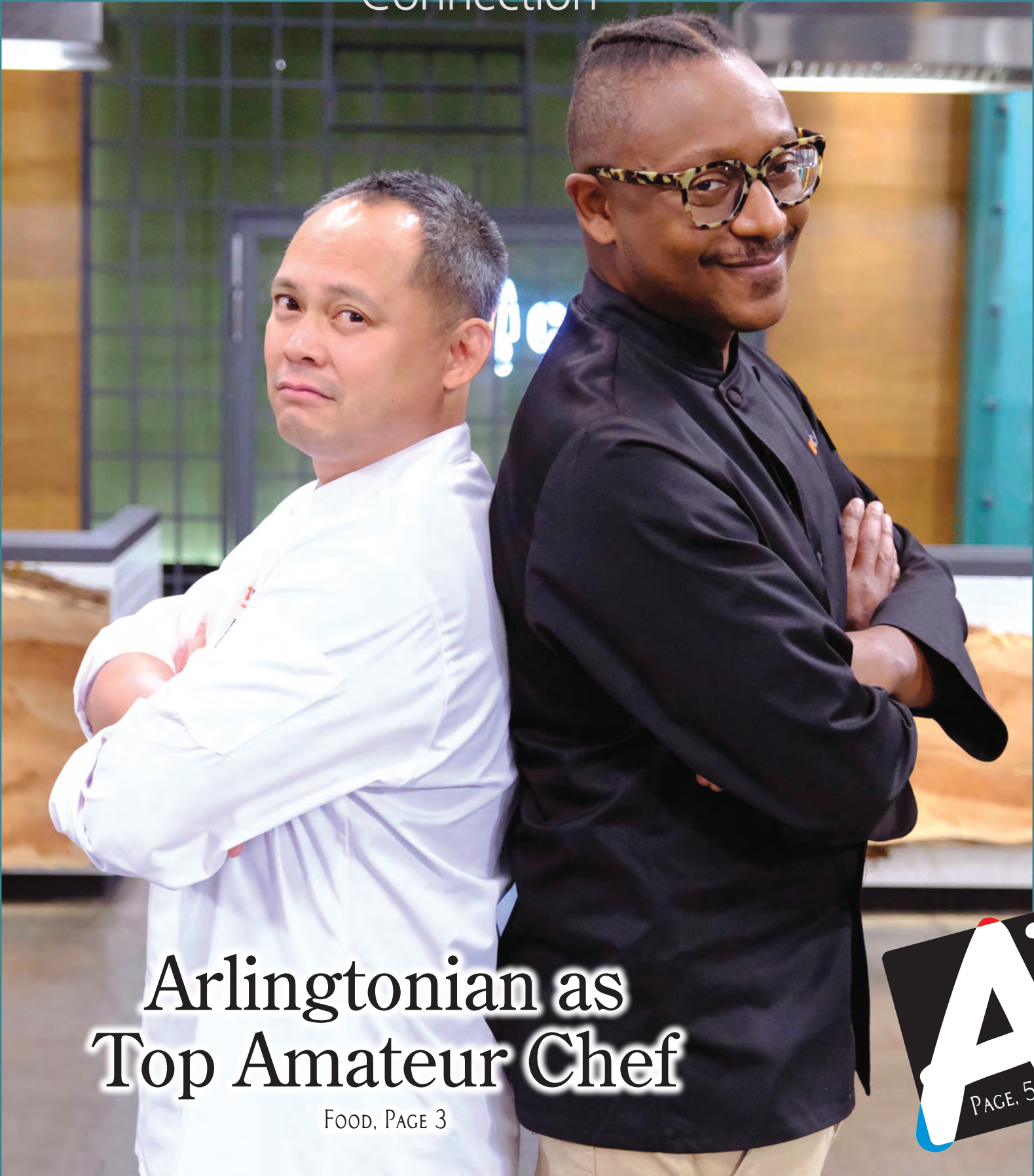


# The Arlington Connection

Rodney Faraon of Arlington (left) with his assistant, top chef Gregory Gourdet, on Top Chef Amateurs airing on Bravo Thursdays at 9 p.m.



## Arlingtonian as Top Amateur Chef

FOOD, PAGE 3



## Torri Huske Swims In Tokyo Saturday

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JULY 21-27, 2021

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## Arlington No. 2 Digital County for Size

**A**rlington County is once again ranked among the top digital counties in the nation. The Center for Digital Government and National Association of Counties has named Arlington to the No. 2 spot for their 2021 awards in the 150,000-249,999 population category.

The County has a notable track record of being recognized for its efforts in technology. This year's award marks the tenth time Arlington has been designated within the top three counties, four of those years receiving the number one ranking. The annual award is for achievement and best technology practices in areas of open government, transparency, public engagement, planning, cyber security and operations.

"The unprecedented challenges we faced with the Covid-19 pandemic reinforced the critical role that technology plays to ensure the continuity and effectiveness of government operations and services," said Arlington County Board Chair Matt de Ferranti.

These awards reflect Arlington's longstanding commitment to building and sustaining a strategic technology program that addresses both current and future community needs.

Learn about the strategic goals and work of Arlington's Department of Technology Services in the areas of digital equity, open government, constituent services.

The Digital Counties Survey Award provides an annual measure of performance and innovation in using technology by taking an in-depth look at the programs and plans of counties across the nation.

Arlington won the 2021 award for its work in several areas on behalf of residents, businesses, institutions and staff. These areas include open government, strategic planning, public engagement, cyber security, collaboration, shared services, operations, staffing and resiliency. Also considered was how progress in these technology areas helped support the County's overall priorities and goals for the year

### 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

❖ **Sudoku games, Thursday, July 22, 2 p.m., registration # 914601-05. All levels welcome.**

❖ Genealogy research, learn how to use WWI and WWII draft registration cards for information, Thursday, July 22, 3 p.m. Registration # 914400-06.

❖ Downsizing tips from Realtor Chris Lamar, Friday, July 23, 11 a.m. Learn how to avoid fraud risks. Registration # 914400-23.

❖ Line dance in the park, easy for beginners, Friday, July 23, 10 a.m., Virginia Highlands Plaza, 1600 S. Hayes Street. Registration # 914100-04.

Short story reading and discussion of "The Young Man Who Flew Fast" by Arcalii

Averchenko, Monday, July 26, 1 p.m. Registration # 914300-05.

❖ Tai Chi practice with experienced volunteers, Monday, July 26, 10 a.m., and Tuesday, July 27, 10 a.m., Virginia Highlands Plaza, 1600 S. Hayes Street. Registration # 914105-19.

❖ Outdoor needlecraft, Monday, July 26, 10 a.m., Virginia Highlands Park, 1600 S. Hayes Street. Registration # 914703-26.

❖ Genealogy 101, discuss with other enthusiasts, share information

and tools, Tuesday, July 27, 11:30 a.m. Led by experienced genealogist Eileen Bogdanoff. Registration # 914400-02.

❖ Piano lounge music performed live by Valerie Welsh, Tuesday, July 27, 2 p.m. Registration # 914802-04.

❖ Cardiac risk factors, Wednesday, July 28, 3 p.m. Presented by Rachel Riley Shelton, FNP-C and Salma Haque, MD. Registration # 914500-03.

❖ Classics from the 50s and 60s performed live by Julianne Corley, soloist, St. Matthews Choir, Washington, D.C., Wednesday, July 28, 11 a.m. Registration # 914802-08.

❖ Speaking American, the study of words, phrases, expressions, regional accents, Wednesday, July 28, 1:30 p.m. Registration # 914400-18.

❖ Yarn creations, group of crafty individuals meet outdoors weekly to share ideas and fellowships, Wednesday, July 28, 1 p.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Registration # 914703-15.

❖ Aurora Hills fast paced walking group, the Fast Forwards, two to four mile loop, some hills, Friday, July 30, 8:30 a.m. Registration # 914201-04.

Monday morning coffee meet-up with fellow 55+ members, Aug. 2, 10 a.m., casual conversation. Registration # 914801-08.

❖ Outdoor needlecraft with fellow 55+ members, Monday, Aug. 2, 10 a.m., Virginia Highlands Park,

1600 S. Hayes Street. Registration # 914703-27.

❖ 55+ Live! Talk Show with up-to-date information regarding 55+ programs, activities, Tuesday, Aug. 3, noon. Meet 55+ staff members. Registration # 914801-17.

❖ Senior discounts and where to find them, Tuesday, Aug. 3, 1:30 p.m. Presented by Amie Clark, SeniorList.com. Registration # 914400-19.

❖ Tai Chi practice with experienced volunteers, Tuesday, Aug. 3, 10 a.m., Thomas Jefferson Community Center, 2501 S. 2nd Street. Registration # 914105-08.

❖ Local history group to discuss history of transportation in Arlington with Charlie Clark, Wednesday, August 4, 10 p.m. Registration # 914402-12.

❖ Book club members to discuss, "Manhunt: A Michael Bennett Story" by James Patterson with James O. Born, Wednesday, Aug. 4, 11 a.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Registration # 914402-03.

❖ Genealogy discussion group shares discoveries and techniques, Wednesday, Aug. 4, 3 p.m. Registration # 914402-28.

❖ Travel trivia games, Thursday, Aug. 5, 11 a.m. Registration # 914601-03.

❖ Afternoon hang-out, casual conversation with fellow 55+ members, Thursday, Aug. 5, 3 p.m. Registration # 914801-21.

❖ Skincare secrets, demonstration by skincare coach Julia James, Friday, Aug. 6, 1:30 p.m. Registration # 914500-02.



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Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

**Senior Living**, fourth week of every month.

### Questions?

E-mail [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431

**THE CONNECTION**  
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Faraon and Goudet plate the final dish, risotto with king crab, truffles and caviar as the entry symbolizing greed in the seven sins challenge.



Faraon's opponent vegan Zuliya Khawaja with her assistant, top chef Isaac Toups.

## Arlingtonian as Amateur Top Chef

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

“Good evening and welcome to the Bravo Top Chef Amateurs. Tonight we have Zuliya Khawaja, a vegan from San Diego competing with Rodney Faraon, a former CIA analyst from Arlington ‘with a license to kill.’ He says he could kill people ‘with this little finger.’

“At stake tonight is \$5,000 and ultimate bragging rights.” Top Chef Amateurs is a new cooking show scheduled on Thursdays at 9 p.m. on Bravo channel.

“Tonight’s contest will be ‘the seven deadly sins challenge’ where each dish will be inspired by one of the deadly sins.” Khawaja eyes the selection of chef’s knives and draws one that reads “gluttony.” Rodney draws next and ends up with “greed.”

“Each of you will have a famous top chef to help you with details or advice but we want this dish to be all yours. Khawaja is assigned Isaac Toups and Faraon gets Gregory Gourdet.

“You have 45 minutes on the clock. Here are your white chef’s jackets. Let’s begin.”

Faraon thinks only a moment and decides to make lobster risotto—a dish that surely could symbolize greed. “Let’s check the refrigerator to be sure they have lobster.” But no lobster is in sight.

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“How about these?” He pulls out a tray of large king crab legs. “Let’s make it look expensive. Can we do truffles and caviar?”

Meanwhile at a table nearby Khawaja is working on a dish with rich polenta topped with sautéed squash rounds simmered in miso ginger sauce and sprinkled with pomegranate seeds—a dish which she says could symbolize gluttony.

Faraon says, “I’m going to break the famous risotto curse,” a reference to the dish that has foiled a number of top chef contestants. “Having all of these crazy ingredients can be risky.

“My main concern is time. It’s like a scene in a spy movie with the clock ticking and I have to disarm the nukes. It took so long finding my ingredients.” He mutters risotto takes a long time to cook properly.

“30 minutes guys.”

Faraon explains, “My mother used to run a little hole-in-the-wall Philippino restaurant so it gives me some experience.”

Faraon pours the risotto into a skillet. “Let’s get the rice toasting. Making risotto is not advising the President.” After the risotto has absorbed all of the white wine, Rodney pours in the seafood stock, a little at a time. “I’ve got to keep stirring or it will ruin the rice.”

Isaac Toups looks over. “Looks burned to me.”

Rodney replies with a smile, “That’s an illusion.”



Rodney Faraon of Arlington (left) with his assistant, top chef Gregory Gourdet, on Top Chef Amateurs airing on Bravo Thursdays at 9 p.m.

Faraon turns to his assistant Gourdet. “How are we doing with the crab?”

“This risotto is mercurial. It doesn’t want to cooperate. I have to taste it constantly and keep stirring.”

7:10 and counting down. “Let’s put in the truffle.” He is still tasting the risotto; it’s still a little al dente. Faraon pours on some more seafood broth, praying it will get done in time.

Gourdet has been working on

the crabmeat. “Let’s put the crab on first, then the caviar.” And the grand finale to symbolize greed, Faraon sprinkles gold leaf lavishly around the dish.

“5-4-3-2-1 Hands up.”

The judges send the contestants out of the room and savor the dishes slowly while they discuss the final verdict. The judges comment on the risotto. “Could have used a little more seasoning, a different plate to showcase all of the ingredients, a little more cooking to get all of the kernels or rice done.” But overall an excellent dish.

But when the scales of fortune are weighed, it is the vegan dish that takes the day. Rodney laments, “I join the list of chefs who have succumbed to the risotto curse.” And he says he knew when he had a vegan chef as his opponent, it would be tough because to get this far they have to be excellent chefs.

Faraon says he was glad the challenge worked out the way it did. “If I’d gotten ‘the radish’ like the previous episode, I don’t know what I would have done.” But when he got this particular seven sins challenge, he knew he could create a narrative around an idea.

He says he chose risotto based on an experience he had in a previous life. “I was sitting across the table from a very wealthy man, and we didn’t speak each other’s language. So it was mostly grunts and looks over food.” He decided risotto was clearly an expensive food he needed to pay attention to.

SEE ARLINGTONIAN, PAGE 11

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PHOTOS CONTRIBUTED BY DAVID MOIR



# Don't Miss Torri Huske July 24-25

**T**orri Huske is swimming in the Tokyo Olympics. She qualified at 2021 U.S. Olympic Team Trials last month in Omaha. There, Huske led the women's 100-meter butterfly semifinals in 55.78, breaking the American record previously held by Dana Vollmer (55.98). Huske, 18, started off with a world record pace to lead the first heat of the semifinals, according to Team USA.

TV times: Saturday, July 24 at 6:30 a.m. for the 100 Fly Preliminary on the USA Network. Semi-finals later Saturday night at 9:40 p.m. on NBC. Finals on Sunday, July 25 at 9:30 p.m. on NBC.

Name: Torri Huske  
Sport: Swimming  
Event: 100-meter Butterfly  
Height: 5-8  
Hometown: Arlington, Va.



High School: Yorktown High School (Arlington, Va.)

College: Stanford University '25

Team/Club: Arlington Aquatic Club

Coach: Evan Stiles

Other Career Highlights

❖ Six-time World Junior Championships medalist

❖ World Jr. Championships medalist (5 golds, 1 silver)

❖ Two-time U.S. National Championship finalist

❖ Former 15-16 NAG record holder in the 100 butterfly

Personal: Daughter of Jim and Ying Huske...Committed to Stanford University in her senior year of high school for the 2021-22 season....began swimming around age 5.

Source: Team USA [www.teamusa.org/usa-swimming/athletes/Torri-Huske](http://www.teamusa.org/usa-swimming/athletes/Torri-Huske)

## Shots Strike Parked Vehicle in Clarendon

**A**rlington County Police Department's Homicide/Robbery Unit is investigating a shots fired incident which occurred in the Clarendon neighborhood in the early morning hours of July 19, 2021.

At approximately 1:15 a.m., police responded to the 2800 block of Wilson Boulevard for the report of a shooting. Arriving officers established a perimeter and located evidence confirming multiple shots had been fired in the area. During a canvass, officers located an unoccupied, parked vehicle in the 1300 block of N. Garfield Street which had been struck by two stray rounds.

The preliminary investigation indicates a large group had been involved in a fight at this location prior to the shooting. Witnesses reported observing a SUV and burgundy sedan flee the scene. No injuries related to the shooting have been reported. There is no suspect(s) description at this time.

This remains an active criminal investigation. Anyone with information or home surveillance that may assist with the investigation is asked to contact the Arlington County Police Department's Homicide/Robbery Unit at 703-228-4180 or ACPDTipline@arlingtonva.us.

## Conversations With the Chief

**A**rlington County Police Department (ACPD) says it recognizes this is a transformational time in the law enforcement profession and a period of opportunity to work with the community in determining the future of policing. Their goal is to advance best practices in alignment with 21st Century Policing, we also want to ensure the department is providing a level of service that reflects the values and expectations of the Arlington community.

Chief Andy Penn wants to hear insights residents and businesses bring to the conversation about the role of policing. He invites community members, organizations and businesses to join him at Community Conversations with the Chief throughout Arlington this summer.

WATCH: Message from Arlington County Police Chief Andy Penn <https://www.youtube.com/watch?v=BgJaphHzPzU>

Event Locations

❖ Tuesday, July 27, Mega Mart, 5001 Columbia Pike, 5 – 7 p.m.

❖ Thursday, July 29, Ballston Quarter Outdoor Food Hall, 4238 Wilson Boulevard, 12 p.m. – 2 p.m.

❖ Friday, Aug. 20, Metro 29 Diner, 4711 Lee Highway, 10 a.m. – 12 p.m.

❖ Thursday, Aug. 26, Gates of Ballston Community Room, 4108 4th Street N., 6 – 8 p.m.

❖ Tuesday, Aug. 31, Pentagon Row, 1201 S. Joyce Street, 12 p.m. – 2 p.m.

❖ Friday, Sept. 3, Gateway Park, 1300 Lee Highway, 10 a.m. – 12 p.m.

❖ Tuesday, Sept. 7, Charles Drew Community Center (rear cafeteria), 3500 23rd Street S., 6:30 p.m. – 8:30 p.

## BULLETIN BOARD

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

### FRIDAY/JULY 23

Summer Pruning for Woody and Herbaceous Perennial Plants. 10:00 – 11:30 a.m. Online. Summer is the time to prune trees and shrubs that bloom in the spring and to help perennial flowering plants look their best. Extension Agent Kirsten Conrad will walk you through the how, when, and why to prune hedges, multi-stem shrubs, small trees, and large branches. EMG's-in-training Kathy Eiden and Brandis O'Neal will be on hand to debut a short video on specialty pruning. With these best practices, your pruning results will be healthier and fuller growth, better flowers and fruit, and more attractive landscaping. Free. RSVP at <https://mgmv.org/events/> to receive link to participate.

### FRIDAY/JULY 30

Fall and Winter Vegetable Gardening. 10:00 – 11:30 a.m. Online. Wondering what to plant when the weather starts to cool? Join us to learn what to plant when, and simple tips for success. We will discuss inexpensive techniques to extend your harvest and ways to enjoy some of your crops in the dead of winter. We will also discuss how to select and plant winter cover crops to improve your soil for next year. The speaker is Extension Master Gardener Dona Lee, an avid vegetable gardener who shared tips on "fearless" vegetable gardening in our March sessions. Free. RSVP at <https://mgmv.org/events/> to receive a link to participate.

### NNO IS AUG. 3

The Arlington County Police Department invites community members and organizations to celebrate outdoor National Night Out (NNO) events on Tuesday, August 3, 2021 from 5 p.m. to 8 p.m. NNO is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our communities safer and improve quality of life. During NNO, residents in neighborhoods throughout Arlington County and across the nation are asked to turn on their porch lights, lock their doors and spend the evening outside with their neighbors, police officers, firefighters and other County personnel. Outdoor events

such as cookouts, block parties and ice cream socials will occur simultaneously throughout Arlington County and nationwide.

### THREE ADDITIONAL LIBRARY LOCATIONS NOW OPEN

As of July 6, Arlington residents and Library patrons will have access to five open library locations — Aurora Hills, Central, Columbia Pike, Shirlington and Westover libraries.

### POLICE DEPARTMENT PUBLISHES 2020 ANNUAL REPORT

The Arlington County Police Department announces the publication of the 2020 Annual Report which celebrates the agency's 80 years of service to the Arlington community. The report showcases the accomplishments of the Department and its personnel throughout the year in support of our key initiatives of crime prevention and control, transportation safety and community engagement. These initiatives were adopted in 2016 to guide staff as we continue to deliver professional police services to the community.

The Annual Report is the official release of crime and traffic statistics by the Department for the preceding year and provides an overview of multi-year trends in both categories. Year-end crime statistics are submitted to Virginia State Police in March, based upon the Federal Bureau of Investigation's National Incident-Based Reporting System format. Investigative updates, as well as the re-classification of cases, can occur throughout the year, making the data dynamic as amendments are made. The most updated data, which may not be consistent with what is included in this report, is available on the Virginia State Police website. Crime in Arlington County remained relatively constant for Group A Offenses, and declined for Group B Arrests in 2020. Crime remains within the standard range of five-year trends for both categories and below historical peaks in offense totals reported in 2016. The total number of offenses, as well as the violent crime rate (offenses per 100,000 persons) remain below the 2020 Virginia average, and below the most-recent FBI Uniform Crime Report. The use of online reporting increased 31.5% from 2019 in 2020, now accounting for almost 36% of all case reports.

Annual Report Highlights

Advancement of best practices in law enforcement by implementing programs and initiatives in support of 21st century policing

strategies

Strengthening officer wellness programs in support of employee physical and mental health  
Annual Crime Statistics – while the overall crime rate remained relatively constant, reported crimes against persons offenses rose 9%, primarily driven by increases in assaults  
Annual Traffic Statistics – the number of recorded collisions, including multi-modal crashes, decreased in 2020 as travel volume declined due to COVID-19 restrictions  
Overview of the ongoing opioid crisis in Arlington and available resources and programs  
Launch of the Homeless Outreach Program to improve safety and quality of life concerns for some of Arlington's most vulnerable members  
Community engagement and traffic safety program highlights

### 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/s2FuFdaYwDZm4tPw2](https://goo.gl/forms/s2FuFdaYwDZm4tPw2).

### 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](https://salary.aauw.org).

Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit [audubonva.org/audubon-at-home-1/](http://audubonva.org/audubon-at-home-1/) for more.



# Summer Camp in Age of Climate Change

**Increased safety protocols result from climate change-induced, extreme temperatures.**

BY MARILYN CAMPBELL  
THE CONNECTION

**S**ome of the area's youngest aspiring thespians are spending part of their summer honing their craft at Arlington's Encore Stage & Studio's camps. Noticeably different this year than in past are new safety precautions that include mask mandates and protection from the heat.

"We've spent more time outdoors this summer because that is what parents requested," said Sara Duke, Executive Director, Encore Stage & Studio. "We've provided special training for our staff on heat safety and recognizing heat-related illnesses."

Heat safety protocols at Encore and other local camps have been revised to address not only a gradual reopening as the pandemic abates, but also the gradual increase in average temperatures partly the result of climate change.

"For sure it's causing huge extremes in weather," said Susan H.B. Agolini, Ph.D., Clare Boothe Luce Assistant Professor of Biology at Marymount University. Agolini just completed a heat mapping study as part of a team created by the Virginia Foundation for Independent Colleges. "Camps have to remember hydration and be aware that extreme heat can exacerbate health issues like asthma."

Employees of camps run by the Fairfax County Park Authority are given daily reminders and video training. "We send out poster reminders for signs of heat-related illnesses and the need for frequent rest/shade breaks," said Judy Pedersen, Fairfax County Park Authority. "We send out YouTube clips for supervisors to use with staff as toolbox safety talks. We also send out reminders for camps to schedule air conditioning breaks indoors throughout the day whenever possible."

A traditional summer camp experience, which includes long days spent outdoors while slathered in sunscreen and armed with insect repellant, has been curtailed for some as a result of a hike in safety warnings for children. "As extreme heat is increasing in many regions throughout the United States, it's important to know how to prevent heat illness, and to identify and treat children who are affected," said Dr. Benjamin Schwartz, M.D. Director of Epidemiology and Population Health with the Fairfax County Health Department.

Training such as that given to camp workers at Encore and Fairfax County camps include information on how to recognize the signs of heat illnesses.

"Symptoms of heat exhaustion that campers and staff should recognize include an elevated body temperature, goose bumps, dizziness or weakness, headache, increased thirst, irritability, muscle cramps, or nausea and vomiting," said Schwartz. "If any of these symptoms occur, it's important to move to a cool place, loosen clothing, put cool, wet cloth on the skin and sip water. Call 911 right away if symptoms get worse, last longer than 1 hour or if the individual

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PHOTO BY MARILYN CAMPBELL

As temperatures rise, so does camp counselor heat safety training and a focus on sun protection supplies like hats and sunscreen.



CINDY KANE PHOTOGRAPHY

New summer camp safety precautions are combining heat safety with COVID-19 safety.



PHOTO: SAM REGARDIE

Safety measures, such as those put in place at Encore Stage & Studio in Arlington, are a response to rising temperatures and COVID-19.

**"We've provided special training for our staff on heat safety and recognizing heat-related illnesses."**

— Sara Duke, Executive Director,  
Encore Stage & Studio

begins vomiting. Always follow up with your child's pediatrician or health care provider following an instance of heat illness."

As the reality of increased temperatures and subsequent danger, safety protocols become more critical.

"Due to the pandemic, most camps are spending extra time outside this year," said Kurt Larrick, Assistant Director, Arlington County Department of Human Services. "Parents and guardians can talk to camp operators about what sort of mitigation measures they have in place for hot days, and let them know if your camper has any health issues that might be triggered by the heat."

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# Can Our Yards Save the Planet?

Plant native plants for pollinators, food for birds and more.

BY GLENDA C. BOOTH  
THE CONNECTION

When Tami Entabi moved into her Mount Vernon-area home in 2006, the backyard was a thick mass of intertwined English ivy. Today, to her delight, purple violets are spreading and the garden is abuzz with birds, bees, butterflies, moths and other insects from spring through fall.

Entabi removed most of the English ivy, an invasive plant, and wants the violets to take over. They support the great spangled fritillary butterfly and provide nectar plants for other pollinators. She's striving for blooms most of the year. She leaves the leaves and dead wood in her garden beds. Her goal is a woodland garden of native plants that supports native insects, birds and other wildlife.

Entabi and many others are trying to eliminate plants not native to the area. Non-native or invasive plants are plants introduced to an area intentionally or accidentally. Many spread rapidly and lack natural controls. They usually outcompete native plants, alter biological communities and degrade natural ecosystems. Some can cause economic harm.

## Trouble Signs

The Earth is losing one to two percent of its insects every year, reported University of Connecticut entomologist David Wagner in January, a trend some call "the insect apocalypse." NatureServe scientists estimate that about one third of all U.S. species of animals and vascular plants are at risk of extinction. A 2020 World Wildlife Fund study found that of nearly 4,400 mammals, amphibians, birds, fish and reptile populations have dropped by 68 percent since 1970.

These studies are signaling that the way we are managing or failing to manage our natural resources is having serious consequences. Experts point to habitat loss and fragmentation, monocultures, invasive species, pesticides, herbicides, insecticides, climate change, light pollution and disease as contributing factors.

In suburbia, lawns and sprawling development have replaced most native biodiversity. Lawns cover 40 to 50 million acres of land in the United States, almost equivalent to all of the country's national parks, wrote Tik Root in the July 1 Washington Post. Lawns and turfgrass



Tami Entabi next to coral honeysuckle, a favorite of hummingbirds.

are the largest "crop" grown in the Chesapeake Bay watershed. And while the perfect green lawn may be an American icon, ecologically, it has very little habitat value.

To reverse the declines in insects, birds and other wildlife and to be better stewards of the environment, many gardeners today are turning to more natural landscaping approaches and native plants.

University of Delaware entomologist Dr. Doug Tallamy offers this: "We have allowed alien plants to replace natives all over the country. Our native animals and plants cannot adapt to this gross and completely unnatural manipulation of their environment in time to negate the consequences."

With his initiative called "Home-grown National Park," Dr. Tallamy argues that our national parks are too small and spread apart to preserve species to the levels needed, that people can restore habitat and the ecological health of our communities.

Examples: Mount Vernon Supervisor Dan Storck and volunteers converted part of the landscape around the Mount Vernon Government Center to native plants. He led an effort started in 2018 and adopted unanimously by the Board of Supervisors in 2020 to apply natural landscaping practices to county properties. Belle View Elementary School teachers created a native garden, outdoor classroom.

## Pollinator Gardening

Pollinators include bees, beetles, butterflies, moths, other insects, birds and bats. When a pollinator carries pollen grains from the male anther of a flower to the female stigma of flowers of the same species and fertilizes it, pollination

results and the plant can produce seeds. Around 75 percent of all flowering plants depend on pollinators for fertilization, but many pollinator species are declining. "The main threat facing wild pollinators is loss of habitats," wrote Kathy Reshetiloff for the Bay Journal.

Some pollinators are generalists and can pollinate a variety of plant species, but others are highly specialized. Many pollinators evolved to emerge when their plants are flowering. If the plants are not available, the pollinators cannot survive.

In Entabi's backyard, coreopsis plants attract skipper and fritillary butterflies. Hummingbirds probe coral honeysuckle blossoms. Luna moths visit the pignut hickory trees. Zebra swallowtail butterflies visit the pawpaw trees. Their caterpillars feed at night and spend the day in the leaf litter. Bees love the St. Johnswort. Many insects feed on the goldenrod. Woodpeckers excavate dead wood. Skinks hide out in brush piles. Where a big tree that came down left a big hole, Entabi's making a frog pond. "The soft bottom will be good for hibernating and the trunk will be part of pond and offer places to hide," she says.

## Butterfly Gardening

Some people are planting native plants to support butterflies. "Selecting plants that will feed butterflies while also encouraging them to stick around for a while, laying eggs and creating a new generation of butterflies is your goal," advises the North American Butterfly Association's website. "To do this, you will need to choose plants that fall into two groups: nectar plants that will provide adult butterflies with



Tami Entabi explains that bees like the false indigo plant.



Violets now carpet her backyard.

energy and caterpillar food plants that will feed caterpillars. With careful selection from these two groups, your garden will provide for the entire life cycle of butterflies."

Some people are planting to specifically help monarch butterflies and support their migration to and



Bumblebee on an obedient plant

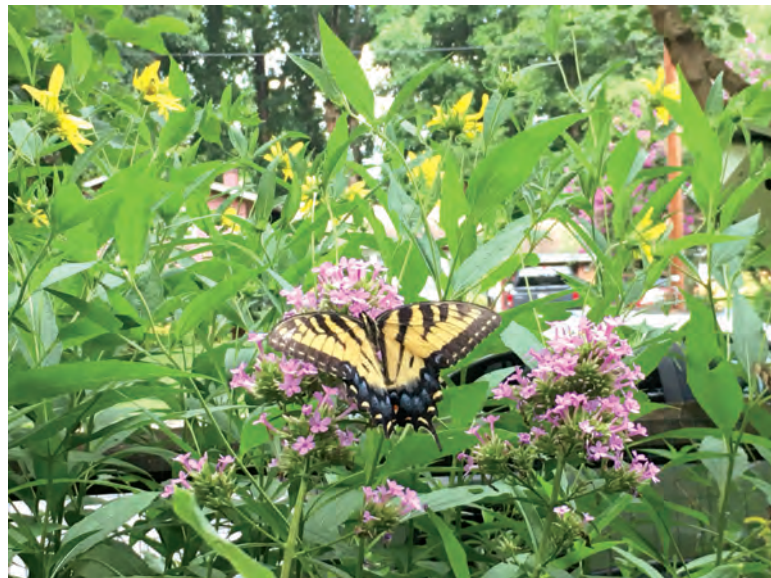
from Mexico. These orange and black butterflies, weighing one-fifth the weight of a penny, are the only butterfly species to regularly undertake a two-way migration, for some, a 3,000-mile trip over three generations. "This is one of the most extraordinary annual migrations on our planet," said mon-

arch expert, the late Dr. Lincoln Brower of Sweet Briar College.

Most butterfly caterpillars feed on specific plant species, called their host plant. Monarch butterfly caterpillars feed exclusively on milkweed leaves. Host plants generally are the plants on which butterflies lay eggs and their cat-



Monarch caterpillar on milkweed.



Eastern tiger swallowtail butterfly on fall phlox.



Buckeye butterfly on hyssop

erpillars eat. Without milkweed, monarch butterflies cannot complete their life cycle.

The American Horticultural Society's River Farm, Fort Belvoir and Burgundy Farm Country Day School have monarch butterfly gardens. The Martha Washington Library has a milkweed garden.

Tallamy urges people to "re-create" nature. For species in decline, he says, "Their only hope for a sustainable future is for us to inter-



Wasp on gray dogwood.



Bumblebee carrying pollen and feeding on milkweed blossoms.



Milkweed garden at the Martha Washington Library on Fort Hunt Road. Bellevue Elementary School is in the background, across the street.

## Resources

Pollinator Gardening, [www.pollinator.org](http://www.pollinator.org); [www.xerces.org/bringbackthepollinators](http://www.xerces.org/bringbackthepollinators) Butterfly Gardening, <http://nababutterfly.com/basics-of-butterfly-gardening/> Guide to Native Plants for Northern Virginia, <https://www.plantnovanatives.org/> Wildlife Habitat Gardens: Audubon at Home, [www.audubonva.org](http://www.audubonva.org), <https://www.nwf.org/CertifiedWildlifeHabitat>; Habitat at Home, <https://dwr.virginia.gov/wildlife/habitat/> "Nature's Best Hope: A New Approach to Conservation That Starts in Your Yard," book By Douglas W. Tallamy

vene to right the wrongs that we have perpetrated. In order to let nature take its course, we must first

re-create nature."

Tami Entabi's backyard is a good example.

"On your own property you can make a difference," Entabi says. "It's exciting."



# It Just Gets Better and Better

AFAC new warehouse expands capacity for feeding 2,300 families a week plus delivery to five senior centers.



The new \$80,000 refrigerators in the remodeled warehouse area increase storage space by 100 percent.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Charles Meng, CEO and Executive Director of AFAC (Arlington Food Assistance Center), stands outside the new 4,800 foot warehouse space under construction on S. Nelson Street.

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

A line forms on July 15 outside the AFAC (Arlington Food Assistance Center) building on S. Nelson Street as people wait with their bags and rolling carts for a week's supply of supplemental groceries. Next door, construction of additional warehouse space is well underway to add 4,600 square feet for AFAC food storage.

Charles Meng, CEO and Executive Director of Arlington Food Assistance Center, says the new building will increase the storage capacity allowing AFAC to purchase more in bulk and buy at a bigger discount. And with increased storage they will be able to expand their services to serve needy families outside Arlington.

Last year AFAC purchased 1.2 million pounds of food and received 1.5 million pounds of donated food. Arlington County provides \$555,000 to purchase food but the total food budget is \$1.2 million to meet the demand so they still need to raise \$645,000. Meng says Arlington provides 6.9 percent of the \$8 million it takes to operate AFAC for a year.

Currently AFAC provides supplemental groceries to an average of 2,300 families a week as well as delivery to five senior centers. Meng pulls out a big book of statistics. "We run on statistics. For instance, in May we had 10,064 visits. This represented 2,013 families with 4,972 individuals, half kids

less than 18 years old." He compares that to October 2001 when they served 529 families a week.

Meng says during COVID the need for supplemental groceries increased with 2,334 families requesting assistance for the first time due to economic hardship.

The additional space will allow AFAC to have 100 percent more refrigeration and freezer capacity with the \$80,000 purchase of two giant refrigeration units. "A lot of eggs, milk, vegetables and produce have to be refrigerated and frozen. This way we can buy in greater volume and get a bigger discount. Meng points to the far wall where the refrigerators are located. "We put in an insulated slab under the refrigerators and added one over this way for the future."

"We are buying healthy food that people pass over when they are shopping because it is expensive. By having macaroni and cheese in the grocery basket, what does that provide for your kids? Fat, salt and sugar. That leads to childhood obesity."

Meng says Arlingtonians generously donate in the many AFAC boxes widely located around the area — cereal, tuna, canned tomatoes, rice — many of the most basic requested supplies. "But we get everything donated from seaweed to cans of something the kids don't like."

The building was purchased in October 2020 and construction started in early March 2021. COVID was not an issue because so many other construction projects were on hold at the time.



Charles Meng points to the removable railings in the 1,200 square foot second story storage space that allows forklift access to put "anything up there."

"We worked with Tech 24 who did the original building and with the same excellent project manager."

He explains, "This construction is a brand new building in the walls of an old building built in the '50s. We took off 70 years of accumulated roofs, one on top of the other and put on a new roof." And they will be adding skylights.

In addition, the renovation includes a new floor after the discovery that they had bad subsoil conditions that allowed the building to settle differently resulting in large cracks. "We took out five feet of dirt and put new compacted gravel under the floor. |

A worker is measuring a large sheet of plastic, which will protect the new sheet rock on the walls. "It is easy to clean. We wanted something low maintenance, to do it right

the first time. And there are plastic bands along the lower wall to keep forklifts from damaging the walls. There are better things to spend money on than maintenance."

He points to the wiring and plugs along the wall. "See all new electricity, and the plumbing is new, too."

"You see that black spot on the wall? We're going to knock out a doorway to the next building for ready access." Meng adds, "Of course the whole building is ADA. handicapped accessible."

The new addition was funded with legacy gifts from people's wills and estates. "We used it to purchase the building and renovate the space." Meng adds they are still raising money for it but he has confidence it will be paid for.

"We are currently in good shape



Charles Meng heads from the multi-purpose room down the hall to the new warehouse space, which will allow expansion of the client base for supplemental groceries.

and debt free." The new building is expected to be open in September of this year although there could be delays in terms of availability of materials.

Meng looks ahead to their ten-year future. "Food insecurity doesn't just happen overnight and can last weeks, months, years. Our mission statement states 'an independent, community-based non-profit food pantry that provides dignified access to nutritious supplemental groceries to all of our neighbors in need.'"

He notes the long-term trend for assistance is moving downward as low-income families are being pushed out of Arlington by lack of affordable housing. "The cost of living is getting outrageous."

"Our purpose is to feed needy families wherever they may be."



## OPINION

# Calling for Support Of Legislative Policies On COVID-19

Over the last year till now, the world has faced one of its most prominent periods of economic and sociological hardships known to man. The recent COVID-19 pandemic has been responsible for infecting over 170 million people worldwide, with over 3 million having lost their lives.

Additionally, the pandemic has deeply impacted the livelihoods of those who are completely vulnerable to the loss of resources and has created long-term damage to those respective nations, greatly increasing global poverty.

Most importantly however, is that while the US is beginning to open its businesses and workplaces thanks to the recent distributions of COVID vaccines, other countries such as India, Brazil, and Columbia still struggle with the pandemic at hand. Because of issues with limited resources provided and lack of vaccines available, these countries are not able to successfully vaccinate their communities fully.

However, not everything is lost as there is still hope in helping to resolve the issues at hand, the Borgen Project. The Borgen Project is a non-profit, national organization that focuses on fighting global poverty. Some of the actions that are done is to mobilize constituents, meeting and influencing lawmakers to push effective foreign policy, and fundraise to keep the organization running.

Therefore, I encourage you to check out the organization as well as to contact your local congressional leaders through emailing and calling their offices to push for legislative action.

In addition, I call upon U.S. Rep. Don Beyer Jr. and U.S. Senators Tim Kaine and Mark Warner to continue to push for bills that greatly enhance foreign aid, much like recent action enacted from the House of Representatives with the Global Health Security Act this past Monday.

Jael Espinoza  
Arlington

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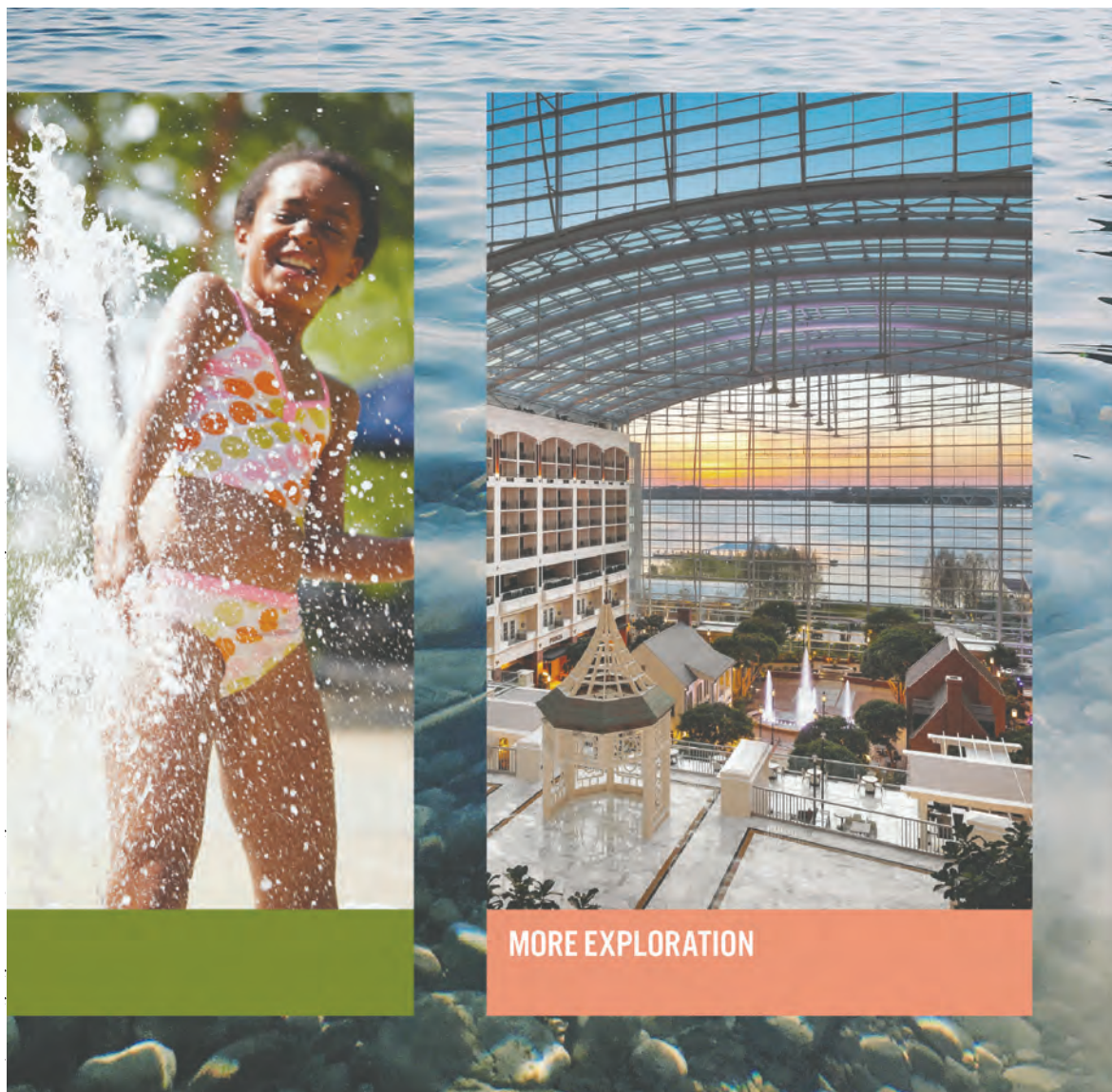
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# ENTERTAINMENT



## Saturday/July 24

**Bands & Brews on the Boulevard.** 11 a.m. to 8 p.m. At Wilson Boulevard in Ballston, from N. Stuart to N. Randolph Streets. Concert-goers can mix, mingle, dance and enjoy live music from various local acts. Bobby McKeys Dueling Pianos will close out the event at 7:00 p.m. and the community is encouraged to request songs for by visiting Ballston BID's Instagram page and submitting your requests in the week leading up to the event. A 200-foot, open-air Street Pub will be serving beer, wine and cocktails.

Main Stage on Wilson Boulevard  
DJ Touch Basis – all day  
11:00 a.m. Andrew Savoia & Fordson Labs  
12:30 p.m. Turtle Recall  
2:00 p.m. JunkFood  
3:45 p.m. Popstar Drive  
5:45 p.m. Aztec Sun

### CALENDAR

July 10-Aug. 28

**Saturday Adult Technique.** 9:30-11 a.m. At 3700 S. Four Mile Run Drive, Arlington. Get inside dance technique this summer with in-person classes. Inspiring movement is framed through Jane Franklin's experience as an educator and choreographer to address physical articulation, balance, range of motion, strength, coordination and mental agility. Cost: \$100 for 7 class series/\$18 single class. Visit the website: <https://www.janefranklin.com/adult-dance>

**JULY 6-AUG. 28**

**Forty+ Summer 2021.** 12:30-1:30 p.m. Jane Franklin Dance, 3700 S. Four Mile Run Drive, Arlington. Forty+ Projects celebrate the collective creativity of people past the age of 40 resulting in unique collaboration. Projects explore movement and performance technique within a creative premise. Cost is \$120. Dates: Tuesday, weekly, July 6 - Aug 24; 12:30-1:30 p.m. and Sat. Aug 28 at 7 p.m. Visit the website: <https://www.janefranklin.com/adult-dance/forty-plus>

**NOW THRU AUG. 28**

**We Can't Predict Tomorrow Exhibit.** At the Arlington Arts Center, 3550 Wilson Blvd, Arlington. We Can't Predict Tomorrow is a hopeful glimpse into the unexpected ways nine artists approached the relentless tumult of the COVID-19 global pandemic. In sculp-

ture, photography, installation, drawing, and painting, the works reveal themes that have taken on a heightened urgency under the duress of the prolonged quarantine and isolation in the U.S.:

**THURSDAY/JULY 22**

**Rosslyn LIVE** from Gateway Park. 6:30 p.m. Located at Gateway Park - 1300 Lee Hwy., Arlington. Beginning on July 15, you're invited to grab a drink and experience three themed nights of interactive dance performances, sing-a-long moments, and Instagrammable installations throughout Gateway Park. Website: <https://www.rosslynva.org/do/rosslyn-live>  
Thursday, July 22, 2021 6:30 p.m. '90s Music;  
Thursday, July 29, 2021 6:30 p.m. Drag.

**FRIDAY/JULY 23**

**Lubber Run Summer Concert Series.** Fridays and Saturdays at 8 p.m.; Sundays at 11 a.m. At North Columbus Street and 2nd Street North (two blocks north of Rt. 50), Arlington. The Lubber Run Summer Concert series features free performances from a variety of genres including big band, blues, soul and orchestral music as well as cabaret to the Lubber Run Amphitheater.

**Schedule**

Akua Allrich – Fri, July 23

King Soul – Sat, July 24

Encore Stage & Studio (Family Performance) – Sun, July 25

## Arlingtonian as Amateur Top Chef

FROM PAGE 3

Faraon explains one of the judges makes dishes that are simple but well executed. "I knew I had to do this without a mistake." While Faraon concentrated on the risotto he says, "Greg is a great chef and he was giving me advice about what else to put in as well as tips on technique. I wanted to add cream but he suggested mascarpone, which we added at the end to add creaminess."

Looking back Faraon says it could have used more liquid, "but it tasted great. All things meshed well together."

He says Gourdet was skeptical about putting the caviar and truffles together, "but the balance was just right. And Gregory was

pushing me. to use more salt." Faraon explains that he has cut back on salt in his own cooking but one difference between home chefs and restaurant chefs is that restaurants use more seasoning. "That's what makes them great chefs, right?"

When he isn't at his day job as a partner and chief creative officer at an international intelligence consulting company, he is cooking new cuisines to discover what kind of flavors different cultures love. "I feel like I got a lot of intellectual curiosity from my time at the CIA.

"One of the great things about living in this area is that we are beyond the culinary renaissance; there are so many great chefs."

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## Definitely on My List



By KENNETH B. LOURIE

As the month of May was swept away with the last of the network-season's original programming, those of us still in lockdown and quarantining had our own reality to embrace: there was nothing new on network television. Cable became the obvious choice. In particular, "Netflix" and "Prime." Whether it was "Victoria," "The Crown," "Bridgerton," "The Kominsky Method" or "The Queen's Gambit," many of us left the networks behind and found a new home. However, even that didn't last forever. Soon we were back perusing the all-too-familiar weekly television viewing guide.

And in returning, I discovered a program that has been on for eight years, and never once had I seen any snippet other than a brief - and bland reference about something or other: The program is called "The Blacklist." I knew that James Spader was the star, but I knew nothing about the storyline or any other actors involved. James Spader I knew from "Boston Legal," a legal drama from the early 2000s which featured among other story lines, a lawyer, Alan Shore (James Spader) offering up impassioned closing arguments for whatever wrong the firm was trying to right. I can't remember much substance but I can sure remember the feeling and conviction expressed by Spader's character. He was mesmerizing.

And so, having exhausted "Prime" and "Netflix" and a few other cable channels, we reverted back to the networks. This time though to search for a show that we had overlooked during its initial previous network programming life. We discovered or rather took a chance and selected "The Blacklist" to see what we could see. Not so much my wife, Dina, but ever since I began watching episode one, I have been entranced. To say I've been binge-watching makes light of all those who have previously binge-watched. I have watched approximately 80 episodes, not at one sitting (to be fair, I have watched multiple episodes multiple times) and am presently halfway through season five. They have been renewed for a ninth season starting in the fall of '21 so if I were planning on being current by then, I would need to have watched 22 episodes per year times seven years plus half of season eight: that's about 175 shows, each one running 42 minutes give or take without commercials. That adds up to over 122+ hours of television. That would test any committed viewer's patience and schedule. Presuming I have a life other than my couch and television, the prospect seems a bit daunting and to be honest, perhaps a bit foolish. I mean, life goes on doesn't it? James Spader gets paid whether I watch him or not, doesn't he? As for the networks, I'm pretty sure they're getting paid as well whether I'm in front of the television or not. Now if I were getting paid for my viewership, I would definitely hop on the couch. However, that's not happening - not in my wildest dreams so I'm afraid I'll have to fend for myself. Still, in spite of calculating the hours necessary to get current with the show and considering the life I would need to live to reach this nirvana, I am not put off by the arithmetic or the challenge. I don't intend to commit every waking hour to fulfilling this goal, especially if one were to consider how the return of the fall shows in September would adversely impact my viewing flexibility. More shows to watch would create less opportunity to focus on any one show.

Nevertheless, there are approximately three months-ish until original programming returns to the networks in the fall. I don't have to have completed my pursuit by then. It's not as if I'm fulfilling some kind of contract. Hardly. All I'm fulfilling is a cockeyed plan to binge-watch more than eight seasons of a show that up until now, I barely knew existed. Now, not only does it exist, it's sort of the focus of my life (cancer notwithstanding). Granted, it's not very exciting, but it sure is predictable. And for a cancer patient recently re-diagnosed, predictable is good. I just hope the show ends before I do.

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



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MODEL# 540Z. MSRP \$35,635. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 36 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

**SERVICE & PARTS HOURS: MON-FRI 6A-7P & SAT 7A-5P**

### BATTERY SPECIAL

**FREE**

**BATTERY CHECK-UP**  
INCLUDES: CHECK COLD CRANKING AMPS AND VISUAL INSPECTION OF BATTERY CONDITION. INCLUDES BATTERY CONDITION PRINT OUT.

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 07/31/21.

### LUBE, OIL & FILTER SPECIAL

**\$39.95**

**\$44.95 FOR SYNTHETIC OIL CHANGE**  
INCLUDES: CHANGE OIL (UP TO 5 QTS.), INSTALL GENUINE TOYOTA OIL FILTER, INSPECT & ADJUST ALL FLUID LEVELS AND COMPLIMENTARY MULTI-POINT INSPECTION WITH PRINT OUT.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER ENDS 07/31/21.

### ALIGNMENT SPECIAL

**\$89.95**

**4-WHEEL ALIGNMENT**  
INCLUDES: 4-WHEEL ALIGNMENT, INSPECT SUSPENSION, BALL JOINTS, STRUTS & SHOCKS, TIRE CONDITION AND SET TIRE PRESSURE.

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 07/31/21.

### BRAKE PAD SPECIAL

**\$99.95**

**BRAKE PAD REPLACEMENT**  
INCLUDES: INSTALL GENUINE TOYOTA FRONT BRAKE PADS, INSPECT FRONT & REAR ROTORS AND/OR DRUMS, CHECK TIRE CONDITION AND INSPECT ALL HARDWARE. TCM PADS ONLY. MACHINE ROTORS AN ADDITIONAL \$199.95.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER ENDS 07/31/21.

### TOYOTACARE PLUS

**\$329.00**

**SPECIAL**  
MAINTAIN PEACE OF MIND BY EXTENDING YOUR TOYOTACARE COMPLEMENTARY MAINTENANCE PLAN TO 4 YEARS/45,000 MILES!

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### SERVICE VARIABLE DISCOUNT

**THE MORE YOU SPEND, THE MORE YOU SAVE!**

\$10 OFF... WHEN YOU SPEND \$50-\$99  
\$15 OFF... WHEN YOU SPEND \$100-\$199  
\$20 OFF... WHEN YOU SPEND \$200-\$499  
\$50 OFF... WHEN YOU SPEND \$500+

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