

Great Falls CONNECTION

Flags fly at the Great Falls
Freedom Memorial. Veterans
Day was Friday, Nov. 11.

Honoring Veterans, Not Just on Veterans Day

PAGES 3, 5

Veterans Business Owners

PAGES 6, 7




Inspecting Pet Stores?

PAGE 9

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NEWS

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Flags fly at the Great Falls Freedom Memorial. Veterans Day was Fri., Nov. 11.



Veterans raise their hands



BSA Troop 55 salutes.

2022 Veterans Day Ceremony in Great Falls

Retired Command Sgt. Howard E. Urban, U.S. Army veteran, speaks inside the library.

BY MERCIA HOBSON
THE CONNECTION

The Great Falls Freedom Memorial flags flew on Veterans Day 2022 in honor and gratitude to all U.S. Armed Forces veterans from Great Falls and beyond. This year's Veterans Day ceremony was held indoors at the Great Falls Library because of Tropical Storm Nicole. It included a color guard from BSA Troop 55 and patriotic songs performed by the Lang-

ley Madrigals. Retired Command Sgt. Howard E. Urban, a U.S. Army veteran, spoke to the tightly packed audience.

"What I am most proud of about my career is the amazing people I had the honor to serve with. Good men, willing to risk their lives to eliminate the enemy and protect innocent lives," Urban said. "While on missions, we would make every effort to protect the lives of non-combatants, women and children, not because we were ordered to but simply because it was the right thing to do."



Retired Command Sgt. Howard E. Urban, U.S. Army veteran provides remarks at the Great Falls Freedom Memorial 2022 Veterans Day Ceremony.



Andy Wilson, president of the board, Great Falls Freedom Memorial.org



Members of Brownie Troop 51156 and BSA Troop 55 retreat.



Langley Madrigals



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NEWS

Great Falls Man Dead in Single Car Crash

49-year-old man died in a single-vehicle crash the morning of Nov. 11.

At 11:25 a.m., officers responded to the crash near the intersection of Arnon Chapel Road and Arnon Lake Drive. The driver, Brian Christian Bernhart of Great Falls was driving a 2011 Toyota Camry westbound on Arnon Chapel Road. Detectives from the Crash Reconstruction Unit preliminarily determined Bernhart went off the roadway, overcorrected then traveled

across the double yellow line and struck a tree. Bernhart was taken to a nearby hospital where he was pronounced deceased. Detectives continue to investigate to determine whether speed and alcohol were factors in the crash.

Anyone with information about this crash is asked to contact the Crash Reconstruction Unit at 703-280-0543. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477)

America Recycles Day

Reduce, reuse, recycle.

BY MIKE SALMON
THE CONNECTION

Recycling in Fairfax County has become a multi-pronged effort, led by the Purple Can Club for glass recycling, the food scrap program, the household hazardous waste, and the weekly curbside recycling programs through the community trash collection. Nov. 15 was America Recycles Day and it's programs like these that keep recycling on the radar.

"We need everyone to help us reduce waste and to become a Zero Waste community, which is vital to our environmental efforts and keeping our streams and roadways clean," said Supervisor Dan Storck (D-Mount Vernon) in his November 2022 newsletter.

According to the U.S. Environmental Protection Agency website, the recycling rate in America has increased from less than 7% since 1960 to a current rate of 32%. Recycling and reuse activities account for 681,000 jobs and \$37.8 billion in wages, cited on the Fairfax County website.

Recycling started out as an option in the early days and was implemented into the Fairfax County Code Chapter 109.1 which requires residents to separate recyclables from trash for placement at the curb for collection. Both waste and recyclables are required by Chapter 109.1 to be collected weekly with residential trash collection. Sometimes that is through the county or a private trash collection service.

The county has an electronic notification system called "Fairfax Recycles" to inform subscribers of Fairfax County recycling events and news items from the Fairfax

County Solid Waste Management Program. Fairfax Recycles has an e-newsletter to highlight the recycling program. In the Fall 2022 edition, there is information about pumpkin disposal after Halloween, A collector spotlight story, highlights Sandra Miranda, a Trash Away route supervisor who urges everyone to take part in trash collecting and recycling.

On Nov. 1 at the Board of Supervisors regular meeting, the Board recognized Nov. 15 as Fairfax Recycles Day and encouraged residents to improve the recycling stream and Recycle Right. Supervisor Pat Herrity nominated Caroline Sieber for Lady Fairfax for her recycling efforts. She's a Centreville High School student who dedicated hundreds of hours to service the environment with the LRR Glass Recycling Network, which she formed with her sister in 2021 while schools were closed due to the pandemic. They were motivated to help promote glass recycling when curbside recycling no longer included glass.

"Each year, I ask the Board of Supervisors to recognize Nov. 15 as Recycles Day in the County to encourage our residents to recycle," Herrity said. "County staff and organizations like the Glass Recycling Network do amazing work in educating our residents on recycling efforts, especially with the popular Purple Bin Program." Herrity announced the opening of two new purple bin glass collection sites, one at Saratoga Park & Ride.

America Recycles Day holds a photo contest to promote recycling also. Last year's winner in the "Overall Message," category was Pinidi Kahandawa Mudiyansele; Grade 6, followed by McClain Caswell, 4th Grader in the "Fun Message," and Kathleen McLane in the "Graphic Art," category.

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PHOTO BY MERCIA HOBSON/THE CONNECTION

The upcoming Military Appreciation Mondays in Great Falls at the Old Brogue Irish Pub on Dec. 5 will support the Navy SEAL Foundation.

Military Appreciation Happens Every Month in Great Falls

Not just on Veterans Day.

BY MERCIA HOBSON
THE CONNECTION

Veterans Day, observed annually on Nov. 11 in the United States, allows the nation to thank and honor U.S. military veterans. Bob Nelson Sr. and the Bob Nelson Real Estate Team in Great Falls express gratitude and support for veterans of the U.S. Armed Forces on Veterans Day and throughout the year.

Nelson and his team have thanked and supported veterans, active service members, and their families every month for the past 15 years. Once a month at The Old Brogue in Great Falls they host Military Appreciation Mondays (MAM) benefit dinners.

Diners who want to participate call the Old Brogue Irish Pub for reservations for a Military Appreciation Monday dinner. The Old Brogue a local landmark at 760 Walker Road in Great Falls. On designated Mondays of each month, MAM supporters order from the restaurant's menu. It is a child-friendly event, with two seatings, 5:30 and 7:30 p.m.

Nelson and the cosponsors take care of the funding the donations although contributions are welcome. According to Nelson, approximately 150 percent of the dinner bill will be matched, with the proceeds going to the an organization that serves veterans. This is made possible by Military Appreciation Monday cosponsors, such as Old Brogue Irish Pub, Double Eagle Title, Gil Lunsford from McLean Mortgage Corporation, Kaihara, Gary, DDS, Al's Towing and Storage, Great Falls Creamery, Craig Parisot, Basil Maghak, and many others.

Nelson said that the upcoming Military Appreciation Monday on Dec. 5 would benefit the Navy SEAL Foundation. Since and

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SCREENSHOT PHOTO VIA THE NAVY SEAL FOUNDATION

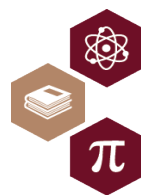
When needs arise, Navy SEAL Foundation addresses them with over 30 programs under five Pillars of Support: resilience, education, community, health, and strength.

before 9/11, the Navy SEALs have played a crucial role in counterterrorism efforts.

The foundation assists Naval Special Warfare warriors, veterans, and families in significant ways. The 501(c)(3) tax-exempt, nonprofit charitable organization (tax ID number 31-1728910 and CFC number 11454) has been awarded the GuideStar Platinum Seal of Transparency for 2022, with 93 cents of every dollar donated going directly to programs or being saved for future mission use.

One of the foundation's goals is to maintain the health of warriors, veterans and their families. According to its website, the foundation accomplishes this through several programs that focus on maximizing human performance for these warriors regardless of their location, whether on the battlefield, transitioning to civilian life, or retired from service, providing scholarships and opportunities for growth, and preserving the rich history and community.

Contact the Old Brogue at (703) 759-3309 for MAM dinner reservations for the Dec. 5 event to benefit the Navy SEAL Foundation.



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VETERAN-OWNED BUSINESSES



Left, Joseph Ortiz deployed in Iraq



PHOTOS CONTRIBUTED

Joseph Ortiz owns PuroClean in Reston.

Veteran Business Owners Incorporate Military Skill

Spotlighting two local veteran-owned businesses.

BY MERCIA HOBSON
THE CONNECTION

Fairfax County is home to more than 80,000 veterans and their families and nearly 2,000 veteran-owned businesses in 2022, according to Jeff McKay (D), chairman of the Fairfax County Board of Supervisors, in his post to on Nov. 11, Veterans Day, 2022. The companies, including franchises, span all industries, from professional service and health care to cybersecurity and construction.

Fairfax County's Hal Berens owns multiple locations of The UPS Store, Reston, McLean, and Chantilly.

Joseph Ortiz is the president of PuroClean Reston, serving communities throughout Fairfax County. Because of their structures and processes, the veterans were drawn to franchising after leaving the military.



SEE VETERAN-OWNED, PAGE 7 The PuroClean Team, with Joe Ortiz, left.



The PuroClean Team in action-Herndon fire, mold



BEFORE: Water damage in Great Falls



AFTER: Restored in Great Falls, after work by the PuroClean Team.

VETERAN-OWNED BUSINESSES

PHOTOS CONTRIBUTED



The UPS Store at 11160 South Lakes Drive in Reston, Hal Bernes owner

Veteran-Owned Businesses

FROM PAGE 6

Berens served as an aircraft maintenance logistics officer for Operation Joint Endeavor. "I truly enjoyed working with the professionals. They were great people. It was a great mission," he said. When his deployment ended in 1997, Berens left the military, in part because he had two small children and another on the way. "I absolutely loved the military. I loved the Air Force, (but) I did not want to do a remote company tour for two years," he said.

Berens' military experience and skills have aided him in his entrepreneurial endeavors. "I think most military people, when they get out, are driven. They know that they want to accomplish a mission," Berens said. "And they want to do something bigger than themselves. Being an entrepreneur and supporting the community is a big way of doing that."

Berens said that as the franchisee of The UPS Store, he has access to marketing materials containing strategies for generating more business and revenue streams. His store is community-focused, donating thousands of dollars' worth of books to Terraset Elementary School in Reston. He is a member of two chambers of commerce, the Dulles Regional and the Greater Reston. He is the co-op president of a marketing association in Washington, D.C., representing 37 stores. Berens acknowledged that between owning three franchises and serving his communities, his schedule could be tough. But Berens brings his military leadership skills to the table, and he enjoys being a veteran entrepreneur in the structured franchise concept.

FAIRFAX COUNTY proved to be the ideal location for Ortiz, an Army veteran who had been deployed in Iraq. Like Berens, Ortiz determined that buying a franchise was his best option. Four days after 9/11, Ortiz, "a young guy" at age 18, went to the recruiting station in Puerto Rico and decided to join the Army. He was sent to Fort Benning, Georgia, for basic training. He got his technical training in Alabama before being sent to the Aviation Division at Fort Drum, New York. "It was an amazing experience for me, a kid ... who barely spoke English, but it was perfect," Ortiz said. A 14-month deployment in Iraq followed, during which he learned "a lot of good things" but lost "a lot of friends."

"It was life-changing. [It] made me appreciate what the military does," Ortiz said.

Ortiz, like Berens, transitioned out of the military, and what he learned serving his country helped him

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Joseph Ortiz, president of PuroClean Reston



Hal Berens, young captain in the early 1990s.

in business. Ortiz was also inspired by his single mother who operated her small moving company in Puerto Rico. He sought a business that would encourage accountability and personal touches like hers. His mother's business supported local families by giving them services that a bigger company might not be able to provide.

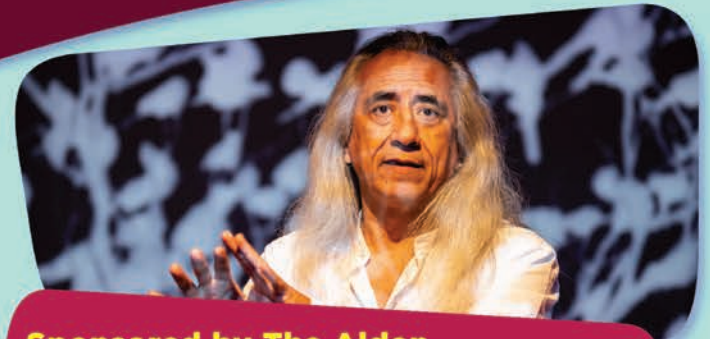
Ortiz instructs his PuroClean employees to uphold the franchise's two guiding principles: compassion and empathy. His team uses those principles to their Fairfax County customers who have had water damage to their businesses and are losing money. They also put themselves in the shoes of homeowners who have had to stay in hotels because of flooding and damage to their homes.

In the military, Ortiz said, "Everyone swims the same way. ... They establish a mission, complete it, and then perform a review to determine whether or not it was successful and how to improve it." The civilian world of his franchise is identical.

"The military is all about attention to detail," Ortiz said. He brings this level of precision to his franchise PuroClean. "This is about the way you look, the way you present, and the way you walk into somebody's house to help them," said Ortiz, who strictly adheres to industry standards. That takes dedication. According to Ortiz, anyone can be motivated. However, motivation fluctuates. "If you're not disciplined to get up on the days you're not motivated, you're screwed," said Ortiz.

For Berens, retirement will be the next event on his horizon in four or five years. Berens does not want to sit. He would prefer to volunteer, devote more time to his church, and pursue a hobby. In particular, he wishes to advocate for veteran issues. "I'm a service-disabled veteran. I want veterans to succeed with the Veterans Administration (VA) because dealing with a huge government agency can sometimes slow down the process. ... I want to work in the Legion," he said, to represent veterans more meaningfully.

Here's What's Happening at MCC!



Sponsored by The Alden

Native Heritage Month Event
George Emilio Sanchez: "In the Court of the Conqueror"
Saturday, Nov. 19, 7 p.m.

George Emilio Sanchez's solo performance revolves around the landmark Supreme Court rulings that have diminished the Tribal Sovereignty of Native Nations in the U.S.

NOV 19

Sponsored by The Alden

Chamber Music Series
District 5
Sunday, Nov. 20, 2 p.m.

\$10/\$5 MCC district residents
\$7 for seniors and students

NOV 20

Register Now!

Light Up McLean Holiday House Decorating Contest
Deadline to Register:
Friday, Dec. 9

The Light Up McLean Holiday Decorating Competition is your opportunity to show off your home in all its holiday splendor!

DEC 9

McLean Holiday Art & Crafts Festival
Friday, Dec. 2, 11 a.m.-7 p.m.
Saturday, Dec. 3, 10 a.m.-6 p.m.
Sunday, Dec. 4, 11 a.m.-4 p.m.

Admission: \$5
(for all three days of the show)
Free admission for children 12 and younger.

DEC 2-4

Old Firehouse Center

Friday Night Trip: Sporting Event
Friday, Dec. 2, 4-10:30 p.m.

Activity No: 5302.222
\$60/\$50 OFC members

Join us as we see a cherished DMV sporting team bring home a 'W!' OFC will provide a ticket to the event and dinner. Bring additional money for extra food and souvenirs as desired.

DEC 2



The McLean Community Center
www.mcleancenter.org

Home of The Alden Theatre
www.aldentheatre.org

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Great Falls under 8 team talk.



Winners of the High School Division, MedStar 2021.

PHOTOS CONTRIBUTED

Rugby Tournament Benefits National Rehabilitation Hospital

BY MERCIA HOBSON
THE CONNECTION

The annual MedStar National Rehabilitation Hospital Rugby Benefit Tournament is returning to Great Falls Rugby. Entering its eighth year, the tournament has raised more than \$12,000 for MedStar Adaptive Sports Programs.

The tournament is relocated to Nike Park

8th Annual MedStar benefit will be Nov. 20 at Nike Park, Forestville Elementary.

at Forestville Elementary School, 1111 Utterback Store Road, Great Falls, to accommodate the increased record attendance of 41 teams this year. Play will start at 8:20 a.m. and continue through the afternoon. All age groups will be registered.

Coach Gary Coetzee organized the first tournament. He was a patient at MedStar National Rehabilitation Hospital after incurring a neck injury that left him with quadriplegia.

He is now able to walk. The tournament

is Coetzee's way of raising awareness of the MedStar programs and an effort to honor the staff as they work to improve the quality of life of their patients. To learn more, go to the MedStar National Rehabilitation Network website.

Great Falls Rugby welcomes all children, youth, and teens into the rugby family. More information is available at www.rugbyVA.com.

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BULLETIN BOARD

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

FAIRFAX COUNTY FIRE AND RESCUE DEPARTMENT PARTICIPATING IN TOYS FOR TOTS CAMPAIGN

The Fairfax County Fire and Rescue Department will be participating in the Annual National Capital Region Fire and EMS Departments' 2022 TOYS FOR TOTS Campaign. The intent of the campaign is to "bring holiday joy and deliver a message of hope to children." Stations will accept donations now through Sunday, December 11, 2022.

Collection boxes will be placed outside the front door of each fire and rescue station every morning. Residents will be able to drop off toys until 8 p.m., each evening.

Please help us to help those less fortunate this holiday season. Thanks to the generosity of those who live and work in Fairfax County, FCFRD was able to provide the Marines with approximately 25,000 toys last year!

Children who are served by this campaign include toddlers and youths through age 17. The campaign will only accept new, unwrapped toys. Toys used as weapons (i.e., toy guns or knives of any kind) will not be accepted. Checks or money orders for donations must be

made payable to TOYS FOR TOTS.

Fairfax County Fire and Rescue Stations will accept donations through Sunday, December 11, 2022. Toys will not be accepted after this date.

SHEPHERD'S CENTER SEEKS VOLUNTEER DRIVERS

Shepherd's Center of McLean-Arlington-Falls Church (SCMAFC), an all-volunteer organization, is seeking additional volunteers to support its mission of providing free transportation to seniors for medical and dental appointments or run errands to grocery stores and pharmacies.

The Center is an all-volunteer non-profit organization [501(c)(3)] that has been operating since 2006.

The total number of rides provided in 2022 is expected to exceed 2,500, but to fully respond to recent increases in the number of requests, there is a need for more volunteers to join the current team of 60 volunteer drivers. For volunteers there is no minimum commitment. Volunteers are free to choose how often and when they drive.

For detailed information or to apply, visit the Center's website <https://scmafc.org/volunteer> or call (703) 506-2199 and leave a message.

Virginia Puppy Stores Face Regulation, Inspection

Public invited to comment on new requirements.

BY SUSAN LAUME
THE CONNECTION

After decades without regulated inspection, retail stores selling dogs and cats soon will receive regular checks. The Virginia Department of Agriculture & Consumer Services (VDACS) has published a set of draft inspection regulations for puppy stores. Appearing in "The Virginia Register of Regulations," Oct. 24 issue, the formal notice invites public comment during the period from Oct. 24 until Dec. 23; with a public hearing in Richmond on Dec. 9. (See the proposed regulation at: <http://register.dls.virginia.gov/details.aspx?id=10445>)

Although animal shelters, both public and private, have been regulated and inspected with penalties for non-compliance for decades, puppy stores in the Commonwealth had escaped review. New regulations, once finalized, will affect existing pet shops which may not be in compliance with the regulations and which could incur increased costs in order to come into compliance. VDACS, the agency charged with conducting annual inspections of public and private shelters, also will be responsible for pet shop inspections under the new regulations. Officials of the department also will inspect for compliance with Virginia's Comprehensive Animal Care Law.

Pet shops selling dogs typically source from large breeding operations, dubbed puppy mills. The animal welfare watchdog group, Bailing Out Benji, is one of several groups which track movement of dogs from these large operations into pet stores in Virginia and other states by monitoring required federal/state transporting documents. The Benji group has verified sourcing by Virginia pet shops from breeding facilities with 60 to 641 breeding dogs. Many have past Animal Welfare Act violations (<https://bailing-outbenji.com>).

In recent years, several states (California, Maine, Maryland, Illinois, Washington) have enacted legislation which prohibits sales

of dogs, cats, and sometimes rabbits, in pet shops. Virginia has not. While Virginia's code has effectively stopped puppy mills from operating within its boundaries, puppy mill sales continue through pet shops and online sales. There are currently 20 retail puppy stores in Virginia, including three in Northern Virginia. In Fairfax County does not prohibit puppy store sales of dogs and cats; City of Fairfax requires a public hearing and obtaining a permit before starting a puppy shop business. Petland in Fairfax, Capital City Pups in Manassas, and Dreamy Puppy in Fairfax County, were closed after cruelty charges. Some area stores now are the subject of on-going investigations.

"There is a critical need for inspection of the operating procedures of businesses that hold and sell animals," said Gina Marie Lynch, Humane Society of Fairfax County's community outreach manager. "The multi-year inspections by the U.S. Department of Agriculture of the Envigo medical beagle breeding facility in central Virginia resulted in citing hundreds of animal welfare violations. ... Without inspections, the public would never know of the irregularities or abuses."

Bailing out Benji warns, "If you cannot visit the property

to see for yourself the conditions in which puppies sold online or in a pet store were born and in which their parents are still living, chances are the puppies came from puppy mills."

The public can participate in the regulatory process and weigh in on the need for regulation, the draft regulations, and specific areas of concern in multiple ways. Comments can be made in the public town hall forum found at <https://townhall.virginia.gov/L/comments.cfm?stageid=9390>. Comments also may be made to the agency contact: Carolyn Bissett, Program Manager, Office of Veterinary Services, Department of Agriculture and Consumer Services, P.O. Box 1163, Richmond, VA 23218, telephone (804) 786-2483, FAX (804) 371-2380, TDD (800) 828-1120, or by email carolynn.bissett@vdacs.virginia.gov.

A public hearing will be held on Dec. 9, 10 a.m., at the Patrick Henry Building, East Reading Room, 1111 East Broad Street, Richmond, Va.

"Usually the laws governing treatment of animals are not as compassionate as we'd like," Lynch

says. "The bare minimum standards of care are the norm. When unacceptable treatment is identified by concerned citizens, changes must be made — the public must be the source demanding that conditions improve."

The deadline for all public comment is Dec. 23, 2022.



Pet advocates have complained to the Virginia Office of Veterinary Services about common puppy store practices such as use of small mammal drip bottles for extended periods for dogs.



Gina Marie Lynch, of Humane Society of Fairfax County, urges public to weigh in on need for pet shop regulation and inspection to call for improved animal welfare



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
LEE	10829	624	RTE 624	CREEK	10/29/2022
GILES	8450	653	EATON CHAPEL RD/RTE 653	LITTLE SUGAR RUN	10/28/2022
ALBEMARLE	800	712	PLANK ROAD	HARDWARE RIVER	10/27/2022
BOTETOURT	3536	1001	UPDIKE LANE/RTE 1001	BRANCH OF TINKER CREEK	10/27/2022
FLOYD	7501	221	FLOYD HWY S/RTE 221	BR OF DOBBINS CREEK	10/27/2022
GILES	8478	700	MT LAKE RD/RTE 700	SINKING CREEK	10/27/2022
MONTGOMERY	12312	705	COAL HOLLOW RD/RTE 705	SLATE BRANCH	10/27/2022
MONTGOMERY	12294	669	UNION VALLEY R/RTE 669	ELLIOTT CREEK	10/27/2022
ROANOKE	14980	609	E. RURITAN RD/RTE 609	BR GLADE CREEK	10/27/2022
ROANOKE	15095	737	GLADDEN RD/RTE 737	BRANCH RNKE RIVER	10/27/2022
MONTGOMERY	12235	629	BRADSHAW RD/RTE 629	BRADSHAW CREEK	10/26/2022
MONTGOMERY	12285	657	MERRIMAC RD/RTE 657	SLATE CREEK	10/26/2022
MONTGOMERY	12279	654	BROOKSFIELD RD/RTE 654	TOMS CREEK	10/25/2022
MONTGOMERY	12264	641	WAYSIDE DRIVE/RTE 641	SPRING BRANCH	10/25/2022
MONTGOMERY	12265	641	WAYSIDE DRIVE/RTE 641	SPRING BRANCH	10/25/2022
MONTGOMERY	12271	643	YELL SULPH RD/RTE 643	MILL BRANCH	10/25/2022
FAUQUIER	7276	610	MIDLAND ROAD	ELK RUN	10/24/2022
PULASKI	14549	613	CHERRYBRANCHRD/RTE 613	BURKS RUN	10/24/2022
FLOYD	7487	221	FLOYD HWY. S/RTE 221	GREASY CREEK	10/22/2022
BOTETOURT	3534	817	OLD RAIL ROAD/RTE 817	CRAIG CREEK	10/21/2022
ROANOKE	15070	677	WILLOW BR RD/RTE 677	BR BACK CREEK	10/21/2022
TAZEWELL	18486	91	RTE 91	LITTLE RIVER	10/20/2022
FLOYD	7477	8	PARKWAY LANE/RTE 8	W FORK DODD CREEK	10/19/2022
PATRICK	13246	103	DRY POND RD/RTE 103	BACK CREEK	10/19/2022
PATRICK	13229	58	JEB STUART HWY/RTE 58	LITTLE IVY CREEK	10/19/2022
PATRICK	13206	8	PATRICK AVENUE/RTE 8	BR. SOUTH MAYO RIVER	10/19/2022
GRAYSON	8900	711	BATTLEFIELD DRIVE	SADDLE CREEK	10/18/2022
HENRY	10022	57	APPALACHIN DR/RTE 57	DANIELS CREEK	10/18/2022
HENRY	10021	57	FAIRYST. PK HWY/RTE 57	SMITH RIVER	10/18/2022
HENRY	10057	220	RTE 220	NS RAILWAY	10/18/2022
MONTGOMERY	12113	11	RKE RD/460WBL11SBL	BR. SOUTH FORK ROANOKE RIVER	10/18/2022
MONTGOMERY	12137	11	ROANOKE ROAD/RTE 11	WHITEHOUSE BRANCH	10/18/2022
PATRICK	13293	635	GOBLINTOWN CR/RTE 635	GOBLINTOWN CREEK	10/18/2022
BEDFORD (M)	22407	43	PEAKS RD/RTE 43	LITTLE OTTER RIVER	10/17/2022
BOTETOURT	3159	11	LEE HIGHWAY/RTE 11	THRASHERS BRANCH	10/17/2022
FRANKLIN	7777	220	V H GOODE HWY/RTE 220	S FORK LITTLE CHESTNUT CR	10/17/2022
FRANKLIN	7779	220	VIRGIL H. GOODE HY	MAGGODEE CREEK	10/17/2022
FRANKLIN	7776	220	V H GOOD HWY/RTE 220	N FORK CHESTNUT CREEK	10/15/2022
ROANOKE	14956	311	CATAWBA VLDR/RTE 311	CATAWBA CREEK	10/15/2022
BEDFORD	2872	735	ROCK CLIFF RD/RTE 735	DIFFICULT CREEK	10/14/2022
BEDFORD	2896	755	SIMMONS MIL LRD/RTE 755	BORE AUGER CREEK	10/14/2022
BEDFORD	2915	781	TABERNACLE LANE/RTE 781	IVY CREEK	10/14/2022
FRANKLIN	7780	220	SBL RTE 220	BLACKWATER RIVER	10/14/2022
ROANOKE	14933	220	FRANKLIN RD/RTE 220	NARROWS CREEK	10/14/2022
CRAIG	5477	311	PAINT BANK RD/RTE 311	BRANCH OF JOHNS CREEK	10/13/2022
GILES	8436	635	BIG STONY CK RD/RTE 635	LAUREL BRANCH	10/13/2022
GILES	8453	653	EATON CHAPL RD/RTE 653	SUGAR RUN	10/13/2022
GILES	8325	42	GILES/PULASKITPK/RTE 42	WABASH CREEK	10/13/2022
GILES	8488	722	GLEN ALTON RD/RTE 722	STONEY CREEK	10/13/2022
BOTETOURT	3406	628	PREASE RD/RTE 628	LONG RUN	10/11/2022
BEDFORD	2622	221	FOREST RD	LITTLE OTTER RIVER	10/8/2022
BEDFORD	2605	122	MONETA ROAD/RTE 122	STONY FORK CREEK	10/8/2022
BEDFORD	2621	221	FORREST RD/RTE 221	ELK CREEK	10/7/2022
BEDFORD	2577	24	STEWARTSVILLE RD/RTE 24	BEAVERDAM CREEK	10/7/2022
GILES	8487	720	GRAVELY HILL RD/RTE 720	STONEY CREEK	10/7/2022
BOTETOURT	3394	622	SOLITUDE RD/RTE 622	SPROUTS RUN	10/6/2022
MONTGOMERY	12236	629	BRADSHAW RD/RTE 629	BRANCH OF BRADSHAW CREEK	10/6/2022
MONTGOMERY	12208	614	TAN BARK RD/RTE 614	BRUSH CREEK	10/6/2022
PATRICK	13252	610	HELMS ROAD/RTE 610	BRANCH DAN RIVER	10/4/2022
BOTETOURT	3158	11	LEE HIGHWAY/RTE 11	LOONEY MILL CREEK	10/3/2022
BOTETOURT	3156	11	LEE HWY/RTE 11	JAMES RVR, CSX & RT 1318	10/3/2022

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit <https://www.virginiadot.org> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.

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Be Part of 2022 Children's and Teens' Connection

One week of December for many years, this newspaper has devoted its pages to the creativity of local students, teens and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection, including Children's Gazette and Children's Almanac, is a long-time tradition.

You can see last year's editions by visiting <http://www.connection-newspapers.com/PDFs/> and scrolling down to Children's Edition.

We welcome contributions from public and private schools, art classes, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture, gardens and any other creative efforts.

We ask that all submissions be digital so they can be sent through email. Writing should be submitted in text format: docx or google docs, or pasted in the body of an email. Artwork should be photographed or scanned and provided in jpeg format. These can be submitted via google drive as well. Please share all google drive files with kimm.mary@gmail.com

Some suggestions, but different ideas are welcome:

Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

Short answers: What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite possession? What makes a good friend? What is the best gift you've ever received?

Your opinion (100 words) about movies, food, music, sports, restaurants, video games, toys, trends, politics, etc.

Poetry, short story or other creative writing.

News stories or photos from school newspapers.

We must be able to print the full first and last name of the student artist/writer with the submission, along with student's age, grade and school or town name.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

Please send all submissions by Monday, Dec. 5, 2022. The Children's Connection/Gazette will publish the middle of December, the edition with publication date Dec. 14, 2022.

Email submissions for the Children's Connection to kimm.mary@gmail.com

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR



District5 will perform on Sunday, Nov. 20, 2022 at McLean Community Center.

THURSDAY/NOV. 17

Performing Arts Documentaries. 1 p.m. At the Alden Theater, McLean Community Center, 1234 Ingleside Ave., McLean. Learn a little about the performing arts through these one-hour (or so) documentaries. Join Performing Arts Director Sarah Schallern Treff for a discussion after.

NOV. 17 TO DEC. 11

"The Rainmaker." At 1st Stage, 1524 Spring Hill Road, Tysons. "The Rainmaker," written by N. Richard Nash and directed by Deidra LaWan Starnes. Not only is the Curry family farm being paralyzed by a devastating drought, but Lizzie Curry, to the chagrin of her father and brothers, is unmarried with no viable prospects. A charming, confident trickster named Starbuck comes to town and promises to bring rain in exchange for \$100, setting off a series of events that enable Lizzie to see herself in a new light. Show times are Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m., Sundays at 2 p.m. Tickets: \$50 general admission, \$47 seniors (65+), \$15 students, educators, and military. Purchase online at www.1ststage.org or 703-854-1856.

FRIDAY/NOV. 18

Snack & Paint. 7-9 p.m. At the Old Firehouse, 1440 Chain Bridge Road, McLean. Whether you are a beginner or an expert, love snacks or want to get your hands dirty with some paint, come on down to the Old Firehouse for our Snack & Paint night. Led by a professional art teacher, you will be able to create your own masterpiece with your family while having tons of fun doing so. All materials and snacks are included in the fee.

SATURDAY/NOV. 19

George Emilio Sanchez: "In the Court of the Conqueror." 7 p.m. George Emilio Sanchez's solo performance work is the second installment of the "Performing the Constitution" series. The performance revolves around the landmark Supreme Court rulings that have diminished the Tribal Sovereignty of Native Nations in the U.S. Part historical, part autobiographical, this piece interlaces Sanchez's experiences growing up in an Ecuadorian immigrant household navigating generational trauma and Indigenous identity.

SATURDAY/NOV. 19

Food and Hygiene Collection. 10 a.m. to noon. At Arts Herndon, 750 Center Street, Herndon. Items needed: canned and boxed soups, spaghetti and macaroni, spaghetti sauce, peanut butter and jelly, applesauce, granola and fruit bars, canned and boxed milk, canned meats and tuna and more. Visit www.HerndonResonRotary.org

SUNDAY/NOV. 20

Chamber Music Series: District5. 2 p.m. At McLean Community Center, McLean. District5 is a daring Washington, D.C.-based wind quintet that specializes in new music and new transcriptions. The group was the recipient of a 2016 Chamber Music America Classical Commissioning Grant with composer Evis Sammoutis and has recently performed at "The REACH" at the Kennedy Center, Dumbarton Oaks, U.S. Department of State and the Library of Congress, among other venues.

SUNDAY/NOV. 20

Traditional Celtic Music. 4:30 p.m. and 6:30 p.m. At the Old Brogue Pub, 760-C Walker Road, Great Falls. Featuring IONA: Local Celtic mainstay IONA transports its audience to all the Celtic cultures, and their transplants in the New World. Lead singer, bouzouki and bodhrán player, Barbara Tresidder Ryan, and Bernard Argent on wooden flute, whistles, vocals and percussion, are joined by Jim Queen, fiddle, banjo and vocals and Leigh Oben on basses of all descriptions Visit IonaMusic.com.

SUNDAY/NOV. 20

Brass Quintet Performs. 4 p.m. At Church of the Holy Comforter, 543 Beulah Road, N.E., Vienna. The award-winning Baltimore Brass Quintet will present a concert on Sunday, November 20 at 4 p.m. Their program, entitled "Western Skies," will feature works by American composers including Leonard Bernstein and Aaron Copland as well as arrangements of theme music from the 1960s shows The Magnificent Seven and The Wild, Wild West. The concert is free, with donations requested to support the church's music program and concert series. Call 703-938-6521 or see the Website at <https://holyccomforter.com/>.

SATURDAY/NOV. 26

Turkey Trot. The Langley Crew Team, winners of multiple state titles, is hosting its inaugural Turkey Trot on Saturday, Nov. 26, a 5K race that will start at Langley High School and make its way through the neighborhood before finishing at the school. The race starts at 9 a.m. on Nov. 26. The registration fee is \$35 through Nov. 1, fee goes up to \$50 after Nov. 1. Participants who register by Nov. 1 are guaranteed a commemorative race t-shirt. For residents who cannot make it to the race, you can make a donation and/or if you are a local businesses and residents, consider becoming a Langley Crew Turkey Trot 5K sponsor. Click here <https://www.langleycrew.com/page/show/7522386-langley-crew-turkey-trot-5k>.

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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.

Each local newspaper's mission aspires to provide greater community service, and we do know that our communities are better off if we continue to publish. Last year's financial support from readers and supporters like you bridged the shortfall before Federal PPP funding arrived, and both made our survival possible. We now await a decision for a grant from Rebuild Virginia in early February that we hope will help us in 2022 and beyond. But we need help to survive the first quarter, always a brutal time for cash flow in weekly newspapers. Thank you.

Please, help save these historical papers. All gifts will be used to fund our printed newspapers and websites and to meet obligations to our loyal and patient employees, writers, contractors and suppliers.

The ongoing pandemic continues to crush many newspapers across the country, and our newspapers continue to be at risk. The Northern Virginia area's best read and most trusted source for community news includes the Alexandria Gazette Packet, Mount Vernon Gazette and all Connection Newspapers in the metropolitan region.

The pandemic has hit small businesses hard, which in turn has reduced advertising revenue that keeps these local newspapers alive to provide hyper local news to residents. It feels like no small miracle to be looking forward into 2022.

Connection Newspapers has been offering these local newspapers to residents for over 200 years. Countless residents have grown up with these papers covering significant moments in the lives of family and children, news, community events, school activities, and even pictures of your dogs and cats. Internet news and large national newspapers cannot provide the local connection or historical connection that local papers like Connection Newspapers and the Alexandria Gazette Packet provide. If your child, dog, mother, father, neighborhood, school has been featured, you understand the value of local community newspapers.

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Drugged, But in a Good Way



By KENNETH B. LOURIE

I could get addicted to this. What is this, you ask? It's yours truly being rescued from financial oblivion, familial fracture and/or cancer progression.

When last we visited this subject, I had just been told in no uncertain dollars, that continuing my monthly thyroid cancer prescription medicine was going to start costing me \$984 and change. Though the pharmacist maintained that I was covered by my existing plan, the bonus plan (for the sake of brevity) that covered the entire \$20,000+ monthly retail cost (and my \$984 share) had not been renewed. In short, I no longer qualified. The means-tested evaluation had dumped me back on the mean streets.

Paying retail for the drug myself and/or not incurring the cost/not taking the medication at all were equally unattractive. I had to put my thinking cap on, maybe think outside of the box to attempt to remedy this potential hardship. First, I appealed my bonus plan denial by providing additional financial documentation – as requested. However, the automated message said that process would be complete 45 days after receipt. If that timeline was accurate, I would need two months of the medication (or go two months without the medicine) before my renewal was even considered. Two scenarios which were equally unpalatable.

I had about a week or so before this medication hammer was to come down: do or die, quite literally. A few sleepless nights into my life-changing-forever deadline (pun intended), it came to me, or rather I remembered something. Approximately eight years ago, I was prescribed a new heavy-duty chemotherapy drug after my previous medicine had stopped working. The oncologists suggested a drug (a daily pill, actually). I said sure, and he ordered the prescription. (This is all before I had ever heard of this 'bonus plan.') Within a few days, I received a text from the pharmacy advising me that my new lung cancer prescription was ready for pick up. At that time, my co-pays for my various prescription medications were \$10, \$20, et cetera. However, before I went to pick up my prescription, not wanting to assume too much, I thought I should call to find out the cost, just to be on the safe side. The cost: "\$2500." I was told. I asked: (sort of being a wise-ass – and hopeful at the same time): "Is that for a year?" "No. One month," I was told. I was shocked by the price – as I had health insurance/prescription drug coverage and stammered something like I had to get back to them.

I can't recall with whom I was sharing this drug cost problem, but it was suggested that I call the pharmaceutical company that makes the drug and explain my circumstances. Sometimes, I was told, the companies share the cost with the patient. I was still working full time then, had health insurance but was not on Medicare or Medicaid. I was not without means; I just didn't have an additional \$2,500 per month to spend out of the blue on medicine. I called the company and spoke with their patient liaison-type person and explained my dilemma. Amazingly, there was a cost-sharing program and even more amazingly, I was accepted into their program and ended up not paying a dime for the entire next year that I was prescribed this pill – before it stopped working (that's the nature of cancer treatment; the medicine is effective until it isn't and then you switch to a new treatment). It was a great year of not paying for my cancer medicine.

History repeated itself. Although this time, I thought to call the pharmaceutical company on my own. First, I went on their web site and saw "patient enrollment program." I read a little but wasn't certain I qualified. I decided to call and speak to a real person. And boy oh boy did that person understand my situation and appreciate my call. They couldn't have been nicer, any more sincere or more willing to help me navigate their process to determine if I qualified for assistance. I answered their questions, completed an online application, and was told, I'd receive and answer about possible enrollment in the next day. Sure enough, the next day came and so did multiple phone calls to confirm and coordinate my approval and receipt of my next month's prescription cancer medicine. Just like that, the deal was done, and my \$984 monthly prescription bill was eliminated. I received my pills on Thursday of the same week, one day before my last prescription would have run out.

If you heard something that sounded like a gigantic sigh of relief that day, that was me. Breathing normally once again.

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

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