

PHOTO BY EDEN BROWN/THE CONNECTION
CALENDAR, PAGE 7 ♦ FLOURISHING AFTER 55, PAGE 9 ♦ CLASSIFIEDS, PAGE 10

Juno Simon said her art teacher at Washington and Liberty High School noticed she had “customized” her sneakers to reflect the war in Ukraine. Her teacher suggested she apply to this program and she got in. She is a junior at W and L.

The Arlington Connection

Sneaker Art Connects to Community

PAGE 4

Questions for the Chief

PAGE 3

MOLTN Cookies23

PAGE 3

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 4-7-22

PRSR STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Dr. Whyte's New Book

Released March 8, 2022

TAKE CONTROL OF YOUR DIABETES RISK

JOHN WHYTE, MD
Chief Medical Officer of WebMD

From the Chief Medical Officer at WebMD, the world's largest provider of trusted health information, learn how to reduce your diabetes risk and change your mindset from I hope I don't get diabetes to I can prevent diabetes.

You Have Diabetes

Three words no one ever wants to hear, yet each year, over a million people in the United States do.

So now what?

Take Control of Your Diabetes Risk shares straightforward information and equips you with strategies to help you on a journey to better health, including:

- Knowing the causes of the different types of diabetes
- Learning the role food, exercise, and sleep play
- Understanding the relationship between diabetes, heart disease, and cancer
- You have the power to reclaim your life after a prediabetes or diabetes diagnosis.

...and this book will show you just how easy it is.

Order this and Dr. Whyte's other books on Amazon.com



SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH

Embrace Your Voice 2022: Poetry Share

Register to join Embrace Your Voice 2022, the eighth annual poetry share hosted in honor of Sexual Assault Awareness and Prevention Month (SAAPM) by Doorways, Friends of Guest House, and the Alexandria Sexual Assault Center. This year's poetry share will be a hybrid in-person and virtual event, with attendees and poets participating from the Lee Center in Alexandria or online via Zoom.

❖ To share your work, please register as a poet (in-person or virtual) by Monday, April 18. You will receive a participant consent form and a request for a copy of your poem(s) in advance.

❖ To attend the event, please register as an attendee (in-person or virtual).

For Poets

Poems must be original, of the poet's own construction. Poems may not include homophobic or sexist comments, or comments offensive to a class or group of people. Poets are required to complete a participant consent form to share their work.

Need Support?

While sexual assault is an important topic, and something we should be aware of and talk about, it is a subject that can raise feelings like sadness and fear, and bring up painful memories. If you experience anxiety or uncomfortable emotions during the event, we invite you to seek out one of our trained advocates who can listen, and lend support onsite at the Lee Center or online via the Zoom chat.

You can also contact these hotlines for support any time:

❖ Doorways (Arlington) Domestic & Sexual Violence Hotline: 703-237-0881

❖ Alexandria: 703-683-7273 (Sexual Assault Hotline) or 703-746-4911 (Domestic Violence Hotline)

❖ National Sexual Assault Hotline: 800-656-4673 / Online Chat: hotline.rainn.org y hotline.rainn.org/es

To register: <https://www.eventbrite.com/e/embrace-your-voice-2022-poetry-share-tickets-277773838027>

Arlington Budget Worksession Thursday

The Arlington County Board is scheduled to hold a work session on Thursday, April 7, 2022 at 3 p.m. at the Ellen Bozman Government Building 2100 Clarendon Boulevard, Suite 300 Arlington, 22201, with the County Manager to discuss the FY2023 Proposed Operating Budget.

The public can attend the work session in person or view via live stream on the County's website and on local cable stations on Comcast 25 & 1085 and Verizon FiOS 39 & 40. Public testimony is not accepted at work sessions.

Members of the public may

provide feedback on the proposed FY2023 operating budget at Open Door Mondays, or in writing at countyboard@arlingtonva.us Find more information on the FY2023 proposed budget and archived work session videos on the FY2023 Budget website. <https://www.arlingtonva.us/Home>

<https://www.arlingtonva.us/Government/Programs/Budget-Finance/FY-2023-Budget-Information>

For questions on the work session, contact the Clerk to the County Board at 703-228-3130 or countyboard@arlingtonva.us.

Sign up for **FREE DIGITAL SUBSCRIPTION**
to all of our papers



www.connectionnewspapers.com/subscribe

Arlington Preparedness Month Week-by-week Activities

April Preparedness Month encourages everyone in Arlington County to prepare themselves and their loved ones for disasters and emergencies.

Get involved by following @ReadyArlington on social media, visiting their Preparedness Month webpage, and attending in-person and virtual family-friendly events. Learn how to volunteer with County emergency preparedness and response efforts, to prepare for events like the pandemic, storms, floods, and other emergencies.

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

Week 1 April 1-9: Make a Plan

<https://www.arlingtonva.us/Government/Programs/Emergency/Make-a-Plan>

Talk with 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

SEE ARLINGTON, PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM

ACPD Chief Penn Discusses Service Changes

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Arlington County Police Department Chief Charles “Andy” Penn announced a change on March 29 in the way ACPD delivers services to the community due to significant reduction in workforce resulting from attrition, retirement and officers seeking other opportunities. But, he stressed, “The department’s commitment to providing professional law enforcement services and working collaboratively with the community to support public safety remains unwavering.”

The chief answered questions in an interview for the Connection March 30. These answers have been shortened and edited and are combined with the ACPD FY2023 budget presentation.

Q: You mentioned the need for reallocation of resources due to attrition of officers. How will the public notice the changes?

A: The top priority is the safety of the Arlington community, which means officers will continue to respond to in-progress crimes and emergency calls for service where there is threat to life, health or property. Follow-up investigations will prioritize crimes against people and serious property crimes. This includes such crimes as assault, burglary, counterfeiting, human trafficking, kidnapping and robbery.

However, late reports of non-emergency crimes will continue to be reported using an online reporting system or telephone reporting instead of an in-person officer. This was instituted during the pandemic and will continue. This includes such crimes as bad

Key Budget Considerations



Recruitment and Hiring Challenges

- The department continues innovative digital recruitment strategies to attract qualified candidates
- While the number of applicants has increased, the number continuing in the hiring process has declined



Recent Trends in Hiring

	2019	2020	2021
Applied	832	1,364	974
Tested	338	343	299
Hired	34	32	41

Agency	Starting Salary
United States Capitol Police	\$64,815
Leesburg Police Department	\$62,000
Herndon Police Department	\$60,233
Fairfax City Police Department	\$60,210
Metropolitan Police Department	\$60,199
Virginia State Police	\$59,768
Metropolitan Washington Airport Authority	\$58,463
Metro Transit Police Department	\$58,136
Arlington County Police Department	\$57,179
Fairfax County Police Department	\$56,667 *
Loudoun County Sheriff's Office	\$53,500
Prince William County Police Department	\$52,749
Alexandria Police Department	\$50,839

*with a Bachelor's Degree

Must focus on proactively taking steps to maintain our current staff while developing strategies to attract qualified candidates



ACPD Chief Charles “Andy” Penn discusses community issues in October at one of a series of community conversations with the Chief across the County. He was appointed chief June 4, 2021 after nearly 30 years of experience with ACPD.



leave some specialty assignments unfilled.

Q: What are the numbers behind the workforce attrition?

A: ACPD is authorized 378 officers and currently has 290 certified and functional with 46 vacant positions. Three years ago the number was 370 authorized and 320 certified. For several years an average of two officers a month have left ACPD, either from retirement or resignation. We have a very professional and dedicated staff but last year we lost 50 officers, 27 to resignations and 23 to retirements. This is impacting our ability to provide the traditional services. This means 670 years of law enforcement experience walked out the door.

SEE ACPD CHIEF, PAGE 7

MOLTN Hopes to Satisfy Those Late Night Cravings

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Neal Miglani drives down the street with a phone interview underway and a final checklist running through his head. He is headed to MOLTN to get set up for his soft opening for his new cookie ghost kitchen in Arlington. He has been driving around delivering free samples and is heading to FedEx to get printed brochures. And then Miglani remembers he has to pick up a couple of supplies he forgot.

MOLTN is meant to satisfy those late night cravings for dessert with pick up and delivery options for ten different cookies baked to order and delivered warm. Miglani explains he offers four premium 4-1/2 ounce gourmet cookies including triple chocolate, S'mores, Reese's peanut butter and red velvet as well as six choices of classic 2-ounce choices. Miglani explains he chose the name MOLTN while throwing around ideas because it just seemed right — the warmth and gooeyness of cookies.

Currently Miglani is also the

cookie maker and baker. “I’m there all the time, me and one employee. It’s a small business.” He says It’s been hectic getting ready for the grand opening on Saturday, April 2, where he will be giving away free samples of the super thick triple chocolate cookies from 5 p.m.-8 p.m. at 6017 Wilson Blvd.

Miglani explains the concept of the ghost kitchen is that it is a pick up and go with orders online. No phone, no cashier, no seats. “You can order the cookies for delivery or we will let you know when they will be ready and you can pick

them up.”

Cookies are available in 6, 12 and 24 packs. Miglani envisions that in addition to late night cravings, people will or-

SEE MOLTN, PAGE 7

Ian Barnes (left) and co-owner Neal Miglani stand outside their ghost kitchen on Saturday, April 2 as customers line up to try a free triple chocolate cookie right out of the oven.



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Teens in Arlington Paint Sneakers To Raise Funds for At-Risk Youth

Arlington Arts Center wants to connect the art world with local community.

BY EDEN BROWN
THE CONNECTION

Catie Anchin, Executive Director of the Arlington Arts Center (AAC) on Wilson Boulevard, took a minute from showing one of the Washington Wizards players, Point Guard Cassius Winston, around the AAC. Anchin joined the Arlington Arts Center from the Smithsonian National Museum of African Art, where she led advancement and external affairs. Anchin said she wants events like this to connect the art world with the local community. The young artists who took part of a Saturday to paint sneakers that would benefit the Wanda Alston Foundation in Washington, D.C. were forming that link.



These painted Vans were headed for the donation shelf.



It wasn't just about sneakers. You can customize anything, including these "racing car" slip ons.



Finished sneakers and shoes would go on a shelf for donation.



PHOTOS BY EDEN BROWN/THE CONNECTION

Catie Anchin, Executive Director of the Arlington Arts Center on Wilson Boulevard, took a minute to say hello. She was showing one of the Washington Wizards players, point guard Cassius Winston, around the AAC. Anchin joined the Arlington Arts Center from the Smithsonian National Museum of African Art, where she led advancement and external affairs. Anchin said she wants events like this to connect the art world with the local community.



Adun Henry, an artist who works at the AAC, graduated from Washington and Liberty High School. He added as an aside that the Art program at W and L is not very well funded. The donated sneakers he was working on would go to the Wanda Alston Foundation in Washington, D.C. which serves homeless and at risk LGBTQ youth.



Gavin O'Leary, whose mother had told him about the sneaker painting benefit, was interested in coming to help and "I thought I'd expand my horizons." He attends Alexandria City High School.



Juno Simon said her art teacher at Washington and Liberty High School noticed she had "customized" her sneakers to reflect the war in Ukraine. Her teacher suggested she apply to this program and she got in. She is a junior at W and L.

The Arlington Connection

www.ConnectionNewspapers.com

Twitter @ArlConnection

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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

NEWS DEPARTMENT:
arlington@connectionnewspapers.com

Mary Kimm
Editor and Publisher
mkimm@connectionnewspapers.com

Shirley Ruhe
Contributing Photographer and Writer
slrbcaol@aol.com

Eden Brown
Contributing Writer
arlington@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment
Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Publisher
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Art/Design:
Laurence Foong
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com



THE CONNECTION Newspapers & Online

Special Connections Calendar 2022

Advertising Deadlines are the previous Thursdays unless noted.

MARCH

3/2/2022.....Wellbeing
3/9/2022.....HomeLifeStyle
3/16/2022.....A+ Camps & Schools
3/23/2022.....Senior Living
3/30/2022.....Spring Family Fun

APRIL

4/6/2022.....Wellbeing
4/13/2022.....HomeLifeStyle
4/20/2022.....A+ Camps & Schools
4/27/2022.....Senior Living

For Print & Digital Advertising Information:

Please Call 703.778.9431 or email
advertising@connectionnewspapers.com



Inside or out...



...Tech Painting's got you covered!



Serving:
VA
DC
MD
OBX

703-684-7702
www.techpainting.com



ENRICHING
LIFE'S
JOURNEY

REMEMBER PLANNING A HAPPY HOUR WITH FRIENDS?

AT HERMITAGE NORTHERN VIRGINIA, it could be today.

With one of the highest vaccination rates in the region, our beautiful retirement community is getting back into the swing of things in Alexandria.

READY TO JOIN US? LET'S CHAT.

HERMITAGE
NORTHERN VIRGINIA



703 797 3800 | HERMITAGENOVA.ORG
5000 FAIRBANKS AVENUE | ALEXANDRIA, VA 22311

2022 Shape of the Region Conference

‘Finding our way back to mental health.’

BY MERCIA HOBSON
THE CONNECTION

Two years after the pandemic started, a survey from the fall of 2021 estimates a “skyrocketing rate of need in Northern Virginia,” with over half a million Northern Virginia adults, 545,000 with active symptoms of a mental health disorder, suffering from clinical anxiety or depression. The number is four times pre-pandemic.

“That is 28 percent of the adults right here in our community,” said Drew Wilder, emcee for the 2022 Shape of the Region Conference and a reporter with NBC4 Northern Virginia. There were 300 attendees at the March 15 conference put on by The Community Foundation of Northern Virginia with 17 regional partners.

Complex barriers hinder access to basic mental health care such as early intervention, counseling and medication, Wilder said. The conference’s two presenters and panels of state and national experts expanded on the issues.



SCREENSHOT

Regina S. James, M.D.- Keynote



SCREENSHOT

Elizabeth Hughes

“Bottom line, we are all suffering.”

— Regina S. James, M.D.,
American Psychiatric Association

Keynote speaker Regina S. James, M.D., deputy medical director and chief, Division of Diversity and Health Equity for the American Psychiatric Association, said what worries her the most is that some of the over 500,000 individuals in Northern Virginia who are now suffering from depression and anxiety do not have access to the treatment they need. Mental illness and substance use disorders should be identified sooner than later. Early detection, diagnosis, and treatment, according to James, can improve productivity and attention at work and school. “It gives you the motivation to get up and do things... It allows you to overcome that,” James said.

The most important considerations in obtaining mental health care are cost and insurance coverage, James said. Shortage of practitioners who can recognize, diagnose, and treat the disease also results in lengthy waits for appointments. Difficulties navigating the system, lack of transportation, and stigma, are also issues.

Some people also do not recognize they need help. “It is not easy to identify markers to say that there is

something wrong, so people find it difficult to grasp the concept that there is actually something wrong,” James said. Mental illness and substance use disorders are costly to society and individuals who do not get assistance. Mental and physical health are inextricably linked.

“For every dollar invested in scaled-up treatment for depression and anxiety, there’s a \$4 return and better health and productivity,” James said. Personal repercussions of untreated mental illness include interference with daily activities, loss of productivity, and the capacity to build relationships and perform at work or school. Overdose and suicide are also risks.

When it comes to unmet mental health needs, certain communities or groups face a disproportionate share of the burden. “Those who are marginalized and disenfranchised,” James said. These groups include racial and ethnic minorities, LGBTQ+ people, people experiencing homelessness, people who are incarcerated, immigrants, and people with serious mental illnesses and drug addictions. Treatment for mental health and substance abuse issues varies widely among young people, especially those of color, in terms of availability and quality.

James went on to warn that the COVID-19 pandemic is impacting mental health and that the effects would last for years. Since the pandemic began, students have been four months behind in reading and five months behind in math. Among teenage girls, ER visits for attempted sui-



Sandy L. Chung, MD, FAAP, FACHE
AAP President 2022,
CEO, Trusted Doctors



Darcy E. Gruttadaro, JD
Director, Center for
Workplace Mental Health,
American Psychiatric
Association Foundation



Germaine Buck Louis, PhD, MS
Dean, College of Health and
Human Services, George
Mason University



Deborah D. Oswalt
Executive Director, Virginia
Health Care Foundation



Navid Rashid, MD, FAPA
Medical Director, Northern
Virginia Mental Health
Institute



Chaplain Tahara Akmal
Clinical Pastoral Education
Manager, MedStar
Washington Hospital Center



Dr. Alfiee M. Breland-Noble
Founder, The AAKOMA
Project, Inc.



Claudia Campos Galván
Chief Programs Officer
Nueva Vida, Inc.



Keith D. Renshaw, PhD
Department Chair and
Professor of Psychology,
College of Humanities and
Social Sciences, George
Mason University

cide rose 51 percent.

According to James, college-age people and those early in their careers have the highest unmet mental healthcare needs, with women having a substantially higher rate. The trend continues among individuals through mid-career and those beyond age 65.

“Bottom line, we are all suffering,” James said. However, navigating mental health services and receiving treatment may be challenging since it is difficult to know where to begin and how to seek out someone with whom the individual can relate.

James discussed methods and government policies for addressing unmet health needs. The collaborative care paradigm is the most cost-effective. It is holistic, encompassing both physical and mental components. “Once you tell your primary physician that you are having these mental health issues, there is a warm hand-off, so to speak, so that the psychiatrist can then take on the issues,” she said.

President Joe Biden’s Fiscal Year 23 budget proposes doubling funding for primary and behavioral health integration programs and authorizing Medicaid reimbursement of inter-professional consultations so that primary care providers can consult with a specialist. The Fiscal Year 23 Budget recommends improving rate parity. All health plans must require behavioral health treatments with a sufficient provider network and three behavioral health appointments each year at no cost to the individual receiving them.

Regarding the treatment of substance abuse disorders, James notes that the latest 2022 Mental Health Parity and Addiction Equity Act Report to Congress indicates that companies continue to violate some of the act’s provisions for mental health and addiction. “The good news is that agencies are continuing to try and place more rigorous enforcement of this act,” James said. Treatments should be covered like other medical illnesses.

James said that addressing social needs like food insecurity, transportation, and housing can improve mental health. The Accountable Health Communities Innovation model aims to address a critical gap between clinical care and the health-related social needs of Medicare and Medicaid beneficiaries.

Finally, James explained that as of July 1, 2022, new federal legislation mandates all states have a call number for individuals to seek quick and appropriate treatment for mental health or drug use emergencies. Similarly, to dial 911 for a local emergency, 988 will be a dedicated call-in line for dispatching trained personnel. They will respond to mental health and substance use emergencies, now handled chiefly by law enforcement.

Elizabeth Hughes, senior director, Insight Region for Community Foundation for Northern Virginia, presented a companion report to the day’s event. Before the pandemic, around 8 percent, 150,000 of the adult population in Northern Virginia experienced active symptoms of a mental health disorder. The rate rose to 39 percent, or approximately 600,000 adults, a year into the pandemic before leveling off at 545,000.

Around 1 million persons in Northern Virginia, or more than half of the local adult population, reported feeling tension in the recent two weeks, with 14 percent feeling that way daily. Worry is slightly less, 870,000 adults, which is 45 percent of our population, felt worried, and 11 percent felt this way daily. All told, those symptoms together, 24 percent are experiencing clinical anxiety levels, Hughes reported.

Loss of interest or pleasure, coupled with sadness and feeling down, represents a positive screen for depression. “In Northern Virginia, 770,000 adults reported feeling one or both of these feelings, and around 18 percent met the clinical threshold for depression, Hughes said. “Together, anxiety plus depression is what we are talking about

SEE CONFERENCE, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

ACPD Chief Penn Discusses Service Changes

FROM PAGE 3

Over the last three years the number of departures (123 officers) has outpaced the department's hiring (107 officers.) GRAPH p.8 budget While we have had some large training classes of over twenty recruits it takes a year to train a new officer. They attend over 1,600 hours of training the first year. In 2018 68 percent of the training class graduated, and we hired 25 new officers; in 2021 89 percent of the trainee class graduated and we hired 41 new officers. But at the rate of attrition we can never catch up. I wish I knew when it was going to end. But our ultimate goal is to return to full staffing and I'm confident we will get through this time period.

Q: What are the causes of the workforce attrition?

A: Recent events, COVID-19, public perception of police, as well as wages and heavier workloads. The starting wage of an ACPD offi-

cer is \$57,179, which is lower than many of the surrounding jurisdictions. Salaries in the metropolitan area range from \$64,815 for the United States Capitol Police to \$50,839 for the Alexandria Police Department. Housing costs can be prohibitive in Arlington, causing officers to live in a different jurisdiction and commute which can add a couple of hours to their workday.

GRAPH page 9 budget presentation

We didn't stop hiring during the pandemic but did it in different ways including innovative digital strategies. Still the numbers are down. We are asking more and more of

a shrinking workforce. It is not sustainable to ask them to take on more responsibility. Overtime hours to meet minimum staffing grew from 4,371 in 2020 to 7,587 in 2021. GRAPH p. 10 budget This additional workload has caused stress and occupational fatigue during an already difficult time



A key initiative of the ACPD is community engagement to encourage conversations and feedback from Arlington's diverse community.

for frontline employees during the pandemic. Ongoing challenges facing the agency are pay and compensation, changing crime trends, recruitment and retention and employee wellness.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Chief Penn chats with other first responders at a recent Culpepper Garden event on March 25 commending Arlington's first responders and dedicating a new bench in the Culpepper garden.

Q: What are the department's key initiatives?

A: We have reaffirmed the three key initiatives adopted in 2015 including crime prevention and control, transportation safety and

community engagement and added employee wellness and safety as a fourth initiative.

We need to support and take care of our staff to assure a work/life balance.

MOLTN Hopes to Satisfy Those Late Night Cravings

FROM PAGE 3

der them for special occasions like Valentine's Day or "had a bad day." In a week or so he will also add milk shakes to the menu with the traditional choices of chocolate, strawberry or vanilla with a choice of drizzle toppings. "And it's cool, unique that you can have any of the cookie choices melded in to make a cookie shake."

Miglani says it is difficult to find a quality selection of desserts in the area with nothing late at night. It seemed to be the perfect time to start this business. He says there is also the perfect demographic with all of the different employers in Arlington, government, families, students. The location they have at 6017 Wilson Blvd. incorporates about 600,000 people between Arlington and Falls Church in the

traditional five-mile delivery area.

He grew up in the D.C. restaurant scene helping out in his parents' restaurants. But since high school Miglani has been helping with websites and then got into consulting more, marketing and helping out on the tech side. "There are a lot of old school businesses out there."

Miglani says this business combines his three passions for technology, real estate and food. He has used the automation in his own business which will update sales as well as expenses in real time to let him know quantities he is selling, what it is costing. "I'm pumped," he says.

The hours for MOLTN are 5 p.m.-2 a.m. Friday and Saturday and 5 p.m.-12 a.m. Wednesday, Thursday and Sunday.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Eleven-year-old Lauren Bleicher has walked a few blocks from her house to taste the new cookies. She declares the cookie "super yummy and very chocolate-y." Her mother, Margaret, comments it is nice to have an option close by because Crumbl is in Vienna and Levain is in Georgetown.



Tricia Miglani wrestles balloons caught in the wind in front of the MOLTN storefront. She has taken off the afternoon from med school to help her brother with his grand opening.

CALENDAR

NOW THRU APRIL 10

TAP/LTA Night of One Acts. At Thomas Jefferson Community Theatre, 125 S. Old Glebe Road, Arlington. The Arlington Players has partnered with the Little Theatre of Alexandria to bring a premier of three one-act plays to the Northern Virginia theater scene. These three shows were selected from more than 100 global

entries to LTA's annual one act competition, and tackle a variety of current issues in unique and thoughtful ways.

Guinea Pig Apocalypse follows the story of two parents dealing with a bizarre incident with their son's class guinea pig, which leads into an apocalyptic disaster.

"The show is on the absurd side," commented Juli Tarabek Blacker, director of the show. "But the

message buried in all of the mad-cap is a good one, and one that is becoming more and more needed as the years go on."

Wild Horses brings three campers to the stage who struggle to survive the elements and each other at the height of the Black Lives Matter movement.

"The show hits on an important topic to me: making outdoor recreation feel accessible to all," said director

Farrell Tapscott. "My hope is the play will spark conversation over this topic, because awareness and conversation are the spark of progress!"

Across a Crowded Room follows two individuals meeting for the first time at a party at a suburban home as they peer into their future "together". Performances are set for Fridays and Saturdays at 8 p.m.; Sunday matinees begin at 3 p.m. Visit <http://theartling->

tonplayers.org/seasons/71st-season/night-of-one-acts/.

WEDNESDAY/APRIL 6

Audiobook Book Club. 7-8 p.m. Via Zoom. Join in a discussion of the audiobook "A Fatal Grace", authored by Louise Penny, narrated by Ralph Cosham. Free, Registration Required: <https://arlingtonva.libcal.com/event/8918745>

Beloved Cancel Culture

Toni Morrison novel prompts legislation that has critics worried about book bans.

By MICHAEL LEE POPE
THE CONNECTION

Toni Morrison's Pulitzer-prize winning book "Beloved" prompted such outrage in one Fairfax County parent in 2013 that she tried to have the book banned from her son's AP English class. Laura Murphy said the book gave her teenage son nightmares, and she urged school officials to do something about it. She took the fight all the way to the Fairfax County School Board, which voted six to two to keep the book in the AP English curriculum.

Inspired by the criticism over "Beloved," former Del. Steve Landes (R-25) introduced a bill in 2016 that would have required schools to notify

parents if they expected to provide instructional material that had "sexually explicit instructional material." The bill passed a Republican-controlled House and a Republican-controlled Senate, although it received a veto from Democratic Gov. Terry McAuliffe.

That veto ended up being perhaps the most significant issue of the campaign for governor last year. Republican

candidate Glenn Youngkin said he would have signed the bill if he were governor, and he used the issue as a wedge against the former governor who was attempting to return to the Executive Mansion. During a heated debate between McAuliffe and Youngkin at the Schlesinger Center in Alexandria, Youngkin repeatedly needled the former governor until McAuliffe stuck his foot in his mouth.

"I don't think parents should be telling schools what they should teach," said McAuliffe in a moment that was endlessly repeated in Republican campaign commercials.

FLASH FORWARD to 2022. Youngkin is now governor, and he's poised to sign Senate Bill 656, which was introduced by Sen. Siobhan Dunnivant (R-12) as a sort of sequel to the Beloved Bill. Like the previous incarnation, it requires schools to notify parents when they plan on teaching "sexually explicit content." This time,



During the General Assembly debate over the Beloved Bill, Del. Marcus Simon (D-53) put together a Little Banned Book Library outside his office in the Pocahontas Building.

two Senate Democrats crossed party lines to vote with the Republicans and send the bill to the governor's desk: Sen. Lynwood Lewis (D-6) and Sen. Monty Mason (D-1).

"This bill is something we can all embrace," said Dunnivant. "It's about actually making sure tough conversations happen and parents interact with their children on those things."

The legislation was communicated to the governor on March 9, which means that Youngkin has until April 11 to make a final determination. That means the governor is poised to deliver on his campaign promise of signing the bill that McAuliffe vetoed. That has raised alarm bells for people who worry that notifying parents of "sexually explicit content" would have a chilling effect among teachers who might avoid teaching

"Beloved" in favor of something more anodyne.

"I think there are some racist undertones to the conversations about her novel, and that concerns me," said Alexandria School Board Chairwoman Meagan Alderton. "We

"We have this wonderful Pulitzer-prize winning fabulous Black female writer who has received her accolades for obvious reasons. I can't help but wonder what the real concern is about."

— School Board Chairwoman Meagan Alderton

have this wonderful Pulitzer-prize winning fabulous Black female writer who has received her accolades for obvious reasons. I can't help but wonder what the real concern is about."

ACROSS THE COUNTRY, efforts to ban

books from school libraries have intensified in recent years. A Texas lawmaker identified 850 books last year he fears "might make students feel discomfort, guilt, anguish or any other form of psychological distress because of their race or sex." Here in Virginia, a Chesterfield parent worked with Sen. Amanda Chase (R-11) to advocate against books celebrating LGBT relationships or examining drug use, specifically "Eleanor and Park" by Rainbow Rowell, "Dope Sick" by Walter Dean Myers and "Tyrell" by Coe Booth.

"Most parents, if they actually read excerpts, would have grave concerns," Chase told the Chesterfield Observer. "As a parent, that's not something that I want my kids reading."

In several cases, school boards across Virginia have taken quick action only to reverse course later. The Spotsylvania County School Board was forced to reverse its decision to remove a list of sexually explicit books from its schools after intense push-back from the community. And the Fairfax County School Board removed two books from its library shelves then put them back after hearing concerns about censorship and suppression. The Alexandria School Board has not yet had a similar controversy erupt, but some are concerned the Beloved Bill has similarities to a bill in Florida outlawing discussions about sexual orientation or gender identity in primary schools.

"I think that our bill is a slippery slope and is not too far away from Florida's 'Don't Say Gay' bill," said School Board member Kelly Carmichael Booz. "I'm concerned about that for the respect for each of our children who live in Alexandria, and I want them to feel valued regardless of their race or their gender identity or anything else."

EFFORTS TO BAN BOOKS are almost as old as books themselves, and Northern Virginia school boards have wrestled with this issue for decades. In 2003, a group of concerned parents formed a group known as Parents Against Bad Books in Schools and started challenging titles like "The Pillars of the Earth" by Ken Follett and "Daughters of Eve" by Lois Duncan. The group identified 55 books its members said were "extreme" and compiled a list of 700 books that had been challenged across the country.

"In recent years, our schools are becoming a minefield of vulgar, sexually explicit, graphically violent and controversially themed books in the curriculum, classroom collections and libraries," said PABBS leader Kathy Stohr at the time. "The term minefield is especially appropriate because the student is not aware until the material is right in his face,

SEE BELOVED CANCEL, PAGE 11
WWW.CONNECTIONNEWSPAPERS.COM

"FLOURISHING AFTER 55"

55+ Programs are virtual, indoors at 55+ Centers and outdoors. A 55+ Pass is required to participate (starting at a \$20 annual fee). To join or register, go to registration.arlingtonva.us or call 703-228-4747.

Travel trivia features far reaches of the globe, opportunity to connect with new friends, Thursday, April 7, 11 a.m. Registration # 913601-03.

Trivia night with teams competing in a six round, pen and paper challenge, Thursday, April 7, 6 p.m., Lubber Run 55+ Center. Registration # 913601-05.

Antiquarian books never grow old. Explore what makes a book rare or valuable from Hélène Golay, owner of L.N. Golay Books, Thursday, April 7, 1:30 p.m. Registration # 913400-06.

Hike a path close to the April 8, 1826 Clay-Randolph duel, on Friday, April 8, 10 a.m., near Chain Bridge. Registration # 913106-16.

Intermediate drawing and painting class, beyond the basics, with community arts programmer Jennifer Droblyen, begins Friday, April 8, 1 p.m., Langston-Brown 55+ Center. Four two hour sessions, \$30. Registration # 913303-04.

Movie entertainment at Lubber Run 55+ Center, Friday, April 8, 1 p.m., "The Courier" (2021). Registration # 913804-01.

Coffee House Live! Music by DEMZ2, pop tunes from the 60s and 70s, Saturday, April 9, 7 p.m., Langston-Brown 55+ Center. Packaged refreshments. Registration # 913301-04.

Diabetes discussion group topics include daily management, social and emotional support and available community resources, Monday, April 11, 3 p.m., Langston-Brown 55+ Center. Drop-in.

Planting with expert gardener Pe-

ter Jones, Monday, April 11, 11:30 a.m. April's topic, bringing Bonsai out of winter storage. Registration # 913401-02.

Secrets of famous artists' techniques revealed by community arts programmer, Jennifer Droblyen, Monday, April 11, 10:30 a.m. Registration # 913302-05.

Tour the Arlington Trades Center, discover the inner workings of County functions, Monday, April 11, masks required. Cost \$6. Registration # 902204-02. Leave from Madison Community Center, 10:25 a.m.; Gunston Middle School, 10:45 a.m.

Rock music legends, Monkees vs Beatles, Tuesday, April 12, 1:30 p.m., Arlington Mill 55+ Center. Hear and discuss music from both. Registration # 913400-28 or virtual registration # 913400-29.

Rummikub challenge, winner of games gets to compete with Langston-Brown 55+ Center director Elizabeth Poole, Tuesday, April 12, 9:30 a.m. Registration # 913601-06.

Tour Planet Word Museum, D.C., housed in the historic Franklin School, many interactive exhibits celebrating the written and spoken word, Wednesday, April 13, masks required. Registration # 902204-03. Leave from Madison Community Center, 1:10 p.m.; Gunston Middle School, 1:30 p.m.

Spring tree nature walk, two miles around Virginia Highlands Park with park naturalist Maddie Koenig, Wednesday, April 13, 10:30 a.m. Registration # 913106-17.

Genealogy discussion group to meet with local advanced genealogist Susan J. Court, Wednesday, April 13, 3 p.m. Share discoveries and techniques. Registration # 913402-11.

History roundtable to discuss the history of world national borders, Wednesday, April 13, 11:15 a.m. Registration # 913402-17.

Arlington Preparedness Month

FROM PAGE 2

for Disease Control COVID-19 recommendations, and to register for Arlington Alert to stay informed of local emergencies. <https://www.arlingtonva.us/Government/Programs/Emergency/Arlington-Alert>

Week 2 April 10-16: Build a Kit

<https://www.arlingtonva.us/Government/Programs/Emergency/Build-a-Kit>

Gather supplies that will last for several days after a disaster for everyone living in your home – and consider unique needs of your loved ones like medications, sensory, or mobility needs. If buying all the items for a kit is too expensive, stock up slowly, build it bit by bit. It's better to have some supplies than none. <https://www.ready.gov/kit>

WWW.CONNECTIONNEWSPAPERS.COM

Week 3 April 17-23: Low-Cost, No-Cost Preparedness

<https://www.ready.gov/financial-preparedness>

Limit the impacts that disasters have on you and your family and know the risk of disasters in your area. In Arlington, flooding and winds are common hazards. Check your home or renter's insurance coverage and make sure it is up to date.

Week 4 April 24-30: Teach Youth About Preparedness

<https://www.ready.gov/kids>

Talk to your kids about preparing for emergencies, including who to call or what to do if you're separated in an emergency, when and how to call 9-1-1, and where you'll keep your kits and family communications plan. Then practice with them



READY TO JOIN OUR WORLD-CLASS TEAM?
CONTACT US TODAY!

 **APPLY ONLINE:** vinsonhall.org/careers

 **TEXT OR CALL FOR QUICK RESPONSE:**
(703) 935-1438

VINSON HALL

WE'RE HIRING

COME BE A PART OF OUR TEAM!

Vinson Hall Retirement Community is hiring! As a Life Plan Community that offers independent living and long-term care for older adults, VHRC offers culinary programs at all levels of care and three restaurant-style dining venues. We are seeking dedicated and innovative individuals to join our culinary team. We have openings for line cooks, waitstaff, dishwashers and dietary aides. High school and college students are encouraged to apply. VHRC offers great benefits and flexible hours.

Vinson Hall Retirement Community has proudly provided care to older adults in McLean, Virginia since 1969. VHRC is just minutes from downtown Washington, D.C. and is easily accessible by Metro bus. Come be a part of our team!

Apply today! (703) 935-1438
 www.vinsonhall.org/careers
6251 Old Dominion Drive | McLean, VA 22101

**Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!**

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)

Fully Insured & Class A Licensed
Since 1999



Free Estimates 703-999-2929

Check if your contractor is licensed at the state level
<http://www.DPOR.virginia.gov>

Visit our website: www.twopoorteachers.com

OUTER BANKS, NORTH CAROLINA • VACATION RENTALS



TOP BEACHFRONT RENTAL coolest destination, best rates, great value!

Don't miss out on your chance to soak up the sun once quarantining is done.
Over 500 vacation homes in all price ranges!



Call today to reserve your vacation home...

www.brindleybeach.com

877-642-3224

The Bath or Shower You've Always Wanted IN AS LITTLE AS 1 DAY



\$500 OFF*

No Payments & No Interest for 18 Months**

Military & Senior Discounts Available

OFFER EXPIRES June 30, 2022

BCI BATH & SHOWER

**CALL NOW!
(844) 945-1631**

*Includes product and labor; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires 6/30/2022. Each dealership is independently owned and operated. **Third party financing is available for those customers who qualify. See your dealer for details. ©2022 BCI Acrylic Inc.

LeafFilter
GUTTER PROTECTION

**BACKED BY A
YEAR-ROUND
CLOG-FREE
GUARANTEE**

EXCLUSIVE LIMITED TIME OFFER!

15% OFF
YOUR ENTIRE PURCHASE*

10% OFF
SENIORS & MILITARY!

+ 5% OFF
TO THE FIRST 50 CALLERS ONLY!

WE INSTALL YEAR-ROUND!

FINANCING THAT FITS YOUR BUDGET!

Promo Code: 285

*Subject to credit approval. Call for details.

CALL US TODAY FOR A FREE ESTIMATE

1-877-614-6667

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. **Offer valid at time of estimate only. *The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." Manufactured in Plainville, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CSLS# 1035792 DO# 10783658-9501 License# 7656 License# 50165 License# 41354 License# 99338 License# 128344 License# 218294 WA US# 603 233 977 License# 2102212986 License# 2106212946 License# 2705182153A License# LEAFFNW822JZ License# WV056912 License# WVC-29998-H17 Nassau HIC License# H01057000 Registrations# 176447 Registrations# HIC.0549905 Registrations# C127229 Registrations# C127230 Registrations# 366920918 Registrations# PC6075 Registrations# R231804 Registrations# 13VH09953900 Registrations# PA069383 Suffolk HIC License# 52229-H License# 2705169445 License# 262000022 License# 262000403 License# 0086990 Registrations# H-19114

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Get the most out of your lawn this spring.

Save now with **50% OFF***

Your First Application

SCHEDULE YOUR APPOINTMENT TODAY!

1-855-942-6217

*Requires purchase of annual plan. Special price is for first Lawn application only. Requires purchase of annual plan, for new residential EasyPay or PrePay customers only. Valid at participating TruGreen locations. Availability of services may vary by geography. Not to be combined with or used in conjunction with any other offer or discount. Additional restrictions may apply. Consumer responsible for all sales tax. *Purchase of annual lawn plan required for Healthy Lawn Analysis, which is performed at the first visit. *Guarantee applies to annual plan customers only. BBB accredited since 07/01/2012. ©2022 TruGreen Limited Partnership. All rights reserved. In Connecticut, B-0153, B-1380, B-0127, B-0200, B-0151.

Prepare for Power Outages & Save Money

REQUEST A FREE QUOTE!

ACT NOW TO RECEIVE A \$300 SPECIAL OFFER!*

(833) 688-1378

*Offer value when purchased at retail. Solar panels sold separately.

Prepare for power outages today

WITH A HOME STANDBY GENERATOR

\$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS

Contact a Generac dealer for full terms and conditions

REQUEST A FREE QUOTE

CALL NOW BEFORE THE NEXT POWER OUTAGE

(844) 947-1479

FREE 7-Year Extended Warranty*

- A \$695 Value!

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

Sign up for FREE DIGITAL SUBSCRIPTION to all of our papers

www.connectionnewspapers.com/subscribe

Employment

SYSOPS ENGINEER - IT (STORE SYSTEMS)
(Arlington, VA) (multiple openings): Analyze and optimize existing and new store systems and processes, such as Point-of-Sale, Payment, Back-office and store management systems. Provide technical advice to other departments in order to support implementation and on-going maintenance of the systems. Position commutes between stores, regional offices and/or distribution centers less than 25% of the time. Position requires overnight domestic and international travel less than 25% of the time. Mail resume to: Lidl US, LLC, Attn: Viktoryia Johnson, 3500 South Clark Street, Arlington, VA, 22202. Reference job #AC564485.

We Need Your Help Again

We are sincerely grateful and thankful to you for helping in 2021 to save one of America's oldest newspapers, the Alexandria Gazette Packet, publishing continuously since 1784



And affiliated newspapers

THE CONNECTION
Newspapers & Online

Mount Vernon Gazette
Potomac ALMANAC **CENTRE VIEW**

Thank you to the hundreds of supporters who helped to keep all your Connection Newspapers alive throughout Alexandria, Fairfax County Arlington County and Potomac, Md. along with affiliated websites and digital media. Now we need help again in 2022.

Visit connectionnewspapers.com or <https://www.gofundme.com/f/help-keep-your-newspaper-printing>

Connection Newspapers... Alexandria Gazette Packet, Mount Vernon Gazette, Centre View, Potomac Almanac
1606 King Street • Alexandria, VA • 703-778-9431

CALENDAR

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Let us know about an upcoming event

connectionnewspapers.com/Calendar

Beloved Cancel Culture

FROM PAGE 8

and then it is too late.”

Mychele Brickner, Fairfax County School Board chairwoman at the time, hoped the issue of controversial books would be a springboard to higher office, and she launched a campaign for chairman of the Fairfax County Board of Supervisors. The chairmanship was open in 2013, and Brickner hoped concerns over inappropriate books in schools might

provide a path to victory. But her campaign fizzled out when her opponent, Supervisor Gerry Connolly, turned the issue against her and was elected with a huge margin of victory.

“I can show you sections of the Bible that ought to be banned in schools,” said Connolly during the campaign. “I just don’t think government ought to be in the business of telling you or me what we should read or what our children should read.”

2022 Shape of the Region Conference

FROM PAGE 6

when we say a mental health disorder.”

According to Hughes, one in every two NOVA residents between the ages of 18 and 30 shows clinical levels of anxiety and depression. The same goes for LGBTQ+ people. About one in two is experiencing clinical levels of anxiety and depression. By race and ethnicity, the rates are closer to one-third of Hispanics.

There is a positive visual relationship between income and mental health. Those with resources that are not having trouble paying their monthly bills are still not fine, but they are better off than the population experiencing acute financial need.

Hughes said, “Among those who reported it was very difficult to pay their monthly expenses, two-thirds are experiencing a mental health disorder. It is very, very high.”

Hughes qualified that not everyone with anxiety or depression needs or wants to seek mental healthcare. However, in NOVA, 40 percent of the people who want mental healthcare cannot get it. “My analysis revealed that half of the therapists do not accept any kind of insurance in Northern Virginia, with a going rate for self-pay at around \$215 for a 45-minute session,” Hughes said.

Panelists’ Discussion Highlights

Q: If you could change something about the current system to make it more responsive to our needs, what would it be?

A: We would increase the number of licensed behavioral health professionals. The good news is that, as terrible as the situation is now, there are ways that we can dramatically improve it. Some of those are under-way as we speak. We need more psychiatric residencies in Virginia. The General Assembly is considering that now. Senator Favola is here. Yea, the Senate included funding for that in their budget. We are hoping the house will eventually see the light. - Deborah Oswalt, executive director, Virginia Health Care Foundation

Q: Why is collaborative care so important?

A: Seventy percent of antidepressant prescriptions are written in primary care. Primary care is a low-stigma setting, and people are there. - Darcy E. Gruttadaro, J.D., director, Center for Workplace Mental Health, American Psychiatric Association Foundation

Q: Shouldn’t teachers and school counselors be better trained for serving and referring actions? They are the ones on the front edge of this.

A: As a pediatrician, we need to think about how to help children where they are. They may be in the pediatrician’s office for 15 minutes an hour, but they are in school eight to 10 hours a day. - Sandy L. Chung, M.D., FAAP, FACHE, AAP President 2022, CEO, Trusted Doctors

A: I can tell you that for certain of our patients that we have had admitted to the Institute, having some partnership with their priest, pastor, or community leader has been effective in certain cases. We will have them come to the hospital, meet with the treatment team, meet with the family. It can decrease stigma, like taking medications or receiving mental health care in a socially acceptable or spiritually acceptable context to the patient and their family. - Navid Raschid, M.D., FAPA, medical director, Northern Virginia Mental Health Institute

Q: What do we mean by mental health equity, and why is engaging in a discussion around mental health equity important?

A: When we think about equitable access to care and mental health equity at The AAKOMA Project, one of the things that we say is that every child, inclusive of all aspects of identity, race, culture, immigration status, if they are LGBTQ, if they have a disability, deserves the opportunity to live authentically and unapologetically as the best version of themselves. Equitable health care and equity in mental health are about understanding all those nuances, all the intersectionality, and ensuring that the care we provide allows for all that intersectionality, authenticity, and realness to show up in care. -Dr. Alfiee M. Breland-Noble, founder, AAKOMA

Q: If we increase the raw number of licensed mental health professionals, do you think it will address this issue of cultural fit meaningfully?

A: Let us think about whom to train. We will not solve the mental health crisis in the country with M.D.s, Ph.D.s, or even, quite frankly, more masters. It is not scalable... You do not have to train for six, seven years... People who do some entry-level stuff with folks who are also trained to identify when people need more. Then they kick them up to a slightly higher level of care... maybe your master’s level trained person. - Keith D. Renshaw, Ph.D. Department Chair and Professor of Psychology, College of Humanities and Social Studies, George Mason University

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004

FOR ADVERTISING INFORMATION

ELECTRICAL	ELECTRICAL
K & D ELECTRIC	
COMMERCIAL / RESIDENTIAL SERVICE	
Family Owned & Operated	
Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...	Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com

LANDSCAPING	LANDSCAPING
Quality Tree Service & Landscaping	
Reasonable prices. Licensed & insured.	
	Expert Tree Work Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.
25 years of experience – Free estimates 703-868-5358	
24 Hour Emergency Tree Service	

Landscape Drainage	Landscape Drainage
	
A JES Services, Inc Company Eco-Friendly Landscape Drainage Experts Drainage, Erosion, Landscaping, Hardscaping, Patios, Retaining Walls & More Your Neighborhood Company since 1987!	
703-772-0500 www.ProDrainage.com VA. Licensed Class A Contractor	



Sign up for FREE DIGITAL SUBSCRIPTION
to any or all of our 15 papers
WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE



Whew!



By KENNETH B. LOURIE

Did you hear that exhale about 10:15 this morning, Friday, April 1? That was me/my reaction after I received a second call from my accountant. Which was in response to hearing what my 2021 tax bill was calculated to be. It was marginal to say the least and incredibly amazing/lucky to say the most. The last thing I need during all this cancer stuff/expense, is substantial taxes, penalty, and interest due the IRS. If there’s any subject, short of being a “terminal” cancer patient, which strikes fear and anxiety into the hearts and minds of us living and breathing tax-paying citizens, it is receiving an unexpected and beyond-one’s-ability-to-pay, previous year’s tax bill.

If there’s any arm longer than the IRS’, I don’t want to have anything to do with it. The IRS is bigger and stronger and way more connected – and funded, than any of my presumptive representatives/defenders would be. If there’s any fatherly advice that still resonates nearly 17 years after my father’s passing, it is his advice pertaining to tax collection by the government. He would say, if you owe them, pay them, something, anything, and don’t ignore them. Moreover, he would summarize tax arrearage with the following advisory: “It’s their money and they want it.”

A child during the Depression and a self-employed businessman for most of his adult life, he was keenly aware of the IRS. Mostly he lived by his wits and tried to color between the lines. He respected the government, especially the tax-collecting authorities, and so far, as I recall, was never in default or the subject of a judgment/any legal proceedings. He managed to work all those years without incurring the wrath of the dedicated public servants who strive to collect every dollar due – for the public good of course.

So, when I received that second call from my accountant (“the left-handed gun” is his nickname; he’s left-handed) to tell me the net damage after completing my federal and state tax 2021 returns, would be hundreds, not thousands, neither of which I have readily available, I was, to invoke Hubert Horatio Humphrey, the democratic candidate for President in 1968, “Pleased as punch.” And to invoke anyone whoever survived a duel at 10 paces with pistols: I feel as if I dodged a bullet. (Not literally. The IRS has many weapons at their disposal, few however, if any, include guns/gun powder.) That dodge being legit thanks to my capable accountant (not me). As such, I look forward to paying my fair share this year to the IRS/state of Maryland and will try to quarterly-plan a bit more for the next tax year ending 12/31/22 so that the pressure I began to feel on Jan 1, 2022 could be mitigated by the responsible actions I take between now and this next year’s filing deadline.

Granted, I’ve survived cancer going on 14 years, and have been extremely fortunate to have done so. However, an IRS audit would be another matter entirely, and one I’m not sure I’d survive, at least not with the same vim and vigor with which I’ve endured my cancer diagnosis.

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



ALEXANDRIA TOYOTA

**START THE
SPRING RIGHT
DURING THIS
EXCLUSIVE
EVENT!**

**NEW 2022 TOYOTA
COROLLA LE SDN**

LEASES STARTING FROM...

\$189
/MO



MODEL# 1852. MSRP \$21,520. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 39 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

**NEW 2022 TOYOTA
PRIUS**

LEASES STARTING FROM...

\$269
/MO



MODEL# 1223. MSRP \$26,730. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 39 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

**NEW 2022 TOYOTA
CAMRY LE SDN**

LEASES STARTING FROM...

\$269
/MO



MODEL# 2532. MSRP \$26,320. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 39 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

**NEW 2022 TOYOTA
HIGHLANDER**

LEASES STARTING FROM...

\$359
/MO



MODEL# 6948. MSRP \$40,220. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 39 MONTHS, 10K MILES/YR & \$3999 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 04/30/22.

**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 04/30/22.

**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 04/30/22.

**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. TCMC 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 04/30/22.

**TOYOTACARE
PLUS
\$329.00
SPECIAL**

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

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 04/30/22.

**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+

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 04/30/22.



**Toyota's
President's Award
34 years in a row!**

Se habla español



ALEXANDRIA TOYOTA

3750 Richmond Hwy • Alexandria

703-684-0700

AlexandriaToyota.com