weight to parts of the state that support Republican candidates for president and governor. They'll also be going through several elimination rounds, distributing the second choice of voters whose first choice has been eliminated.

"There is a lot of concern about one candidate in particular, Amanda Chase, who has perhaps strong support among a particular faction within the Republican Party but not broad-based support," said Mark Rozell, dean of the Schar School of Policy and Government. "Some believe in a multi-candidate race she could come out as the nominee, but in a ranked-choice voting system, she

Republican Candidates for Governor



source: Virginia Public Access Project

would likely have no chance at all of winning the nomination."

Seven candidates will be on the ballot for governor, a crowded field that seems likely to send the ranked-choice voting into several elimination rounds before a winner is determined. For voters who are interested in participating in selecting which of those seven candidates for governor will be the nominee, the deadline to register has already passed, but Republican officials say they've seen out-sized interest in participation. Under normal circumstances, the convention would have a limit to how many delegates from Alexandria could participate. But this year the cap was eliminated, and candidates were allowed to help potential new delegates register. As a result, Alexandria has 703 credentialed delegates.

"We've seen a lot of interest in this convention," said Pete Benavage, chairman of the Alexandria Republican City Committee. "It's a sign that the two-party system is alive and well."

GLENN YOUNGKIN is a former lobbyist for the Carlyle Group who has raised more money than any of the other candidates, \$7.7 million, thanks in part to a \$5.5 million loan from the candidate. He's also received large donations



Convention Locations

- ❖ 8th Congressional District Convention Location
National Right to Work Building
8001 Braddock Road, Springfield VA 22151
- ❖ 10th Congressional District Convention Location
10th District Republican Headquarters
20098 Ashbrook Place, Ashburn VA 20147
- ❖ 11th Congressional District Convention Location
NOVA Community College, Annandale campus
8333 Little River Turnpike, Annandale 22003

from real-estate developers, subcontractors and lawyers. He's never run for office before, although he's trying to use that as an asset by selling himself to voters as a candidate who's not a politician. On the campaign trail, he talks about opposing abortion rights, supporting gun rights and ending the public safety protocols put into place by the current governor during the pandemic.

"When this governor opened up massage parlors and ABC stores and kept my church closed last year, I knew he didn't share the same values I do," said Youngkin in a candidate forum. "So we're going to stand up for our First Amendment rights. But we're also going to stand up for the unborn, but we're also going to stand up for our Tenth Amendment rights and the overreach from Washington right now."

PETE SNYDER is a businessman who's probably best known for founding a social-media marketing agency known as New Media Strategies. He's raised \$6.8 million, thanks in part to a \$5.2 million loan from the candidate. He also received a \$1 million donation from CapFi Partners CEO Mark Kimsey

of Great Falls. In 2013, he was an unsuccessful candidate for lieutenant governor at the Republican convention that selected E.W. Jackson as the party's nominee that year. On the campaign trail, Snyder talks about opening schools five days a week with a teacher in every classroom and opposing efforts to use taxpayer dollars to pay for in-state tuition for undocumented immigrants.

"Illegal immigration costs taxpayers billions, and it brings crime and gangs into our communities," said Snyder in a campaign video about immigration posted to YouTube. "Northam and McAuliffe won't take violent illegals off our streets, but I will. When I'm governor, I'll enforce the law and deport violent criminals."

KIRK COX is a former Speaker of the House of Delegates who has represented Colonial Heights since he was first elected in 1989. He's raised about \$1 million, including



Republicans

FROM PAGE 6

large donations from Republican Party leaders and general contractors. During his time in the House, he supported a controversial plan to raise taxes for roads during the McDonnell administration and, more recently, expanding Medicaid to help low-income people get health insurance. On the campaign trail, the one issue that animates him more than anything else is his opposition to abortion rights.

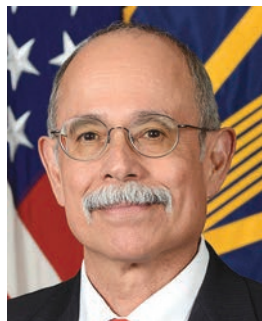
"I will stand up to the pro-abortion radicals," said Cox in a campaign video posted to YouTube. "I will never stop fighting for the promise of life."

AMANDA CHASE is a state Senator from Chesterfield who unseated incumbent Sen. Steve Martin (R-11) in 2015. She's raised about \$800,000. Chase is probably best known for speaking at the Jan. 6 rally before the insurrection at the Capitol. She later defended the people involved by saying "these were not rioters and looters, these were patriots." On the campaign trail, she's tried to cast herself as "Trump in heels," repeating baseless assertions that the 2020 election was stolen.



"What I believe I bring is something we've never had before. We've never had a Republican woman to seek the Republican nomination for governor," said Chase in a candidates forum. "You know 50 percent of the population is women, and that's a demographic we need. We also need suburban women. I am a suburban woman."

SERGIO DE LA PENA is a retired Army colonel who served as a deputy assistant secretary of defense for the western hemisphere during the Trump administration. He's raised about \$263,000. On the campaign trail, he talks about how his experience as an immigrant might help bring new people into the party and win over voters in Northern Virginia.



"I came from Mexico. I was raised in a house with dirt floors and no running water, picking cotton at 10," said de la Pena. "I fought socialists and communists the entire time I was in the Army, and I continue to do so even to this day because what we've seen is that they've gone from bullets to ballots."

PETER DORAN is a former think tank executive and author. He's raised about \$16,000. On the campaign trail, he talks about phasing out the state income tax.



"I spent my career helping countries that have been destroyed by socialism to chart a new path and to get strong," said Doran in a campaign video. "I'm running for governor because I think it's about time that we have a candidate with a winning conservative vision leading our commonwealth."

OCTAVIA JOHNSON is a former sheriff of Roanoke who's raised about \$900. In 2014, she ran an unsuccessful campaign against Sam Rasoul for House District 11.



"Everybody has heard of all the other candidates. They know what their message is," said Johnson in a television interview. "Now they're going to hear Octavia Johnson's message, and that will help them to decide who is stale bread and who is fresh bread."

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Meeting Increased Mental Health Needs

Affordable treatment options highlighted during National Mental Health Month

BY MARILYN CAMPBELL
THE CONNECTION

Resulting from the tumultuous and emotionally charged year past year, there's been an uptick in reported mental health conditions. The demand for mental health treatment for conditions such as anxiety, depression and suicidal ideation have increased by nearly 40 percent over the past year. During May, Mental Health Awareness Month, those in the profession are working to raise awareness, educate the public and fight stigma around mental health.

"The stress of the pandemic, the murder of George Floyd, and other civil rights atrocities over the past year have certainly driven more people to seek out behavioral healthcare services," said Kurt Larrick, assistant director, Arlington County Department of Human Services. "Surveys show a major increase in the number of U.S. adults who report symptoms of stress, anxiety and depression during the pandemic, compared with surveys before the pandemic."

"It is tough to secure affordable treatment," added Allana Taylor, Director of Student Counseling Services at Marymount University. "This is true, especially in this area where private providers are able to fill their caseloads with clients who can afford to pay out of pocket."

Community Services Boards (CSB), a public agency with a mission of providing affordable mental health services to both children and adults, is one resource in Virginia. "CSBs are the best alternatives ... for low-cost services," said Taylor.

"Every county or locality has a CSB. They provide publicly funded mental health, substance abuse, and intellectual disability services. CSBs offer a sliding fee scale based on income. Those who typically have minimal income, can be seen for low to no cost."

"The CSB offers a range of telehealth and in-person services including individual and group therapy ... psychiatric services and crisis stabilization," said Lisa Flowers of the Fairfax-Falls Church Community Services Board. "Individuals are assessed and based on need are provided a treatment recommendation to the appropriate level of care."

On college campuses mental health is often neglected by students. On college campuses many students feel embarrassed or ashamed when it comes to discussing their personal struggles, says Jennifer Kahler, director of Counseling and Psychological Services at George Mason University.

"[Students] often have a misconception that they only should seek help when or if their prob-



PHOTO COURTESY OF FAIRFAX COUNTY

Those who are experiencing mental health challenges are encouraged to seek assistance from agencies and therapists with income sensitive services.

Locating a Community Service Board Near You

CSB/BHA Directory - Virginia Association of Community Services Boards (VACSB)

ARLINGTON COUNTY CSB

2120 Washington Blvd., Arlington, VA 22204

(703) 228-5150

Website: <https://health.arlingtonva.us/behavioral-healthcare/>

lems are severe, not realizing seeking help earlier can often prevent the issues from becoming more severe," she said. "The stigma of seeking help for mental health issues, as well as the stigma of having mental health needs remain a problem at Mason as well as universities throughout the U.S."

In addition, students are busy and feel as though they do not have time to seek counseling.

As part of STEP-VA, a long-term state mandated initiative designed to improve the community behavioral health services available to all Virginians, Arlington's Department of Human Services and Community Services Board, implemented same day access for behavioral healthcare services before the pandemic,

says Larrick.

"With same day access, individuals who are interested in seeking mental health or substance use treatment services can get a service eligibility assessment on a walk-in basis, without an appointment," he said. "[When] the pandemic hit we had to change things around. We still do

same day access, but instead of coming in person, we provide the services virtually or over the phone."

While acknowledging that stumbling blocks to mental health care still exist, Flowers says that mental health professionals, "are committed to tackling these barriers and continuing to let people know that [they] are going to do everything they can to help, to establish a rapport and to generate trust and meet the needs of those we serve and our communities."

"It is tough to secure affordable treatment. This is true, especially in this area where private providers are able to fill their caseloads with clients who can afford to pay out of pocket."

— Allana Taylor, Director of Student Counseling Services at Marymount University.

FROM PAGE 5

ARLINGTON FARMER'S MARKET OPENS

Stock up on fresh fruits and veggies this spring and summer at Rosslyn's Farmers Market, returning to Central Place Plaza on May 5. Open every Wednesday, 3-7 p.m., in partnership with FRESHFARM, the farmers market brings local, sustainably sourced produce right to the heart of Rosslyn. Browse in-person, or check out this page for regular updates on anticipated vendors and pre-order options. To ensure the health and safety of market visitors and vendors remains the top priority, FRESHFARM has implemented COVID-19 Market Safety protocols at all farmers markets.

CHURCH DONATES 54,735 POUNDS OF FOOD

St. Charles Borromeo Catholic Church in Clarendon in Arlington, announced the impact of its volunteers during the COVID-19 pandemic. With the help of 35 active volunteers and broad support and contributions from parishioners, the parish was able to donate more than 54,735 pounds of food to 2,693 families and more than \$205,820 in emergency rental and utility assistance to 224 families.

OPEN SCHEDULING FOR COVID-19 VACCINES

Beginning Tuesday, April 27, individuals 16 years and older may directly schedule an appointment to receive a free COVID-19 vaccine at Arlington County public health clinics. Individuals can directly reserve a slot at one of Arlington's public health clinics by visiting the County website – or by searching Vaccinefinder.org for appointments at nearby locations. Individuals who have pre-registered should have received an invitation to schedule a vaccine appointment. If you have not received an invitation to schedule, please check your spam folder or schedule your appointment now. Individuals ages 16-17 should search for appointment dates where Pfizer is offered. Note: The Johnson & Johnson vaccine will be available at public health clinics in the coming days, and it will be noted on the appointment slots. Call 703-228-7999. For additional assistance, call 1-877-VAX-IN-VA (877-829-4682).

SHERIFF'S OFFICE ANNOUNCES MODIFIED VISITATION PLAN

Arlington County Sheriff Beth Arthur has announced a modified reopening of in-person visitation for those remanded to the Arlington County Detention Center. Relatives and friends will regain the ability to visit loved ones in person beginning May 1. Due to the COVID-19 pandemic, in-person visitation at

the Arlington County Detention Center has been suspended for more than a year. Visits will need to be scheduled in advance by the individual remanded to custody. They will be allowed one in-person visit a month on their designated day as the detention center safely and slowly returns to in-person visits. All visits are non-contact, meaning family and friends are behind glass, minimizing the risk of exposure to COVID-19.

DONATIONS

The Arlington Food Assistance Center seeks local gardeners and farmers willing to grow and donate fresh produce to the AFAC food pantry for local families in need as part of the Plot Against Hunger program. Each week, approximately 2,400 client families visit AFAC to pick up supplemental groceries and fresh fruits and vegetables are in high demand. AFAC will provide free vegetable seeds to those who pledge to donate produce from community or personal gardens. Visit <https://afac.org/plot-against-hunger> or contact puwen.lee@afac.org or 703-845-8486. Seeds are available now at AFAC, 2708 S. Nelson St., during regular business hours: Monday-Friday 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Produce can also be donated at AFAC at the hours listed above or at:

❖ Arlington Courthouse Farmer's Market, Saturdays 8 a.m.-noon (look for the AFAC cooler near the Master Gardener information table).

❖ Rock Springs UCC Church, 5010 Little Falls Road, Sundays 9 a.m.-noon only. (Look for the donation bin on the Rock Spring Drive side of the church).

Pet Food Bank. AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYWdZm4tPw2.

GET MORE WITH SNAP

Arlington and Alexandria Farmers' Markets accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers' markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and

SEE BULLETIN, PAGE 9

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MOTHER'S DAY

Our Mothers Had Few Rights, Much Courage

FROM PAGE 3

porcelain boxes, her blue and white tea cups. But not that sew-on badge. That went with her to the end.

The things in her room told the story of a woman who had survived the vicissitudes of life before women's rights. It was hard for a woman born in 1928 to forge her way in the world. Women had just received the right to vote. Her father, who had squandered a fortune during the Depression, sent her brother to a fancy prep school because he was a boy, and she went to the local high school because she was a girl. A two-year college would be a finishing school where a man would be met.

She "came out in society" at a lavish dinner dance, the belle of the ball, poised and pleasing. And then she got pregnant. Her mother had never talked to her about birth control, or how easy it is to get pregnant at 19. The young man said he would marry her. He was just home from the war and was going to graduate from Yale University — and there was no other option. She had my brother 8 months later and lived in an apartment near the university, while my father studied, rowed crew, partied, and urged her to learn how to cook.

There was no day care or pre-school, and her husband "wouldn't allow her to work." She studied the popular magazines of the time on how to cook, how to be a good housewife, and how to raise children while remaining an attractive spouse. Her second child was severely handicapped and bed bound, her third was okay, her fourth was sick too.

No one told her how to stop the children from coming. She went to church, she sang in the local Bach choir and worked in the Junior League to raise money for charities. She packed her husband lunches for his night shift job at the Bethlehem Steel Company. One child was institutionalized and one died. She endured the abuse as it started, first verbal, then physical, tearing at the fabric of the family. There were no options for women in this situation in 1956.

I winced again when I phoned around to her old friends, many of whom I had never known, to tell them gently of her passing, and they burst into tears, mourning "the best friend" she had been.

"She had the best legs in Liberty High," or, "She was the leader of the gang on our street." "Everyone looked up to her." "She spoke so well in groups, she kept the audience riveted." "She was elegant." "She was courageous." "She was a great practical jokester." This was not the person I knew. Divorce, single parenthood, working for an hourly wage, alcoholism, losing her children, had taken its toll on that young woman.

By the time she centered herself, it was 20 years later. She met and married the love of her life. And by

the time we had a chance to actually talk to each other without the distractions of husbands, children, and jobs - it was only the last ten or so years of her life. Even then, she was a product of the patriarchy that had shaped her. I asked her once whom she had voted for in the last election and she said, "I don't know: I always let Mike (my step-father) tell me who to vote for, do the finances, and fix the car." And then she sat down and wrote 50 postcards for Abigail Spanberger and Elaine Luria, following their stories in the New York Times, calling me up to rejoice in their victories.

We had some wonderful times together those last fifteen years. Falling Water for a weekend; going to see the Lavender Farm outside London, Maine; the Jersey Shore. India, where she went on a rickety plane to Amritsar and sat on the floor of the Golden Temple eating lentil stew with her hands from a tin plate, and marveling at the cows, the music, the flowers, the smells. India wasn't too much for her: it was a Smorgasbord she dined on for months. I took her to Wyoming for my daughter's wedding, and she swam in the Snake River, her trademark bathing cap in place.

We so often get the last years of our aging mothers wrong. We threw her a big party in New York when she turned 90. It was a loud restaurant on Fifth Avenue and she looked very small, surrounded by her children, grandchildren, and great grandchildren, and very elegant in her tailored Christmas suit. She couldn't hear a thing and when we walked a bit on the street afterwards she was tired. I drove her home and saw her relief at being deposited back in her room. A few days later she was feeling down and told me all she had really wanted for her birthday was a subscription to the New York Times. I called it in that day.

What I saw as I packed out the room of the person who was my biggest cheerleader, was that brave little girl her friends knew, that teenager who loved to don a pair of shorts and go biking, who wore that blazer at Colby College but never got around to sewing the badge on. As I put my letters to her and my old camp photos in a box, I saw the mother who taught me to love Puccini, who had an unwavering faith in God and who thought of herself as 'one of the girls' at 92.

My mother had remained elegant, strong, faithful to her friends, and appreciative of the gift of life. The more I put away her things and said good-bye, the more apparent her legacy was. Aside from the assurance of her unconditional love, she instilled in me her ability to forgive, her intense need for an adventure, her love of a farmer's market, a swim in a cold river. She bequeathed to me love of tending a garden, Zinnias, the ocean, a simple dinner of carrot pudding and lamb, a good laugh, a warm squeeze of the hand, affection to children, a healthy dose of curiosity, and knowing where the wild bittersweet grows.

BULLETIN BOARD

FROM PAGE 3

Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Road (second Saturday of the month) and Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday of the month).

ONGOING

Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work

Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit salary.aauw.org.

Arlington County, in partnership with the Human Rights Commission's Equality Task Force, has

launched a web page with resources for the LGBTQ community. The new webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit topics.arlingtonva.us/lgbtq-resources.

Employment Opportunity

McLean family seeks person with special needs care experience for activities with autistic son.

Joseph is a child-like 22 year-old who is very compliant and pleasant. Emphasis on basic skills and activities: puzzles, games, enjoying the outdoors. The family is continually at home too, Covid safe, fully vaccinated. Hours at your convenience; target is 10 hours per week; \$25 per hour. If interested please send resume at isacummings@gmail.com

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AR PETS



PHOTO CONTRIBUTED

Wendy herself, celebrating her 21st birthday

Wendy's Celebration

BY ASHLEY SIMPSON
 ARLINGTON CONNECTION

Sixteen years ago, Arlington resident George Hobart walked into the Animal Welfare League of Arlington's animal shelter and, right away, a five-year-old Beagle/Jack Russell Terrier mix named Wednesday caught his eye.

"When I saw her at the AWLA, I asked the staff if I could take her out in the backyard, and she immediately rolled over," George recalled. "I gave her a belly rub, and that was it."

George brought her home that day and he and his wife, Marjorie, renamed their new dog Wendy to better fit her sunny disposition. And the rest is history – ongoing history. On Sunday, April 18th, Wendy's tribe – George and Marjorie Hobart, George's son, Ted Hobart, and Wendy's foster parents, Kit and Gary Putnam – gathered to celebrate her 21st birthday. And, yes, you read that right: Wendy is 21 years old by human definition, making her 147 years old in some measure of "dog years."

"Wendy asked me to help her coordinate the celebration, so I was the event planner," Ted said. "It was a small backyard celebration that included me, my parents, and Kit and Gary [who took her in full time amid the pandemic last year]. During this afternoon soiree, Wendy enjoyed her favorite – Gary's delicious grilled chicken – and the rest of us enjoyed hot dogs, macaroni and cheese, cole slaw, and apple pie in her honor."

Decorations were hung and everyone wore party hats, including Wendy. It was a party where each human in attendance had at least a hundred heartwarming memories of Wendy.

"When Dad got Wendy, my brother and I fell in love with her immediately," Ted said. "She just became a member of the family."

SEE ARPETS, PAGE 11

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PHOTOS CONTRIBUTED

George and Marjorie Hobart, George's son, Ted Hobart, and Wendy's pandemic foster parents, Kit and Gary Putnam gathered to celebrate Wendy's 21st birthday.

Wendy's Celebration

FROM PAGE 10

She and Dad did everything together — he always brought her everywhere because she just gets along with everyone. She is so personable and only barks in joy or happiness, never aggression. She is a wonderful soul.”

In her 21 years, she has played quite a few roles in the lives of the people who love her — and in the community.

For instance, she served as the indoor pool mascot at Ballston's Jefferson Independent Living and Retirement Home, where she lived with George and Marjorie until last April. She's also been a motivating running buddy, even having participated in the inaugural Arlington Bunny Hop 5K in 2018.

Through it all, she has made more friends than she could count on two paws.

“She lived in Lyon Park with my dad and Marjorie until they all went to live at the Jefferson, where it was like she became the official Jefferson dog,” Ted said. “Everyone there knew and loved Wendy. There was even a musical about her, and Wendy herself made a cameo.”

Wendy was also perhaps Lyon Park's most popular resident for the many years that the Hobarts lived there.

“She was literally the neighborhood petting zoo,” George recalled. “Wendy was usually the only four-legged guest at all the kids' birthday parties, and everyone loved to pet her. Then our next-door neighbors had a son named Adam, and Wendy would visit him frequently. One day when Adam was in kindergarten, the teacher asked the class if any of the students had a dog, and Adam raised his hand and said, ‘I have a dog named Wendy!’”

Wendy moved to what the Hobarts call “Camp Putnam” (also in Arlington) last year when coronavirus-related restrictions put a damper on her previously active social life at The Jefferson. This transition, though, didn't mean new owners for Wendy — it just meant that her family got bigger.

“I visit her every other day at the Putnams' no matter what the weather conditions are, www.ConnectionNewspapers.com



Happy Birthday, Wendy!

and my two sons go over there as often as possible to play with her and walk her,” George said. “Kit and Gary lost a dog right before the pandemic, so Wendy was as great for them as they are for her. They love her as much as we do. She takes several naps a day with Gary.”

If you ask Marjorie, those naps just might be the key to Wendy's longevity.

“If she could tell you her secret to living a long and healthy life, I think she'd say it was all about napping enthusiastically,” Marjorie said. “She saves her energy for what's most important to her, like food and playtime with her people.”

As she embraces her 22nd year of life, Wendy will get plenty more time with these people — especially George, who has no plans to stop regularly visiting the most special dog he's ever known.

“I think one of the reasons Wendy has such a great personality and why she's always smiling is because she absorbed some of my dad's energy,” Ted said. “He was always socially and civically involved in Arlington, and Wendy went with him everywhere. They continue to be inseparable. They're a match made in heaven.”

Wendy was first featured in the Connection in August.

<http://www.connectionnewspapers.com/news/2020/aug/27/arpets-story-wendy/>

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Cats in the Belfry



By KENNETH B. LOURIE

Have I mentioned in print lately that we, resident owners of “Belly Acres” in Burtonsville, are back to being a five-indoor-cat household? A few months back on a Sunday afternoon, my wife Dina offered up the seemingly harmless explanation for her need to go out that day. She said she was going to the local CVS for a few things, things which I had no interest or need to be involved in, so off she drove, with yours truly having nary a worry in the world. Little did I realize what actually was going on.

I don't recall exactly the time element because when my wife goes to the store — of any kind, without a chaperone, I know from decades of experience that left to her own devices, she won't be returning home anytime soon. So how ever long she was gone, I hadn't a clue or a concern. I know the drill. She's a big girl, but she is deliberate. At her main adult employer, the former Tivoli's Restaurant in Roslyn, the owners jokingly nicknamed her “Speedy,” because she wasn't. Nonetheless, she was however, a valued, trusted and appreciated employee.

Eventually, I saw Dina drive down our driveway. She parked in her usual spot alongside the house. A few seconds later she walked empty-handed into the house and asked for my assistance in unloading whatever was still in the car. “Whatever,” unbeknownst to me, were the two two-year-old tabby siblings she had just “rescued” waiting patiently in their cat carriers on the back seat. Dina could barely control her excitement as she opened the back door for me. At first glance, it became quite obvious what the “whatever” was: it was Louie and Mia. I grabbed one of the cat carriers and walked into the house. Dina had not really mentioned, until she did, that she had been wanting to increase our cat count to five after last year's two losses: Biscuit and Chino, who both died within six months of one another, from complications due to their diabetes. Brothers in more than arms, Biscuit and Chino, who were nicknamed “The Buff Boys” due to their color, were the sweetest, most loving and affectionate cats one could ever hope to have.

Six months or so since the surviving brother, Biscuit had succumbed to his illness, Dina began her search for a new pair of cat siblings. After a few fits and starts and an application that was rejected, Dina's month-long

search was finally rewarded on this Sunday. She met the owners in Beltsville, Md. where they exchanged the necessary pleasantries. The couple had to give up the cats because their infant daughter was allergic to them/their dander. Regrettably they needed to find a new home for these two cats whom they had nurtured since they were kittens. They were very generous with their supplies. They gave us wet and dry food, litter, a litter box and some toys. After a few sad goodbyes, Dina drove off for home, cats in tow where cluelessly I had been minding my own business.

We each brought in a cat carrier and once inside, opened their doors and introduced the cats to their new home. Out they scampered and of course began to sniff. Our other cats were nowhere to be found which given the territorial disputes which often occur when new cats are introduced to an existing cat home, was fortunate in that their first steps were not in retreat from some unexpected cat attack. Though I wasn't of similar mind with respect to Dina's feeling that we needed more cats, I have nevertheless embraced their arrival. There is no doubt that their presence has brought new life (no pun intended) into our home. Now, everywhere I go, or look, there seems to be a cat to talk to (or a hissing/growling fight to break up). No matter. It's nothing that experienced cat owners wouldn't expect. And though I was definitely surprised when I saw the two cat carriers secured in the backseat, now nearly two months later, I couldn't imagine our life without them.

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



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