

# Afghan Crisis Comes Home

NEWS, PAGE 3



A picnic for Afghan families held at Chinguapin Park in Alexandria by Christ Church in Alexandria with Rock Spring UCC in Arlington.

## Arlington To Remember Sept. 11

NEWS, PAGE 8

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OPINION, PAGE 4 ♦ CLASSIFIEDS, PAGE 10

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# BULLETIN BOARD

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## FRIDAY/SEPT. 10

**Arlington Remembers Sept. 11, 2001, Remembrance Event 2021** on Friday, Sept. 10. Arlington County will commemorate the lives lost in the Sept. 11, 2001, terrorist attacks, and express gratitude to all those who responded that day. The program will begin at 9 a.m. Friday, Sept. 10. It will include the presentation of Colors by the Arlington County Public Safety Combined Honor Guard and the laying of a wreath at the Bozman Government Center. A moment of silence will be held at 9:37 a.m., the minute when the plane struck the Pentagon and 184 lives were lost.

Streamed live on the County website <https://www.arlingtonva.us/>. The ceremony can also be viewed on the County's cable channels (Comcast channel 1085 or Verizon channel 39). MORE: Plan Your Own Observance <https://www.911memorial.org/plan-your-own-911-anniversary-observance>

**Tree Care: Managing Pests and Diseases.** 10 – 11:30 a.m., Online The health of Arlington and Alexandria's urban forest depends on efforts across the community to plant and care for our trees. From time to time, our green canopy needs some TLC. Join Kirsten Conrad, Extension Agent for Arlington County and the City of Alexandria, to learn about common questions asked regarding tree root, leaf, and stem diseases and insect pests, and what is injurious to your trees and what is not. This program also will discuss best practices for tree planting and replacement and will offer easy, inexpensive, straightforward measures to help avoid tree problems and ensure that your trees have the best possible chance for success. Free. RSVP at <https://mgnv.org/events/> to receive link to participate.

## SATURDAY/SEPT. 11

**Organic Vegetable Garden Pepper Fest!** 2 – 5 p.m. At the Organic Vegetable Garden at Potomac Overlook Regional Park, 2845 Marcey Road, Arlington. Come sample the many kinds of peppers that we grow and tour the garden. Extension Master Gardeners will answer questions about growing peppers and other beloved summer crops. They'll also cover other topics such as composting, soil preparation, seed selection, protecting crops from insects and animals, and ideas for your garden this Fall.

## LONG BRIDGE CENTER OPENS

The Long Bridge Aquatics & Fitness Center, a modern swimming and training facility with more than 92,000 sq. ft. dedicated to complete wellness for all ages and abilities, opened its doors on August 23. Long Bridge, home to Arlington County's only 50-meter pool with one-, three- and five-meter diving towers and tiered spectator seating overlooking the pool, is the new go-to facility for competitive swimming and diving events, community lap swimming, aquatics and fitness classes and other activities. The center also houses a leisure pool, featuring a water slide, indoor sprayground, lazy river and additional lanes for community lap swimming. In

addition to the aquatic elements, the center features an 8,000 sq. ft. fitness center with open fitness area for cardio and weights, group exercise rooms and two wet classrooms. Multi-purpose community rooms are available for classes and community events.

## APPLY FOR COMMUNITY POLICE ACADEMY

The Arlington County Police Department is now accepting applications for the 25th Community Police Academy (CPA), formerly the Citizen's Police Academy. The CPA is an educational program designed to create better understanding and communication between police and the community they serve. The intent of the CPA is to make participants aware of how the Arlington County Police Department operates and its role in the community. Participants are given an opportunity to increase their understanding of how police officers are trained and to experience the working environment of a police officer. Some of the topics of covered in the CPA curriculum include: police hiring, legal considerations, use of force, mental health and crisis interventions, homelessness, business outreach, criminal investigations, the K9 unit, tactical operations, and patrol operations.

The CPA is a 10-week program beginning on Thursday, September 16, 2021. Classes are presented by officers, civilian staff and volunteers of the police department and participants will have an opportunity to share their concerns and questions about how the department functions.

Classes will be held on Thursdays from 6:30 p.m. to 9:30 p.m. at the Arlington County Police Department headquarters. One session will take place on a Saturday at an off-site location, outside of Arlington County. To receive a graduation certificate, participants must attend at least 8 out of 10 sessions.

For more information about the CPA, contact the Department's Training and Career Development Unit at 703-228-4247 or [ACPDTraining@arlingtonva.us](mailto:ACPDTraining@arlingtonva.us).

## 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](http://goo.gl/forms/s2FuFdaYwDzm4tPw2).

## GET MORE WITH SNAP

Arlington and Alexandria Farmers' Markets accept SNAP/EBT (Supplemental Nutrition Assistance Pro-

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PHOTOS CONTRIBUTED

A picnic for Afghan families held at Chinquapin Park in Alexandria by Christ Church in Alexandria with Rock Spring UCC in Arlington.



## Outpouring of Local Help for Afghan Refugees

The need is great for volunteers, monetary donations and more.

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**T**housands of Afghan refugees have landed at Dulles Airport in recent days. What next?

The normally systematic process of resettling refugees has been turned on its head by the sudden influx of Afghan Special Immigrant Visa holders who have been evacuated in recent days.

In addition, the deadline for getting refugees out of Kabul has led to desperate efforts by individuals and organizations to assist with the identification of refugees, filling out the paperwork and other mechanics and to assist those in hiding left behind without adequate resources.

"Traditionally we are able to welcome the refugees at the airport, provide a culturally appropriate meal, toys for the kids and housing with furnishing which we have prearranged," says Jessica Estrada, Director of Newcomer Services for Catholic Charities. Catholic Charities is one of three resettlement agencies in Northern Virginia along with Lutheran Services and Ethiopian Community Development Council (ECDC), which have been designated by the State Department to receive and place the newly arrived families.

"In the current emergency circumstances, instead of getting at least two weeks' notice so we can prepare for their arrival, things have been changing very rapidly with sometimes a day or two turnaround time," Estrada says.

Emily Gilkenson, Ethiopian Community Development Council Community Engagement and Communications Officer, adds, "The situation is rapidly changing and



Daniel Mekibib, Director of the Alexandria Workforce Center

evolving. The current situation has some legal and procedural differences from what the staff are accustomed to and information often comes last minute so it can feel overwhelming."

In the current situation, a step has been added for the refugees, who are flown to one of several U.S. bases for vetting and filling out documents and then assigned to their location.

The State Department assigns refugees to their U.S. location based on having a relative or friend nearby (a U.S. tie) as well as the area's ability to provide services. Catholic Charities says they have welcomed 2,600 special immigrant visa holders to northern Virginia in the last six years and resettled 326, most from Afghanistan, this year. They add that as the Afghanistan situation has evolved the number of SIV holders has dramatically increased with about 35 SIV-holders resettled in Alexandria City sent from Fort Lee in August. An SIV holder is a refugee who worked for the American government abroad and whose life could be in danger if he/she remains in his or her own country.

EDCD says that Arlington has been receiving five-to-seven families a week with four-to-10 family members for the last few weeks, "an unusually high volume due to these unprecedented circumstances." Gilkenson says



Melanie Gray, Director of Outreach and Mission at Christ Church in Alexandria

since October 2020 they have welcomed 330 SIV refugees across their network with the majority of current Afghan refugees placed in the cities of Denver, Arlington, San Diego, Houston and Silver Spring. Each week since the evacuation flights began, they have been assigned a portion of all new SIV refugee cases by the State Department.

Kurt Larrick, Assistant Director Arlington County Department of Human Services says, "Not many refugees are ever resettled in Arlington due to the cost of living. Most refugees in northern Virginia are settled in Manassas and Fredericksburg." He says if they do resettle any in Arlington "our role would be to work with the resettlement agencies to get them a health screening, get their kids enrolled in school, etc."

Takis Karantonis, Arlington County Board member says, "We were surprised like everyone else. We have to step up significantly. We did it before with Iraqi refugees." He adds, "some are really uprooted; we need to make it as easy as possible. We shouldn't draw the line with who can get in. We have a moral

### How to Help

The local resettlement agencies for the Northern Virginia area are:

#### CATHOLIC CHARITIES

<https://www.cdda.net/need-help/immigrants-and-refugees/migration-and-refugee-services/>

#### LUTHERAN SOCIAL SERVICES

[https://lssnca.org/take\\_action/afghan-allies.html](https://lssnca.org/take_action/afghan-allies.html)

#### ETHIOPIAN COMMUNITY DEVELOPMENT COUNCIL

<https://www.ecdcus.org/>

#### CHRIST CHURCH, ALEXANDRIA,

email [mgray@historicchristchurch.org](mailto:mgray@historicchristchurch.org)

#### NOVA FRIENDS OF REFUGEES,

[welcomingrefugees@saintgeorgeschurch.org](mailto:welcomingrefugees@saintgeorgeschurch.org)

obligation. We were running the country. We broke it; we own it."

Matt de Ferranti, Arlington County Board chair, shared a statement issued on Aug. 25 by twelve mayors and chairs of northern Virginia including information about how citizens of northern Virginia can help with links to the three resettlement agencies operating here.

Justin Wilson, Mayor of Alexandria says, "Since the beginning of the refugee crisis, our DCHS team has been working in partnership with DSS to support the families settling in the City. We have a refugee response protocol that was activated for this effort." He adds, "I have been blown away by the generosity of so many in the community coming together to support these new residents."

Daniel Mekibib, Director of the Alexandria Workforce Center says they have received 100 refugees in the last two months, "much more than usual. What we see on TV we haven't fully felt yet."

Mekibib says refugees are processed individually, so he expects the number in Alexandria to increase gradually.

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# Detailing Relief in Dollars

BY SEN. ADAM EBBIN

On Monday Aug. 2, the Virginian-General Assembly convened in Richmond for a Special Session to allocate federal American Rescue Plan Act (ARPA) funds and appoint judges to fill eight vacancies on the Virginia Court of Appeals. The judicial slots were created by legislation passed earlier in the year to create an automatic right to appeal and proportionately increase the number of jurists to meet the heightened case load. For the first time since COVID hit Virginia, the House and Senate have returned to their respective chambers in the Capitol. Due to close quarters, our desks are surrounded by plexiglass to prevent possible transmission of the increasingly common COVID-19 Delta variant.

Unlike previous special sessions, the Senate and House agreed to limit legislative action to a single bill which allocates \$3.2 billion of the \$4.3 billion in ARPA funds, and makes several emergency policy changes through budget language. Federal guidance limits the General Assembly to spending these funds to respond to COVID-19 and its economic impacts, providing increased pay to workers essential to responding to the pandemic, and investments in water, sewer, and broadband infrastructure. While we are focused on these critical issues, some of my Republican colleagues had different ideas, filing amendments to the budget which would have banned "critical race theory" (a legal theory examined in some law schools) in public schools, and blocking common sense protections for transgender students. I am glad my motion to rule these amendments not "germane" to the budget bill was sustained and we were able to move forward with a budget focused on the needs of Virginians.

Under that guidance, the Senate Finance and Appropriations Committee leadership gathered input from members over the last month to share with Governor Northam before the Governor finalized his proposed spending plan. I was happy to see \$50 million in funding for the Alexandria's Combined Sewer Overflow remediation project included, which will reduce the cost burden on ratepayers.

As parents, students, and educators prepare to return for a fully in-person school year, their safety and ability to learn best is top-of-mind to all of us. A key way to improve the long-term safety of our students and staff is to ensure that schools have high quality ventilation and HVAC systems. That is why the General Assembly allocated \$250 million to repair and improve these systems in elementary and secondary schools. This funding will require a local dollar-for-dollar match, yielding a \$500 million investment. The upgrades are estimated to cover 80% of all needed HVAC repair and replacement capital projects in Virginia schools, modernizing our education infrastructure across the Commonwealth.

During the pandemic, mental health issues and addiction have become drastically more prevalent, leading to devastating impacts on families and overburdening our psychiatric hospitals to the point that, in mid-July, state facilities were forced to stop admitting new patients. The final budget bill provides the necessary funding to staff up and open more admission slots in these critical facilities, and makes a massive, \$485 million downpayment on improvements to our mental health and substance abuse treatment programs in Virginia. Righting the trajectory for these services will create a brighter future. In concert with improvements to mental health services, the General Assembly invested an additional \$354 million in public health including facility infrastructure improvements and modernization of our public health technology to ensure that Virginians can receive high-quality services.

To continue to improve public safety, we also allocated close to \$93 million for anti-violence initiatives, including \$75 million to increase state police and state supported sworn officers of sheriffs' departments salaries to competitive levels, \$13.2 million for support services for victims of crime including sexual and domestic violence, \$4 million to improve mental-health training for law enforcement to implement the new "Marcus Alert" system which requires mental health professionals respond with police officers that are called to deal with a person in crisis, and \$5 million in gun violence prevention programs.

The social distancing we have practiced over the past year has, in many cases, only been possible because of affordable access to reliable internet — from online school, to work, to accessing e-books from the library, to telehealth services, the internet has been a lifeline for many. However, for many Virginians, access to broadband is still out of reach. But that will change with the passage of this budget bill. The General Assembly allocated \$700 million to bring high-speed broadband to every home and business in the state by 2024. (Currently some 234,000 still remain unconnected!)

Small businesses can also expect \$250 million in relief via RebuildVA grants and \$50 million in tourism and marketing grants to draw customers back in and start to make up for the incredible impact the pandemic had on hospitality and destination based small businesses in Virginia. To prevent future tax increases on small businesses and ensure Virginians get the help they need if they are or become unemployed, the General Assembly deposited \$862 million into the depleted coffers of our Unemployment Trust Fund. We also allocated \$91 million to improve the efficiency at which the Virginia Employment Commission processes, adjudicates, and disperses unemployment benefits. The current system was overwhelmed during the peak of COVID-19, and continues to fail many Virginians in getting the help they deserve. I am hopeful that these investments will finally bring a resolution to this issue.

Finally, the General Assembly continued to work on a core priority of mine: preventing evictions and increasing affordable housing. We appropriated a combined \$750 million in housing assistance, \$250 million of which will be used to cover overdue mortgage bills, taxes, insurance, and HOA fees. To learn how to access these funds, visit <https://www.dhcd.virginia.gov/rmrp>. Because of this major influx in rental relief, and the end of the federal eviction moratorium, we also prohibited landlords from taking any action to obtain possession of a rental unit for nonpayment of rent unless they have first applied for rental assistance and their tenant refused the assistance

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# Record Setting Times

BY DEL. KENNETH R. "KEN" PLUM

Not intending to repeat a column I wrote a few weeks ago, but it is hot outside! That column focused on the findings of experts with the Virginia Academy of Science, Engineering and Medicine (VASEM) with data mainly about Coastal Virginia but with an explanation that what happens in the coastal region has repercussions across the state. The report is now online where you can read about sea-level rise, more frequent and intense weather-related



COMMENTARY

ed events, and more variability in seasonal temperature. [http://www.vasem.org/wp-content/uploads/2021/08/VASEM\\_VirginiasCoastalAreasReport\\_FINAL.pdf](http://www.vasem.org/wp-content/uploads/2021/08/VASEM_VirginiasCoastalAreasReport_FINAL.pdf).

As soon as I had turned in my column for publication, the International Panel on Climate Change (IPCC) issued its most recent report that verified its past findings on climate change, but with a great sense of urgency as to how rapid changes are occurring. They termed climate

change as "widespread, rapid and intensifying." <https://www.ipcc.ch/2021/08/09/ar6-wg1-20210809-pr/>

As though we did not have enough evidence already, the National Oceanic and Atmospheric Administration (NOAA) issued its State of the Climate in 2020 with more than 530 scientists around the world verifying what we have been hearing from others. <https://www.ncei.noaa.gov/news/reporting-state-climate-2020>. Greenhouse gases are the highest on record. Global surface temperature as well as upper atmospheric temperature and sea surface temperatures are at record or near-record highs. July

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# Composting at Your Curbside

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**S**top. Don't throw away that mysterious tan container that showed up on your curbside in recent weeks or got swept down the street with the recent rainstorms. Arlington County has initiated a Curbside Food Scraps Collection program due to begin Sept. 6. Food scraps collection will be part of the regular weekly trash pickup.

A county-provided collection caddy and some compostable bags were delivered to each residence. Place food scraps in the compostable bag, tie it closed and place in the green organics cart with your yard waste on your regular trash collection day.

The compostable bags may look the same as regular bags but will break down completely during the composting process. You can order them online or purchase them at many grocery stores. Arlington's information brochure indicates: "This new program is expected to divert 3,000+ tons of compostable material from incineration, capture and utilize valuable nutrients, and increase



PHOTO BY SHIRLEY RUHE/CONNECTION

## New food scraps collection caddy with compostable bags

the residential recycling rate by 6 percent."

This program aims to reduce food waste, which conserves energy and resources and reduces methane emissions from landfills.

The compostable material is transported to an advanced composting facility in

Prince William County, decontaminated and placed in aerated bunkers. It takes about five months for it to break down into an earthy, soil-like material called compost.

Tips to reduce odor, moisture and pests in your green organics cart include placing

your food scraps in a compostable bag before you put it in the green organics cart to prevent food from sticking to the cart, using a garden hose to rinse out your cart with soap and water and putting out your compostable material every week no matter how full your cart is.

Do not place in the compost bin contaminate items such as diapers, kitty litter, animal or human waste, hazardous materials, gum, cosmetics.

Compostable items include meat, fish and poultry bones or scraps, dairy products, vegetables and fruit, egg shells, cooking oil, food-soiled paper, pizza boxes and coffee grounds. For a complete list see [recycling.arlingtonva.us/food-scraps-collection](http://recycling.arlingtonva.us/food-scraps-collection).

So line up your blue trash bin as usual for plastics, metal, cardboard and paper, the brown container for non-compostable garbage, the green organic container for yard trimmings and compostable food scraps and leftovers.

And don't forget to take your glass to the recycling bins at several locations around Arlington.

## Month Long Plan for Planning

**Y**ou've heard it before. Public safety agencies warn of an impending storm, chance of power outages, and loss of service. But you find yourself scrambling at the last minute for batteries, water, and ideas to keep your family entertained. Disasters don't plan ahead — even during a pandemic — but you can.

National Preparedness Month is a September tradition to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. The 2021 theme is "Prepare to Protect. Preparing for disasters is protecting everyone you love."

As we continue to respond to the COVID-19 pandemic, there is no better time to get involved.

Follow @ReadyArlington on social media and visit their Preparedness Month webpage at <https://emergency.arlingtonva.us/preparednessmonth/> to learn preparedness tips. Attend in-person, family-friendly events on Sept. 15 at Central Library and Columbia Pike Branch Library, where you can play fun preparedness games, check out a fire truck, meet firefighters and 9-1-1 dispatchers, and get free preparedness swag.

Explore the month's weekly themes, including discussing them with your children and family members:

### Sept. 1-4: Make a Plan (Week 1)

Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update

your plan based on the Centers for Disease Control recommendations due to the Coronavirus, and to register for Arlington Alert to stay informed of local emergencies.

### Sept. 5-11: Build a Kit (Week 2)

Gather supplies that will last for several days after a disaster for everyone living in your home. See how to get supplies and be prepared on a budget. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control.

### Sept. 12-18: Low-Cost, No-Cost Preparedness (Week 3)

Limit the impacts that disasters have on

you and your family. Know the risk of disasters in your area. Learn how to make your home stronger in the face of storms and other common hazards. Check your insurance coverage to make sure it is up to date.

### Sept. 19-25: Teach Youth About Preparedness (Week 4)

Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

Learn more about emergency preparedness and how to volunteer with emergency preparedness and response — from events such as the pandemic, floods, and hurricanes

# Arlington Labor Day Weekend Art Festival

September 4th - 5th Sat./Sun. 10am - 5pm

Outdoors on N. Highland St. & Washington Blvd.  
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LUIS GONZALEZ



# Crisis in Afghanistan Reverberates Locally

FROM PAGE 3

He adds a challenge is with finding available housing. He says in 2017 they ran out of childcare. “Right now we’re ok.”

Mekibib coordinates with the other Alexandria agencies to get the refugees what they need such as cash, childcare, housing and to assist in finding employment. He says the immediate goal is to find a survival job to pay the bills, but then more important is to find a job where the person can reach their potential a couple of years from now.

He points to a pilot program “that has been working beyond your imagination.” The program is a three-month work-based program where an employer coaches and helps the refugee and pays a full wage during that time. During that period the refugee shows what he can produce and often gets hired into a full-time job.

Mekibib says he was at Dulles airport last Saturday with other local officials processing refugees in the repatriation program. He says they, as well as other northern Virginia social service staff, continue to cover 24-hour schedules at the Emergency Repatriation Center at the airport.

He notes this is not the Dulles Expo Center where the non-US citizen at risk Afghans are temporarily placed.

There are nine resettlement agencies across the country with three serving northern Virginia. The resettlement agencies receive funding from the State Department to provide essential services to the refugees for 30-90 days. This includes housing, food, medical services. They also provide assistance with job opportunities, connecting with state and Federal social services, enrolling children in school and cultural acclimation.

“The goal is to assist refugees to become

economically independent and self-sufficient as soon as possible through employment and linkages to service providers.” Job development and training are provided for 180 days.

Once the resettlement benefits end, many families are not self-sufficient yet. They have taken whatever low level job they can find while they get training and experience to put them on a path toward self-sufficiency. They might be learning English, taking driving classes, need emergency rent, face health issues and cultural challenges.

Community and faith-based groups often step in to supplement rent and help provide necessities. Melanie Gray, Director of Outreach and Mission at Christ Church in Alexandria, leads a faith-based group to assist the families with whatever they need from babysitting, to a ride to the dentist, to getting a stroller or winter jacket.

This Christ Church Refugee Ministry began about 5 years ago when Gray realized a lot of people coming to the Christ Church Lazarus Ministry, which assists low-income people, were refugees. A year later the community group, which she had established, had grown to 20 participants and today has more than doubled. They meet weekly by phone to share information, check on the status of families and plan what they can do next to help.

Care teams have been set up assigned to specific refugee families to assist them with daily needs as well as moral and cultural support for families who have lost close family members and are grieving as they face the many challenges in a new country.

At the Aug. 27 meeting Gray announced the good news that the final Christ Church Ministry family in Kabul had made it to Qatar where they are safe. The group resolved to check in and offer a listening ear to new

families, offer love and support through providing family/child friendly care packages, and to pool the group’s resources to offer financial assistance for families struggling with rent.

Gray points out they have learned it takes the average refugee family an extra five months of rent supplements to become self-sufficient beyond the 90 days provided by the resettlement agencies. Fairlington United Methodist Church volunteered \$3,000 in rent supplement on the spot.

The group also finalized efforts on a letter for government officials to be sent out immediately. “We only have four more days to get the refugees out.”

Dale Dwyer from Rock Spring UCC in Arlington created a database of 256 refugees with information on their documentation that are stranded in and around Kabul who need assistance to get out. It accompanied the letter signed by the local faith leaders with the urgent message to assist these refugees with their requests for help.

Betsy Joslyn, a member of Christ Church, shared that she is organizing medical care for refugees on a hoped-for flight from Kabul to Kampala, Uganda, a safe haven. The Church of Jesus Christ of Latter Day Saints is looking for church members to be on Care teams. Other churches are assisting with welcome packages.

In Arlington, faith-based groups are also active. St. George’s Episcopal Church and Mt. Olivet United Methodist Church established NOVA Friends of Refugees in 2016 in response to anti-refugee, anti-immigrant and anti-Muslim rhetoric during the Presidential election. It grew from three members to nearly 1,200 people from more than 170 faith communities, nonprofits, business, government and universities.

They focus on life skills support, advocacy and community events. Currently they are coordinating with resettlement agencies and have posted listings of the best ways to help, donate, or advocate that has gone out to their 5,000 member email list. They are also working to identify available free and low-cost housing. Their recently circulated form lists a number of volunteer opportunities with temporary or permanent housing at the top of the list of critical needs.

Estrada says Catholic Charities has found the moratorium on evictions during the pandemic has made fewer housing units available in the area so there are not as many turnovers of units. Sometimes they may have to put a refugee family in a hotel for a few days before they can find permanent housing so the need is great for short-term as well as longer-term housing.

In addition, the NOVA Friends of Refugees form lists transportation of furniture and household items to a nonprofit warehouse using your own vehicle, setting up of a team to set up apartments or providing refugees transportation or serving as a buddy to help with the family’s assimilation. Used cars, dining room tables, sofas and computers are also welcome.

The group is also organizing events for the newcomers and refugees in the coming months and are urgently asking for long-term volunteers.

At the top of every list are monetary donations to supplement rent and other critical refugee needs.

Episcopal Migration Ministries, a resettlement agency active in other geographical areas says, “We are in an emergency critical moment. But we need to remember when the press cycle has moved on, the need remains.”

## BULLETIN BOARD

FROM PAGE 2

gram) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers’ markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers’ markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers’ Market, N. 14th and Courthouse Road (second Saturday of the month) and Columbia Pike Farmers’ Market, 2820 Columbia Pike (third Sunday of the month).

### ONGOING

Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW’s research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit salary.aauw.org.

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/ for more.

Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqveland at 703-228-0913 or esiqveland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their

families, will be held on the first Friday of every month. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

Walk-Fit. Ongoing Tuesdays and Thursdays 8:30-9:30 a.m. at Fashion Center at Pentagon City, Arlington. Participants walk at their own pace in a safe and friendly environment. Group stretch and cool down led by Virginia Hospital Center staff at 9:15 a.m. Meet on the first level by Nordstrom. Call 703-558-6859.

Arlington County, in partnership with the Human Rights Commission’s Equality Task Force, has launched a web page with resources for the LGBTQ community. The new webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as

ones targeted at seniors and older adults, such as SAGE. Visit topics.arlingtonva.us/lgbtq-resources.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington’s community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs.

Volunteer Bike Repair Night. First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

Public Financial Fraud, Waste and Abuse Hotline. On Tuesday, Nov. 15, the Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

Created by the Arlington Initiative to

Rethink Energy (AIRE) in partnership with the Arlington Public Library, the nation’s First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such as thermal imaging cameras, energy meters and books play a vital role in achieving a “greener” home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva.us/locations/central-library or call 703-228-5990.

Arlington Rotary Club Lunches. Thursdays, 12 - 1:30 p.m. at the Marriott Residence Inn at Courthouse, 1401 N. Adams St., Arlington, VA. Organization brings together political and business leaders for humanitarian services. Eat and listen to guest speakers on various topics of interest. Admission is \$20 for non-members. Visit https://arlingtonrotaryclub.org/

Job Seeking Help. 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit www.arlingtonva.libcal.com.

SEE BULLETIN, PAGE 8

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# News

## 21st Annual Rosslyn Jazz Fest Returns This September

Rosslyn BID to Host Live Neighborhood Pop-Up Performances, Jazz Supper Club, and More September 1 - 18

WHAT: Jazz is back in Rosslyn with a three-week celebration of music, food and fun! The Rosslyn BID's annual Jazz Fest has been reimagined with live performances around the neighborhood, culminating in an all-day event in Gateway Park on September 18, featuring Three Man Soul Machine, Aaron Myers and Sin Miedo. Enjoy the soulful sounds of local musicians, including Crush Funk Brass Band, Akua Allrich, Kingman Island Orchestra, and Cristian Perez, live from some of Rosslyn's favorite outdoor venues. Plus, attendees can expect themed giveaways, prizes and restaurant deals throughout.

Beginning on September 1, don't miss pop-up performances from bands and soloists at Central Place Plaza, Continental Beer Garden, and more. Jazz fans can also look forward to the return of last year's popular Jazz Supper Club experience at Amuse at Le Méridien Arlington. A full list of performance dates, deals and details about this three-week celebration are below.

Rosslyn Jazz is brought to audiences in partnership with Arlington Arts. For more information on Jazz Fest, please visit [rosslynva.org/jazz](http://rosslynva.org/jazz) and sign up for the Rosslyn BID's newsletter at [rosslynva.org/subscribe](http://rosslynva.org/subscribe).

Please review the most current Virginia guidance surrounding COVID-19 before attending any in-person events. Do not attend if you or anyone in your household is experiencing symptoms of COVID-19.

### Neighborhood Pop-Up Performances

The Rosslyn Trike will be onsite at all pop-up performances with giveaways for attendees, while supplies last!

Wednesday, September 1  
Central Place Plaza | 4:30pm - 5:15pm  
1401 Wilson Blvd Park | 5:45pm - 6:30pm  
Performance by Crush Funk Brass Band

Wednesday, September 15  
Central Place Plaza | 5pm - 7pm  
Performance by Cristian Perez  
Thursday, September 16  
Continental Beer Garden | 5pm - 7pm


Performance by Kingman Island Orchestra

Jazz Supper Club  
Thursday, September 9  
Amuse at Le Meridien | 5:30pm - 9:00pm

Seating #1 at 5:30pm  
Seating #2 at 7:30pm  
Jazz Supper Club guests will enjoy a prix fixe menu from Amuse, a complimentary cocktail, themed giveaways, and a live performance by Akua Allrich

Reservations are required and can be made directly through Amuse here. To make your reservation, guests simply select the accurate party size, the September 9 date and choose between the two seating times (5:30 p.m. or 7:30 p.m.). View the prix fixe menu here.

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)



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PHOTO COURTESY OF GIANT

Local mobile health clinics can help to make receiving flu and COVID vaccines as well as COVID booster vaccines convenient.

# Get Your Flu Shot

Local health officials say it's important to get both flu and COVID vaccines, and CDC says they can be given at the same time.

BY MARILYN CAMPBELL  
THE CONNECTION

As students return to in-person learning while social distancing and mask mandates are less in evidence, local health officials are urging residents to get a flu shot to prevent an uptick in the number flu and COVID-19 cases.

"We could be in for a more serious flu season compared to last year, which saw record-low flu-related deaths, thanks in large part to people wearing masks and maintaining social distance," said Kurt Larrick, Assistant Director, Arlington County Department of Human Services.

"This year, people are out and about more, so getting a flu shot is important."

According to the Centers for Disease Control and Prevention (CDC), September and October are generally good times to be vaccinated against flu. Ideally, everyone should be vaccinated by the end of October.

"While we all are focused on COVID-19, flu can also cause severe illness and death, particularly in people who are older and have underlying medical conditions," said Dr. Benjamin Schwartz, Fairfax County Health Department's Director of Epidemiology and

Population Health. "The CDC recommends that the COVID vaccine can be given at the same time as the flu shot. This can make it more convenient for people to get protected against both infections. As many people will be getting COVID boosters in the fall, if they haven't received their annual flu shot yet, that would be a great time to do so."

"Since the flu shot and the COVID-19 vaccine do not contain any live virus, there is no chance of getting infected from either one," Schwartz said.

In an effort to maximize the number of patients who can receive both vaccines, local pharmacies have set up mobile clinics where flu, COVID-19 and COVID-19 booster vaccines can be administered.

"Giant's pharmacies throughout the area are ready to help residents get their seasonal flu vaccine with no appointment needed, and often covered in-full by most insurance plans," said Sujin Roberge, Manager of Clinical Programs at Giant Pharmacy. "Giant pharmacists will continue administering COVID-19 vaccines, including a third dose of either Moderna or Pfizer vaccine for immunocompromised individuals. Booster doses of COVID-19 vaccines will be available at Giant pharmacies once approved by the CDC."

Health officials say that some have questioned the necessity of receiving both vaccines. "Even if you have received the COVID vaccine, you should still get a flu vaccine," said Larrick. "Neither protects from the other. The flu vaccine will not protect you against COVID, and

the COVID vaccines will not protect you against the flu. Both flu and COVID are potentially deadly diseases that are preventable with vaccinations."

<https://www.cdc.gov/vaccines/pandemic-guidance/index.html>

**"As many people will be getting COVID boosters in the fall, if they haven't received their annual flu shot yet it, that would be a great time to do so."**

— Dr. Benjamin Schwartz,  
Fairfax County Health Department's Director of Epidemiology and Population Health

## Arlington Remembers Sept. 11, 2001

### Remembrance Event 2021 on Friday, Sept. 10

Arlington County will commemorate the lives lost in the Sept. 11, 2001, terrorist attacks, and express gratitude to all those who responded that day.

The program will begin at 9 a.m. Friday, Sept. 10. It will include the presentation of Colors by the Arlington County Public Safety Combined Honor Guard and the laying of a wreath at the Bozman Government Center.

A moment of silence will be held at 9:37 a.m., the minute when the plane struck the Pentagon and 184 lives were lost.

Streamed live on the County website <https://www.arlingtonva.us/>. The ceremony can also be viewed on the County's cable channels (Comcast channel 1085 or Verizon channel 39).

MORE: Plan Your Own Observance <https://www.911memorial.org/plan-your-own-911-anniversary-observance>

### Arlington Police, Fire, Sheriff and ECC 9/11 Memorial 5K

The Arlington Police, Fire, Sheriff and ECC 9/11 Memorial Race <https://www.arlington911race.com/> (sold out for in person) was born from an idea to start a road race after two Arlington County Police Officers had returned from a similar road race in Buffalo, New York. The first Arlington 9/11 Race was held on Sept. 7, 2002, with 2,600 runners, and raised approximately \$40,000.

Since its inception, the Arlington Police, Fire, Sheriff and ECC 9/11 Memorial Race has had over 40,000 runners cross its finish line and has raised over \$800,000 for 9/11-related charities. The goal is to donate over \$1 million and to host the 20th Anniversary 9/11 Race on Saturday, Sept. 11, 2021. Learn more and sign-up for virtual participation at [arlington911race.com](http://arlington911race.com).

### Visit the Pentagon Memorial

The Pentagon Memorial commemorates all who died on Sept. 11, 2001, when terrorists slammed American Airlines Flight 77 into the Pentagon. Fifty-nine passengers and crew on board the plane died that day, along with 125 military and civilian personnel at the Pentagon. They were among the nearly 3,000 people killed in attacks on the Pentagon, the World Trade Center and on a plane that crashed in Shanksville, Pa., that day.

❖ The Pentagon Memorial is free and open to the public 24 hours a day (some restrictions on Sept. 11). UPDATE: Effective August 2, 2021, the Pentagon Reservation will close to the public for tours and the 9/11 Pentagon Memorial will also be closed to all visitors. At this time the Pentagon Memorial Fund does not know when the 9/11 Pentagon Memorial will re-open to visitors.

❖ Guided tours are not offered  
❖ The Memorial is meant to be experienced on a more personal level

### BULLETIN BOARD

FROM PAGE 6

The Jewish Council for the Aging has launched a new initiative called Tech Tuesday. Windows 7, Windows 8, Excel, iPad and iPhone, Email, photos, and social media will be covered in these classes held at 1750 Crystal Drive Shops, Suite 1638B Crystal Square Arcade. Visit [www.accessjca.org](http://www.accessjca.org).

Vajrayogini Buddhist Center offers "Meditations for a Meaningful Life" for the general public Tuesdays, 7:30-8:30 p.m. at St. George's Episcopal Church, 915 N. Oakland St., Arlington. Gen Kelsang Varahi, an American Buddhist nun, leads teachings and guided meditations on life. \$10 (\$5 unemployed, full-time students, 65 and older). Visit

<http://meditation-dc.org/arlington/> for more.

Arlington PFLAG Community Group. 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgender people and their families. Meets at the Unitarian Universalist Church of Arlington, 4444 Arlington Boulevard. Contact [arl.pflag@gmail.com](mailto:arl.pflag@gmail.com) for more or go to [www.pflagdc.org](http://www.pflagdc.org). Helmsmen Toastmasters meet Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international organization that helps everyone speak, think, lead and listen better. Contact Carl Sabath [carl.e.sabath](mailto:carl.e.sabath).

SEE BULLETIN, PAGE 11

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# CALENDAR

## SEPT. 1

Jazz Pop-Up Performances. Beginning on September 1, don't miss pop-up performances from bands and soloists at Central Place Plaza, Continental Beer Garden, and more. Jazz fans can also look forward to the return of last year's popular Jazz Supper Club experience at Amuse at Le Méridien Arlington. Neighborhood Pop-Up Performances Wednesday, September 1  
Central Place Plaza | 4:30 p.m. – 5:15 p.m.  
1401 Wilson Blvd Park | 5:45 p.m. – 6:30 p.m.  
Performance by Crush Funk Brass Band

## SEPT. 7-28

Jane Franklin Dance Presents Forty+ Project. At 3700 S. Four Mile Run Drive, Arlington. From 12:30-1:30 p.m. Featuring: Choreographer Brynna Shank. Enroll: \$100 for the 5 session series. Created during January and February 2020, and postponed due to covid closures, Brynna Wilder's "This One is Mine" has not been performed for a live audience. Work with the original cast members to bring this exciting work that incorporates "This is My Voice", a poem by Shane Koykan back to the stage. We all have thoughts, opinions, and voices; all different and all beautifully unique. "This is my voice, there are many like it, but this one is mine." This project culminates with a performance at Lubber Run Amphitheatre on Oct 1, 2021 at 7:30 pm. The project is open to people of all physical facilities. No previous performance experience is necessary. Call 703-933-1111.

## SEPT. 11

Synetic Theater Presents "The Miraculous

Magical Balloon.. 11 a.m. Dark Star Park. At Lubber Run Amphitheater.

## SATURDAY/SEPT. 25

Clarendon Day. 12 to 6 p.m. At 3100 Clarendon Blvd., Arlington. Clarendon Day is one of Arlington's best loved and most diverse street festival, with several music stages, a large kid's area, arts and crafts vendors, business and nonprofit exhibitors from Clarendon and the region, plenty of great food from local and regional restaurants, Craft beers and Virginia wines, and more.

## SEPT. 25-26

AVAST Artist's Tour. 11 a.m. to 5 p.m. Some 49 Arlington artists to open their workspaces to the public. The Arlington Visual Art Studio Tour (AVAST) will return to its in-person format with masking, social distancing, and limits on numbers of visitors. Participating artists will invite visitors to see their work, processes and studio spaces, many of which are rarely open to the public. Art lovers of all ages can meet and chat with the artists while enjoying paintings, ceramics, metals, photography, and more.

## OCT. 1

Water Art Display. At Gallery Underground, 2100 Crystal Drive, Arlington. Will display "Water," a painting exhibition by gallery member and Alexandria City School, University of Delaware graduate Barry Barnett Keith. The opening reception is on October 1st, from 5 to 7 p.m. Any information about the show or the artist can be obtained at 301-518-9093.

# Detailing Relief in Dollars

FROM PAGE 4

or did not qualify for the funding. This is one of the most important actions we have taken this special session, and will protect tenants and landlords alike from the painful, economically devastating process of evictions.

With the Governor's signature, these historic investments will begin flowing,

shovels will go into the ground, businesses will continue opening, and Virginians will begin to feel some weight lifting from their shoulders as a more robust safety net is constructed. A firm base has been laid for the future of our Commonwealth, and I look forward to building on it in the years to come.

It is my continued honor to serve the 30th District.

# Record Setting Times

FROM PAGE 4

was earth's hottest month on record. The Arctic and Antarctica are warming and losing record levels of ice. Crazy weather patterns are occurring around the world.

These are not the kind of records we want to set as part of the upward trends that virtually all scientists are reporting. Reversing the trends for which all experts seem to agree is of great urgency; the task at hand will not be done easily or quickly, but we must get started. Ultimately action must occur on an international level. In the meantime, we must act at the national level by ensuring that our infrastructure improvements, about which there has been much congressional debate, be done in earth-friendly ways that help to curtail climate change.

Incentives and tax breaks to businesses and industries must have requirements for environmental action that will contribute to greenhouse emissions reductions.

The Clean Energy Act passed in Virgin-

ia is a major step in the right direction. The law requires new measures to promote energy efficiency, sets a schedule for closing old fossil fuel power plants, and requires electricity to come from 100 percent renewable sources such as solar or wind. Energy companies must pay penalties for not meeting their targets. Construction is underway in the Atlantic Ocean 27 miles offshore from Virginia Beach on what will be the nation's largest wind farm. When completed by Dominion Energy the wind farm will provide zero-emissions electricity to 660,000 homes. Solar farms are sprouting up across the Commonwealth as consumers and businesses are installing small solar farms until larger ones are constructed.

I know you did not ask for or expect two columns so close together on the subject of weather, but the threat to life as we know it is real and closer than we may have thought. Let's continue to do our part in our personal ways to be kind to Mother Earth, and let's ensure that our leaders do the same.



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## Back to School

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civ@mail.mil or 703-695-2804 or Elizabeth Femrite elizabeth.m.femrite.civ@mail.mil or 571-256-8674.

Donations Needed. Our Lady Queen of Peace Catholic Church, 2700 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit [www.ourladyqueenofpeace.org](http://www.ourladyqueenofpeace.org) for more.

Soil Testing. Virginia Cooperative Extension is offering soil testing services to analyze soil and determine what is needed to condition soil for plantings. The routine soil test is all one normally needs for a fertility evaluation. Recommendations generated usually within three working days of receipt. Pick up soil

sampling box at the Virginia Cooperative Extension Arlington office, 3308 S. Stafford St., 8 a.m.-5 p.m. Monday-Friday. Send filled soil sample box with form and fee to the Virginia Tech Lab for analysis. Fees vary, visit [www.soiltest.vt.edu/Files](http://www.soiltest.vt.edu/Files).

Alzheimer's Association Support Group has meetings on the third Wednesday at 10:30 a.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road and also the first and third Thursday at 10 a.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane. They are open to people with Alzheimer's, their caregivers, family members and friends. Free. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be found at [www.alz.org/nc](http://www.alz.org/nc).

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EMMA CHARLOTTE HASKELL, (DOB: 04/05/2017)	SUMMONS AND NOTICE BY PUBLICATION OF PETITION/HEARING RE: TERMINATION OF PARENT/CHILD RELATIONSHIP
A Person under the age of 18.	
The State of Washington to the said: Brian Combado aka Brian B. Manibusan, birthfather of Emma Charlotte Haskell, (DOB: 04/05/2017) and anyone with a paternal interest.	
<p>1. You have been named as the birthfather or a possible father of the above-named child. A Petition for Termination of Parent-Child Relationship has been filed in the above-entitled court by Petitioner, Joseph David Osborne. The Petitioner is asking the court for an order permanently terminating the parent-child relationship between you and the child, permanently terminating all of your rights to the child, and for a decree of adoption declaring the prospective adoptive parent to be the legal parent of the child.</p> <p>2. The child is Emma Charlotte Haskell, born April 5, 2017 in Phoenix, Arizona to Kristin Elizabeth Osborne f/k/a Brooks.</p> <p>3. The court hearing on this matter shall be held on <b>October 7, 2021 at 1:30 p.m.</b> in the Spokane County Superior Court, Room 304, 1116 W. Broadway, Spokane, Washington. Your failure to appear at this hearing may result in a Default Order permanently terminating all of your rights to the above-named child.</p> <p>4. In order to defend against this petition, you must respond to the petition by stating your defense in writing and by serving a copy on the person signing this summons and by filing the original with the clerk of the court. If you do not serve your written response within (1) twenty (20) days if you are served personally within the State of Washington, (2) thirty (30) days if you are served personally outside the State of Washington, or (3) thirty (30) days if you are served by publication, from the date of service of this summons and notice, an order permanently terminating your parent-child relationship with the child will be entered by default. A default order is one where the petitioners are entitled to what they ask for because you have not responded. If you serve a notice of appearance on Mark R. Iverson at the address below, you are entitled to notice before a default order may be entered.</p> <p>5. One method of serving your response is to send it by certified mail with return receipt requested, if service is made by mail. The service shall be deemed complete upon the third day following the day upon which the response is placed in the mail, unless the third day falls on a Saturday, Sunday, or legal holiday, in which event service shall be deemed complete on the first day other than a Saturday, Sunday or legal holiday, following the third day.</p> <p>6. You are further notified that any non-consenting parent or alleged father has the right to be represented by an attorney, and an attorney will be appointed for an indigent person who requests an attorney.</p> <p>7. You are further notified that you have a right to file a claim of paternity under Chapter 26.26 RCW. You are further notified that your failure to file a claim of paternity within 30 days of the date of service of this notice and Summons upon you or your failure to respond to the Petition within 30 days of the date of service of Summons and Notice upon you, is grounds to terminate your parent-child relationship with respect to the child.</p> <p>8. If the child is an Indian child as defined by the Indian Child Welfare Act, 25 U.S.C. § 1901, et. seq. or RCW 13.38 et. seq., your parental rights may not be terminated unless you give valid consent to termination, or your parent-child relationship is terminated involuntarily pursuant to chapter 26.33 or 13.34.</p> <p>9. If the Service Members Civil Relief Act, 50 U.S.C.S. Appx. § 501 et. seq. and RCW 38.42.210 et. seq., apply, you may have certain rights and protections.</p> <p>YOUR FAILURE TO RESPOND MAY RESULT IN A DEFAULT ORDER PERMANENTLY TERMINATING ALL OF YOUR RIGHTS TO THE ABOVE-NAMED CHILD.</p> <p>DATED this 24th day of August, 2021.</p> <p>MARK R. IVERSON, P.S.</p> <p></p> <p>MARK R. IVERSON, WSBA #18312 Attorney for Petitioner</p> <p>FILE ORIGINAL WITH THE CLERK OF THE COURT AT:</p> <p>Clerk of the Court Spokane County Court 1116 West Broadway, Rm. 300 Spokane, WA 99260-0350 (509) 477-2211</p> <p>SERVE A COPY OF YOUR RESPONSE ON:</p> <p>Mark R. Iverson Mark R. Iverson, P.S. 921 W. Broadway, Ste. 305 Spokane, WA 99201 (509) 462-3678</p>	

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## Weight For It ..., Weight



By KENNETH B. LOURIE

Speaking of side effects (at least I was in last week's column, "Enough Already") being a regular part of chemotherapy, targeted therapy and immunotherapy; the big three non-surgical options for cancer patients, I am currently experiencing a new side effect which as it happens is a dream come true: weight loss. Which has enabled me to eat to my heart's content without your typical consequences. Meaning for now, I can be comfortable in whatever food I eat. As *Curly Howard* of *The Three Stooges* might say: "What an experience!"

For my entire life, I have not been thin. Growing up all my clothes were purchased in the "Husky Department. In spite of that accommodation, my clothes always had to be let in or let out and nothing ever fit. I've stood over so many piles of clothes in store dressing rooms which didn't fit, and made so many "walks of shame" out of the dressing room and onto the floor (where my mother would look me up and down to determine if the shirt, sweater, pants or short I was wearing had any redeeming qualities) that it has left a permanent mark. Most of the time, it was hopeless and I was forced to retreat back to the dressing room with even more clothes to suffer yet another indignity. To this day, some 60-odd years later, I am still traumatized by the years of suffering and humiliation I endured as an overweight child/adolescent forced to buy clothes for the fall/winter and the spring/summer. Oh, how I dreaded those shopping trips into Boston to visit *Jordan Marsh*, *Filene's* and *Kennedy's*. If it wasn't for the two *Joe & Nemo's* hot dogs I was promised, the day would have been a total loss - for me.

However, after years of being fat, tubby, obese (per the health and fitness charts), slow-footed and unable to do even one chin-up during those annual phys-ed exams in secondary school; and moreover, never being able to lose any weight or change my diet to facilitate losing a few pounds, I have stumbled onto a surprising and quite unexpected remedy (of sorts): *lenvima*, my thyroid cancer medicine. A 10 mg pill I take once a day, rain or shine seems to induce weight loss. Now that's a side effect with which I can live. In fact, for an eater like me (challenging), living a scan-to-scan existence when the quarterly results determine my immediate future and/or whether my life hangs in the balance, it doesn't get any better than that.

After nearly nine months on this treatment, in speaking to my endocrinologist last week, she happened to mention in response to a question I asked concerning my shortness-of-breath side effect, about another side effect: weight loss. Ding, ding, ding. We have a winner (without the chicken dinner). The patient (yours truly) who was apparently originally misdiagnosed with a terminal form of lung cancer (stage IV) instead of what would have been a very treatable and curable form of papillary thyroid cancer, known as "the friendly cancer," finally got some good news. Unfortunately, the re-diagnosis came too late and I'm still on a limited schedule, if you know what I mean? (F.Y.I.: the nickname given to papillary thyroid cancer as being friendly is because it's very curable.)

Not that I don't already eat my share of "comfort" food, but by consuming it so regularly, I usually pack on a few pounds and rarely if ever lose weight. My entire life, until this recent *lenvima* revelation, food had never been just for thought. As a result, *lenvima* has become my second favorite word after "stable," (scan results). Now it seems, so long as scan results continue to be stabilizing, I'll be able to eat what I want and let the chips fall where they may, literally and figuratively.

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

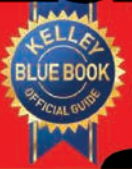




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