



# The Arlington Connection

Elle Ferguson, 20 months old, had a job to do as the older people around her caught up with each other: removing and replacing beaded necklaces.

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JULY 7-13, 2021

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





PHOTO BY SHIRLEY RUHE/THE CONNECTION

## Tornado Hits Down in Arlington

The National Weather Service confirmed an EF level 1 tornado touched down in Arlington near the intersection of Lee Highway and Glebe Road at about 9:00 p.m. July 1. An EF level 1 is measured with 3-second wind bursts of between 86-110 mph. Just after 9 p.m. the Arlington Fire Department answered 16 fire alarms with 15 wires down, 16 outside or structure fires, 1 vehicle crash and one technical rescue. The storm caused about 5,000 power outages in homes from downed power lines and tree damage. No injuries or deaths were recorded. This shed on the corner of Randolph and 21st Street was demolished and garage damaged when a large limb was sheared from the backyard tree.

## BULLETIN BOARD

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

### THURSDAY/JULY 15

JLNV Membership Event. 7 p.m. Virtual Event. Zoom call to learn more about membership in the Junior League of Northern Virginia. Go to [https://members.jlnv.org/?nd=vms\\_public\\_form&form\\_id=341](https://members.jlnv.org/?nd=vms_public_form&form_id=341) to RSVP.

Members will share their experiences and opportunities they've explored through the Junior League, and answer any questions you may have about becoming a member. Applications are still open for the Summer 2021 New Member class. Website: <https://www.jlnv.org/july-15th-jlnv-virtual-meet-and-greet/>

### FRIDAY/JULY 16

Challenges of the Summer Garden. 10-11:30 a.m. Online. What happened to your beautiful spring garden? Summer got you and your garden down? Plants drooping, insect attack, aggressive weeds and is that a fungus? Join Extension Master Gardener Beth Buffington for tips on what you can do right now and what you can plan to do to make sure your summer garden thrives in the future. Free. RSVP at <https://mgnv.org/events/> to receive link to participate.

### GET MORE WITH SNAP

Arlington and Alexandria Farmers' Markets accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for

SEE BULLETIN, PAGE 5



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**THE CONNECTION**  
NEWSPAPERS



## Parade on Albemarle Street in Arlington Is All About Kids...

....and the memories of a small town Fourth of July.

BY EDEN BROWN  
THE CONNECTION

It was 9 a.m. on North Albemarle Street in Arlington, and the engines were revving. A fire truck wasn't able to come for the 4th of July parade, so the other drivers made do with their trikes, a toddler Porsche, and a 1955 two-tone baby blue Pontiac with white-walls. (It was, after all, the 22207 zip code.) The kids who didn't have wheels walked down the street, dressed in red, white, and blue, faces painted and temp-tattooed with flags and hearts, draped in beads, and extremely excited. If you blinked, the parade might be over, but the entertainment, including the balloon man, Paul Belanger, was waiting on the street corner, as neighbors caught up with neighbors. The snacks were ready, heavy on the sweets, with frosted donuts, iced brownies, and red, white, and blue cupcakes, next to tropical punch Gatorade, set out for kids who vibrated on the energy of the block party... and the sugar. Kids stood in line for up to an hour waiting for their balloons by Belanger, who turned out to be not just any balloon design artist, hired by Dee Vinchey Entertain-



Darby Henman and Nick Cassels, aged 9, wait in line for their balloon souvenirs and enjoy the company of a patriotic poodle.

SEE PARADE, PAGE 6



Scott and Maura Fredericks in their 1955 Pontiac.

PHOTOS BY  
EDEN BROWN



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

## Tradition Marches On as Generations Gather for Neighborhood Parade

Enthusiasm runs high at the annual Lyon Village neighborhood 4th of July parade on Monday, July 5 despite last year's hiatus due to COVID.

Eager children start lining up at 10:30 a.m. at Key and Jackson despite the heat, to march, ride or bike the several-block route. The parade will end up at

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## Eviction Prevention Is Not Housing Investment

BY MICHELLE KROCKER

America has a housing crisis - an affordability crisis, as well as a housing supply crisis. Recently, the National Association of Realtors released a report showing that over the last 20 years new housing starts fell 5.5 million units short of long-term historical levels. "The scale of the problem is so large," said David Bank, senior vice president of Rosen Consulting Group and one of the report's authors. "We need affordable, we need market-rate, we need single-family, we need multifamily."

Our region is also experiencing a housing crisis. To address our unmet housing needs, elected officials from the District, Maryland and Virginia unanimously adopted the Council of Governments' regional goal of producing 375,000 net new housing units between 2015 and 2030. Housing should be located in activity centers near transit, with one-third of the units

serving low-income households and one-third for middle-income households. The regional goal translates into 25,000 net new housing units per year, so clearly we need to build more housing.

The eviction crisis created by the pandemic is unlike anything we have experienced in our lifetimes. Through multiple assistance programs, the federal government has responded with substantial tranches of funding to provide financial resources to prevent evictions by paying back rent, advancing rent for those impacted by COVID, and helping landlords remain solvent. However, the administrative process of getting that much money out the door has been daunting for state and local governments, resulting in bottlenecks to deliver relief assistance. With the end to the CDC moratorium on July 31 — with little hope for further extension — strategies for mutually beneficial agreements between landlords and tenants, with the help of trusted community part-

ners and continued rental assistance will be needed to stave off an eviction catastrophe.

Eviction Prevention Does Not Equal Housing Investment. It is imperative that this relief assistance not be construed as solving our pre-pandemic housing crisis. Eviction prevention does not solve the historic under-investment in housing production and preservation. We must have investments to end homelessness, provide permanent supportive housing for persons with disabilities, create housing that's affordable for low and moderate income households, young families wanting to buy their first home, and seniors on fixed incomes who want to remain in their communities.

Over the coming months, the Virginia General Assembly and localities throughout the Commonwealth will make consequential decisions on how to spend the largess from the American Rescue Plan funds. With accounts of Virginia's better-than-expected finan-

cial recovery from the pandemic, housing advocates should be bold in their recommendations for how Virginia allocates the \$4.3 billion in federal funds. Having secured historic gains for the state Housing Trust Fund, permanent supportive housing, and the new Virginia Opportunity Tax Credit, it's time to build a housing trust fund that closes the gap of only four affordable units for every 10 households eligible for housing that's affordable.

It is also the time for Northern Virginia advocates to press local governments for the funding needed to meet their share of the region's housing goals as defined by the COG pledge. This is housing's moment to imagine a region and a Commonwealth that is fair, equitable, inclusive and provides housing for all. Let's not squander this unique opportunity.

Michelle Krockner is the Executive Director of the Northern Virginia Affordable Housing Alliance <https://nvaha.org/>

## Plant Clinic Needed in Climate Crisis

When I completed my Master Gardener training in 1981, several of my classmates and I wanted to set up a plant clinic at the Alexandria Farmers' Market. It would be a free service to the city and staffed by volunteers, who could provide

horticultural advice and diagnostic services to homeowners. But we needed a free spot at the market to set up. Needless to say, it took a lot of effort to get that spot, but eventually the plant clinic became a valuable service to the community for 30+ years.

This year, City Hall has decided that free horticultural advice is no longer needed, and the Plant Clinic can no longer have a seat at the market. I'm wondering who is making this determination, especially considering the environmental impact of invasive plants,

scorching summers, and the decimation of our valuable tree canopy to make way for things like snack bars at the high school athletic field.

Paula Coupe  
Alexandria

## Encore Theatre Innovates Drive Through Theatre

Voyager's Compass returns for two performances on Saturday, July 10 at St. Thomas More Cathedral School parking lot and Sunday, July 11 at Lubber Run Amphitheater. Meet a new exotic creature at each stop as the Encore

Stage and Studio presentation guides cars along the path to explore the seven skies and find their way home. Audience members will remain masked and in their vehicles for the duration of the show.

The July 10 performances are scheduled for 9:30-12:00 p.m. and the Lubber Run performance

at 11:00 a.m. The production was written by local teenage writer Xander Tillock. Encore Theatre is an Arlington-based company "by kids for kids."

Proceeds from the \$10 per vehicle tickets will be donated to En-

core's "Theatre For All" fund which provides scholarships and outreach programs. In addition, bring along a can of tuna, tomatoes or soup or a box of low-sugar cereal to be donated to Arlington Food Assistance Center.

— SHIRLEY RUHE

### BULLETIN BOARD

FROM PAGE 2

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 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).

### DONATIONS

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/s2FuFdaYWdZm4t-Pw2](http://goo.gl/forms/s2FuFdaYWdZm4t-Pw2).

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## WELLBEING

# Back to Work

Angst, readjustment as employees return to the office.

BY MARILYN CAMPBELL  
THE CONNECTION

**M**ore than one year after the emergence of COVID-19 and the subsequent, work-from-home mandates, many employees are heading back to the office. After adjusting to that new normal created by the pandemic and experiencing the benefits that came with it, the reemergence of rush hour traffic, office politics, and a loss of freedom is leading to dread and angst among some workers.

"Most of the clients I'm currently working with are anxious about returning to work because of potential exposure to COVID, they're worried about losing flexibility and control over their workday and quality of life," said David Hansen, Licensed Professional Counselor and Certified Career Counselor in Fairfax. "My clients are afraid of losing that, and right now there's a lot of anxiety because it's unclear to them what the expectations will be when they're back in the office."

Just as employees and employers had to make significant modifications abruptly, urgently and without precedent, some of the same kinds of adjustments will need to be made during the transition back to working in person. "Last March, it took people a while to adjust and figure out how to make working from home function properly, but over time, and even though it was hard, many working people and their families got into a steady groove, and even found that they could build in more quality time to take care of themselves and their families," said Hansen.

Losing those benefits has led to a reevaluation of goals and values. "The success and power-driven

environment that we live in was shaken by the pandemic. Many have seen that they can lead fulfilling lives with less," said Arlington psychologist Kerry Anderson, Ph.D. who transitioned her practice to video conferencing during the pandemic. "They may find that what they have is good enough and adding more may tip the scales back to stress and excess. Now more than before it's important to reassess your current values as your life stands today. What do you want the next three to five years to look like? What have you learned over the course of this year that you would like to maintain? What are you ready to let go of that has not served you well?"

Retuning without giving up all of the autonomy could be a solution, says Hansen. "I think that employees who want to retain some of their freedom and flexibility in their schedule can have open and honest conversations with their supervisor about maintaining at least one or more work-from-home days."

While some employees might be able to negotiate an arrangement that allows them to maintain at least part of the change in workstyle that resulted from the pandemic, others may not have that luxury.

"Workers should lower their self-expectations accordingly," said psychologist Steven Thiessen, Ph.D. whose office is in Rockville. "They should expect to feel some level of discomfort, and they should not expect to handle it perfectly. They should expect that they will need a period of adjustment."

Creating a plan can help reduce stress and anxiety, particularly for those who don't have the power to ask for flexibility. "I think one of the most important things employees can do right now as they're thinking about going back to work is identify, very specifically, what positive changes they've made since COVID that they want to hold onto," said Anderson. "Finding creative ways to maintain activities like exercising or spending time with family can give you something to look forward to and can reduce some of the anxiety over returning to work."

**"The success and power-driven environment that we live in was shaken by the pandemic. Many have seen that they can lead fulfilling lives with less."**

— Arlington psychologist Kerry Anderson, Ph.D.



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# Parade on Albemarle Street in Arlington Is All About Kids...

ment to entertain the kids. He has created balloon designs for people all over the world and exhibited his work at the International balloon convention. A balloon design consultant in China, Japan, and all over Europe, he specializes in caricature balloons - he can do one of people as they wait - and musical balloons.

Childhood memories of an uncomplicated world, unabashed patriotism, and holiday joy in a small town parade were being formed.

PHOTOS BY  
EDEN BROWN



Elle Ferguson, 20 months old, had a job to do as the older people around her caught up with each other: removing and replacing beaded necklaces.

## Tradition Marches On as Generations Gather for Neighborhood Parade



FROM PAGE 3

Lyons Village Park for a noontime lunch and festivities. Some neighbors have chosen to pull up a chair in the shade and watch the festive wagons pulled by parents with children waving flags, the bikes ambling by with riders of all ages, and the parents with festive hats and star spangled shorts.

Two fire engines stand ready to start the parade while a motorcycle policeman bookends the tail end of the parade. The neighborhood regulars unfurl the red, white and blue banner from the bag where it sits year to year waiting to headline the next year's parade. A Sousa march blares over a loud speaker announcing everyone in their places; the parade is about to begin.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

### FLOURISHING AFTER 55

**55+ Programs are virtual and outdoors. A 55+ Membership is required to participate (\$20 annual fee). To join or register, go to [registration.arlingtonva.us](http://registration.arlingtonva.us) or call 703-228-4747.**

#### Virtual & Outdoor Programs

- ❖ Movie discussion, July's choice, "The Dig," Thursday, July 8, 3 p.m. Registration # 914402-05
- ❖ Armchair travel will view video of art and architecture of New York's Guggenheim Museum, Friday, July 9, 3 p.m. Registration # 914402-22.
- ❖ Line dance in the park, easy for beginners, Friday, July 9, 10 a.m., Virginia Highlands Plaza, 1600 S. Hayes Street. Registration # 914100-03.
- ❖ Monday morning meet-up with fellow 55+ members, July 12, 10 a.m., casual conversation.

- Registration # 914801-05.
- ❖ Tai Chi practice with experienced volunteers, Monday, July 12, 10 a.m., Virginia Highlands Plaza, 1600 S. Hayes Street. Registration # 914105-17.
- ❖ Virtual piano lounge, listen, sing, play along with Valerie Welsh, Tuesday, July 13, 2 p.m. Registration # 914802-03.
- ❖ Safe online activities, Tuesday, July 13, 1 p.m. Registration # 914400-28.
- ❖ History roundtable group to discuss the impact of horses on history, Tuesday, July 13, 11:15 a.m. Registration # 914402-14.
- ❖ Paper management, presented by professional organizer, Sonya Weisshappel of Seratim Inc., Tuesday, July 13, 1:30 a.m. Registration # 914404-03.
- ❖ Cancer and nutrition, program presented by Cynthia Chol, registered

- dietician, Virginia Hospital Center, Wednesday, July 14, 1 p.m. Registration # 914500-12.
- ❖ The study of words, phrases, expressions, Wednesday, July 14, 10:30 a.m. Registration # 914402-17.
- ❖ Understanding Medicare enrollment, presented by Marge Steinlage, Steinlage Insurance Agency, Thursday, July 15, 1 p.m. Registration # 914500-11.
- ❖ African American genealogy research, Thursday, July 15, 3 p.m. Registration # 914400-05.
- ❖ Poetry group members share ideas, Thursday, July 15, 11 a.m. Registration # 914301-05.
- ❖ Basic drawing class for beginners, presented by art instructor Ruth Kling, Friday, July 16, 1:30 p.m. Registration # 914300-02.
- ❖ Aurora Hills fast paced walking group, Friday, July 16, 8:30 a.m., two to three mile loop, some hills.

- Registration # 914201-03.
- ❖ Favorite soups, salads, dressings, Friday, July 16, 3 p.m. Registration # 914501-03.
- ❖ Garden and landscaping issues answered by Virginia Cooperative Extension Master Gardeners, Monday, July 19, 1 p.m. Send questions and photos ahead of time to [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com). Registration # 914400-30.
- ❖ How to decide what family heirlooms to keep, Monday, July 19, 1 p.m. Presented by Matthew Quinn, Quinn's Auction Galleries. Registration # 914401-01.
- ❖ Monday morning meet-up with fellow 55+ members, July 19, 10 a.m., casual conversation. Registration # 914801-06.
- ❖ Outdoor needlecraft with fellow 55+ members, Monday, July 19, 10 a.m., Virginia Highlands Park, 1600 S. Hayes Street. Registration

- # 914703-25
- ❖ Tai Chi practices with experienced volunteers, Monday, July 19, 10 a.m., Virginia Highlands Plaza, 1600 S. Hayes St., registration # 914105-18; Tuesday, July 20, 10 a.m., Thomas Jefferson Community Center, 2501 S. 2nd St., registration # 914105-06.
- ❖ 55+ Live! Talk Show, preview of upcoming demonstrations, programs for adults 55+, Tuesday, July 20, noon. Registration # 914801-16.
- ❖ Peace Corps celebrates 60th anniversary, Tuesday, July 20, 1:30 p.m. Program presented by Barry Hillenbrand, former TIME magazine correspondent. Registration # 914400-17.
- ❖ Sudoku games, Thursday, July 22, 2 p.m., registration # 914601-05. All levels welcome.



# Marijuana Is Now Legal

The long strange trip from a failed war on drugs to social equity licenses.

BY MICHAEL LEE POPE  
THE CONNECTION

**S**moke 'em if you've got 'em because pot is now legal in the commonwealth of Virginia. For advocates who have been working in the trenches for years, the new law that goes into effect July 1 is the culmination of years of determination in the face of seemingly impossible odds. The tide began to turn after Democrats seized control of the General Assembly and lawmakers started taking a new look at police brutality after the murder of George Floyd. Now that law is signed, sealed, delivered and ready to light up.

"Virginians have long been calling for the end of prohibition," said Jenn Michelle Pedini, the executive director of Virginia NORML who led the fight for legalization. "In 2021, their voices are finally being heard."

Although marijuana is now legal in small amounts for adults, possession of more than an ounce can result in a civil penalty of \$25 and possession of more than one pound is a felony. This mirrors the way other states have eased into legalization, allowing small amounts before gradually increasing how much of the drug they can have on them at a given time. Many advocates applaud the new law legalizing pot in small amounts, but they say keeping the penalties for larger amounts is problematic.

"This is one step to eliminate the racist policing around simple possession," said Chelsea Higgs Wise, executive director of Marijuana Justice Virginia. "People are still incarcerated for larger amounts than one ounce, and Virginia is making a way to profit off of pounds of marijuana while really ignoring and neglecting a lot of folks who have lost their lives and their families to the enforcement of marijuana [prohibition] that has been disproportionately on Black Virginians."

**THE NEW LAW ALLOWS** each household to have four plants, although commercial sales won't



As of July 1, possession of less than an ounce of marijuana is legal in Virginia.

**"The prohibition on marijuana has failed both in this commonwealth and in this country."**

— Sen. Adam Ebbin (D-30)

begin until New Year's Day 2024. Smoking weed in public is not legal, although you can smoke it in the privacy of your home or anywhere on your property. In many

ways, the new rules around pot mirror all the existing ones around alcohol. Having an open container of marijuana in a vehicle is not allowed, and driving under the influence remains illegal.

"The prohibition on marijuana has failed both in this commonwealth and in this country," said Sen. Adam Ebbin (D-30), who introduced the bill legalizing marijuana. "Cannabis does not have to be the boogeyman that some are making it out to be."

The journey from prohibition to legalization began after Democrats won control of the House and Senate in 2019. The following year, they decriminalized marijuana and began setting the groundwork for legalization. The bill legalizing marijuana was a heavy lift for a

General Assembly that was meeting mostly virtually, and it included everything from expunging old convictions in the failed war on drugs to the creation of a new Cannabis Control Authority. The effort almost fell apart in the Senate, where some conservative Democrats opposed legalization. "People smoke marijuana to get high," said Sen.

Chap Petersen (D-34). "The purpose of smoking it is to create an altered mental state, and that may be fine on your own time but once you legalize something people have the ability to pretty much use it anytime they want."

**THE DEBATE OVER LEGALIZATION** culminated in a moment of high drama in the Senate, which was meeting at the Science Museum of Virginia to allow for social distancing. Senators were tied 20 to 20, and Lt. Gov. Justin Fairfax broke the vote in favor of legalization.

As part of a compromise that secured the deal, lawmakers agreed to circle back around next year and

work out the specifics about how the new industry will work and how licenses are granted.

"It is quite rare for a new industry to just show up somewhat suddenly, but Virginia has had the opportunity to watch and learn from other jurisdictions," said Paul Seaborn, a professor at the McIntire School of Commerce at the University of Virginia. "The goals as they've been stated in Virginia is to make this new industry more equitable than most or maybe all of our other industries."

When the Cannabis Control Authority starts granting licenses, some applicants are likely to have priority over others. For example,

**"This is one step to eliminate the racist policing around simple possession."**

— Chelsea Higgs Wise,  
executive director of Marijuana Justice Virginia

people who have been convicted of possession of marijuana might end up receiving preferential treatment. Family members of people who have been convicted of possession could also get priority. Residents of neighborhoods that

have been disproportionately policed could also end up getting preferential treatment, although all the specifics of how those social equity licenses will work have yet to be approved by the General Assembly.

Some are opposed to that approach. "You cannot provide preferential treatment lifting up one class or group of citizens without diminishing the rights of another," said Sen. Bill DeSteph (R-8), previewing the coming debate over the issue in 2022.

**THE CREATION OF A** new industry also allows Virginia to create new worker protections for employees in the marijuana business, including prohibiting worker misclassification and union busting. Gov. Ralph Northam and House Democrats want to prevent license holders from taking sides in union organizing efforts and require them to pay a prevailing wage. That's a proposal that's likely to receive opposition from Republicans and conservative Democrats who support Virginia's right-to-work law.

"These are state licensees, just like a contractor or a doctor or a lawyer or your plumber," said Stephen Haner, a senior fellow at the Thomas Jefferson Institute. "There's no other state licensee where the licensing requirements are tied into basically what I consider a very pro-union interpretation."

Labor leaders see this as an opportunity to protect workers before they are hired in an industry that won't even begin until 2024. As is the case with the social equity licenses, the rules about worker misclassification and union busting can be targeted to work against some of the damage created by the failed war on drugs. But that will only happen if lawmakers are able to get the legislation out of both chambers, which could be tricky.

"This is an industry that was specifically designed to combat some of the problems and failures that were caused by the war on drugs, and specifically the impact on certain communities especially Black communities and brown communities," said Michael Wilson, vice president at United Food and Commercial Workers Local 400.

DRUG ENFORCEMENT ADMINISTRATION



# New Farmer's Market Opens at Cherrydale



Eight-year-old Norah Swennes takes a bite out of her peach as her six-year-old brother, Charlie, decides on an apple instead. They are visiting the Cherrydale Farmer's Market on opening day over July 4th weekend.

The first stand in the market does a brisk business with customers lining up to grab up the corn on the cob, "only 25 cents an ear, a real bargain."

SEE NEW FARMER'S, PAGE 11



Cherrydale Farmers Market opens at 8 a.m. Saturday, July 3 at Dorothy Hamm Middle School at 4100 Vacation Lane. This new market joins nine other farmer's markets scattered across Arlington.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Fourteen-year-old Tiara Dooley helps her father Rich Dooley at the Baguette Republic stand on July 1. They also have a stand at the Lubber Run Farmer's Market but since that market is held at the same time on Saturday, the family has split up with fifteen-year-old Ariel and their mother, Lisa Larimer, at Lubber Run. Tiara says she had to be here at 7 a.m. to help her father set up when she usually would be sleeping. "It is kind of hard with everyone coming in at the same time but it's fun." She says sourdough bread is the biggest seller here, like at Lubber Run, and they had already sold out of croissants at 9:30 a.m.

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Pre-rolled smokable flower cigarettes at Cannabreeze stand at Ballston Farmers Market on July 1, although retail sales of marijuana will not be legal until 2024.

# Farmers Market Offers CBD Products

BY SHIRLEY RUHE

**R**yan Clark stands at the Cannabreeze CBD stand at Ballston Farmers Market on July 1. This is the date when possession of less than one ounce of marijuana becomes legal in Virginia. But it doesn't mean that the stand can sell marijuana. Commercial sales won't begin until 2024.

He explains selling CBD, which is an oil derived from the cannabis plant and doesn't cause the high often associated with marijuana, has been legal. Proponents say it can offer relief from pain, anxiety and more without the mind altering effects of marijuana. CBD has less than 0.3 percent of THC, which is the part of cannabis that causes the high.

Cannabreeze is a veteran-owned "seed to sale" hemp farm in Loudoun County. Clark says he bounces back and forth between the ten acres of land that produces the hemp and various farm stands selling CBD products.

The stand offers a number of CBD products including the popular lotions that are applied in areas of targeted pain "from maybe a strenuous workout the day before. In 15-20 minutes, you get instant relief." Or you can put a drop of CBD oil under your tongue or mix it in a morning smoothie. "I use a mix of products depending on which issue I'm trying to do."

CBD products can be used for different conditions such as anxiety, sleep disorders, joint pain, nerve damage, Clark says. "I use a mixture of products depending on what I'm trying to do." He says he fell in love with CBD after high school when he had severe depression. "It helped a lot."

Clark pulls out a small tin with smokable flowers. "They're already rolled into prerolls and ready to go."

A rack on the side of the stand advertises pouches of

SEE FARMERS MARKET, PAGE 10



Ryan Clark mans the CBD stand at Ballston Farmers Market on July 1, the day marijuana use is legalized in Virginia. Sales of marijuana will wait until 2024.

PHOTOS BY SHIRLEY RUHE

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## News



PHOTO BY SHIRLEY RUHE

**Cannabreeze offers beef-flavored CBD treats for dogs or cats who may be experiencing stress or pain.**

## Farmers Market

FROM PAGE 9

beef-flavored treats “for a dog who suffers separation anxiety or may be reaching the end of its years.” The pet treat also comes as an oil which can be helpful if the pet is picky about taking pills; the oil can be mixed into pet food.

Cannabreeze offers classes on how to grow Virginia hemp. Clark says he “Virginia has the perfect climate. It’s pretty easy to grow outside with water and nutrients but quality premium grade hemp like they grow at Cannabreeze is harder. The brochure explains, “Our boutique brand of premium grade hemp products are germinated, propagated, dried and cured all by hand without zero automation right here on our farm.”

Business at this stand is slow although other places like Loudoun County are very active. “I think it might be a lot more emphasis on government here in Arlington with more restrictions on what people can do.” He says he has people stop by the stand with a lot of questions and a lot of misinformation. “Sometimes they don’t know; they have wrong information.” So he tries to stay calm and help them figure it out.

Clark says they plan a legalization celebration at their farm in Lovettsville on July 15 from 5-9:00 p.m. He says you can tour the production facility, eat BBQ, drink some wine and listen to live music. “And we’ll have glass blowing.”

Bring your own chair or blanket. Price (\$27) includes entrance into the park, guided tour of the production facility, Cannabreeze T-Shirt, and pre-roll.

This is a private event; tickets must be purchased in advance. 21 years of age and older, No Kids, No Pets. <https://cannabreezehemp.com/>



## NEWS

# July 3 Meet, Donaldson Run Thunderbolts vs. Overlee

After a great meet, Overlee bested Donaldson Run 236-184, taking 7 of the 12 relays.

Charlie Greenwood broke a Donaldson Run team record held since 1975 in 13-14 breast with a time of 32.80 (previous record 33.00).

Double event winners included Colin Clark, Seb Colvin, Lila Sherman, Rachel Conley, and Sean Conley.

Single event winners included Miles Ledford, Conor Michalowski, James Madden, Lila Epstein, Evie Maloney, Charlie Greenwood, Nora Sherman, Grace Jansen, and Jack Tsuchitani.



Charlie Greenwood swims the boys' 13-14 50 breaststroke, breaking a 46-year-old Donaldson Run team record.

PHOTOS BY RICH TAYLOR



Peter Madden (boys' 11-12 50 breaststroke)



Jack Tsuchitani (boys' 15-18 breaststroke)



Diya Redburn (girls' 13-14 breaststroke)



Rachel Conley (girls' 13-14 50 butterfly)

## New Farmer's Market

FROM PAGE 8



Fifteen stands at the Cherrydale Farmer's Market spread down the sidewalk outside Dorothy Hammond Middle School on opening day. More vendors are expected to join the group in subsequent weeks. Visitors walk back home down the block carrying bags loaded with tomatoes and beans, goat cheese and salmon or pecans. Kids sit on the grassy hill nearby munching on stuffed pitas, BBQ or a Turkish pastry.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

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## I'm the Big Winner



By KENNETH B. LOURIE

(Not a cancer column.) For the past six months or so, I have been the email-recipient of \$50 gift cards to numerous to count/tally. They have run the gamut from Ace Hardware to Zappos.com and everything in between like CVS, Kohls, Walmart; you name it. I have rarely clicked on any of these "give-aways" because the one time I did, the answers required on the site - to claim my winnings, seemed a bit intrusive, as in what they were asking was none of their business. If they truly want to incentivize me to spend money at their store/site, they need to leave my personal business out of their equation. You don't need to know my mother's maiden name or the name of the city where I was born, to give me money, and you definitely are not getting my credit card number into which you'll make "the transfer." I've been down that rabbit hole before, and it's not good.

For a time, I was naively open and curious about these presumptive money/data grabs. I figured that in a pandemic world where millions of potential buyers are quarantining at home, and brick and mortar businesses are left fending for themselves, finding an alternate route to my wallet/credit cards while many of us were less inclined to go out and mix with the masses, a gift card teaser seemed prudent and reasonable. Moreover, given the very extenuating circumstances we've all endured these last 18 months, it was safe even; given our collective evolution in terms of purchasing goods and services online over the last decade to buy remotely. Throw in the same day service available with some vendors and there really is very little need to leave your house.

But after being nearly hooked and gutted by a phishing expedition once before, I've become extremely cautious about taking any bait/ tipping my toe in the figurative computer water, especially when the offers seem to be pulling at my heart's strings: free/easy money. Certainly I am mindful of the advisory: "If it sounds too good to be true, ..." yelled from the highest mountain tops in the past decade. However, the fraudulent pursuit of our almighty dollars are not being sent by idiots/ innocent target marketers. Hardly. These callers, with whom you eventually have to make verbal or online contact are quite proficient at answering your questions and/or allaying any fears that the about-to-be-extremely-unlucky mark is exhibiting. And once the caller/responder to your query has control of your computer - which you provided (it seemed like the logical thing to do to close/finalize the deal), the gift card party is officially over. The "free" money you had anticipated receiving is now going to cost you real money, as opposed to the offer you initially received which, as it happens, wasn't real/free at all.

Still, even with my previous near-death financial wipeout, I did click on a CVS offer. The site had all the CVS bells and whistles and colors which I've come to recognize and the offer seemed genuine: three choices to click on a box to win a \$50 gift card. And of course, it was the third and final red box on which I clicked that offered up my \$50. That was easy. Too easy.

As it soon became apparent, claiming the money was the problem. Once I answered a bunch of questions about my name, rank and serial number of where I live and so forth, I realized I was leading the caller down the garden path to my identity and all sorts of harrowing misadventures which I'd prefer not to experience first hand. Before it got too late/too personal on the sight, I politely backed out before any damage was done. As a result of this near calamity, I am no longer clicking on anything that seems the least bit enticing with unsolicited offers of direct payments/gift cards to me. If however, there are solicitations to me for gift cards to be mailed to my home without any preconditions or questions answered, I'd be happy to receive them. Otherwise, I won't bother. I've been shamed once, I can't afford, literally, to be shamed twice, then it is my fault (a fool and his money ...).

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



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