

The Arlington Connection

An island with a white quartz countertop and navy blue cabinets adds functionality to the kitchen of this Arlington home.



Let the Light In

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PHOTO BY STACY ZARIN GOLDBERG

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ARPETS: THE STORY OF WENDY



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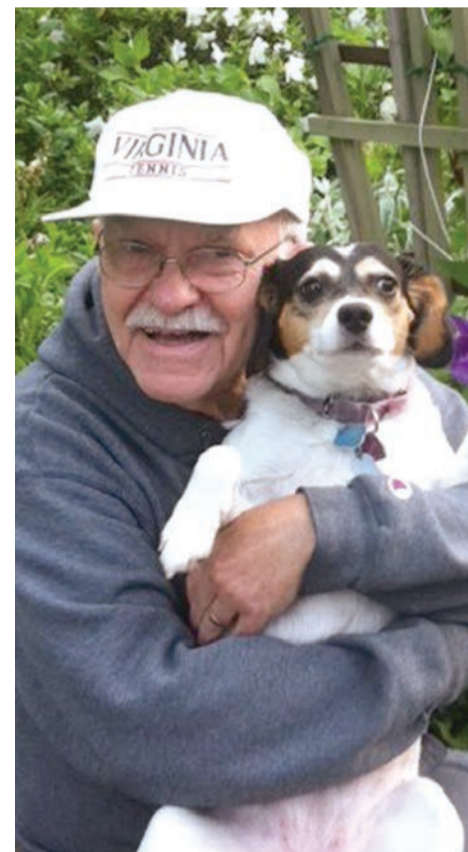
Wendy Hobart

ArPets is a weekly feature by Joan Brady, an award winning Connection Newspapers columnist and local photographer specializing in pets, children and families, and contemporary business portraits. If you know of a pet that should be featured, Contact Joan at joan@joanbrady-photography.com

BY JOAN BRADY AND GEORGE HOBART

Until the coronavirus, Wendy lived with George and Marjorie Hobart at The Jefferson independent living and retirement home in Ballston. When I spoke with homeowners association president, Bob Johnson, he joked that the attitude at The Jefferson is that even if you don't have a dog, you should still walk a dog every day. All pets are welcome there.

The four-leggeds are used to enjoying all kinds of freedoms at The Jefferson which may mean extra security is required on election day which boasts a conveniently located neighborhood polling place right in the building. It's easy to imagine Wendy orchestrating an election day visit in order to campaign and encourage write-in voting for her own candidacy, with some of her more wily canine and cat friends attempting to sneak in to cast votes.



George and Wendy

George's story of his beloved Wendy, has been edited for length and clarity:

Wendy is a 26 pound rescue mix. Her mother was a beagle and her daddy a Jack Russell who lived next door — and leaped the fence! We live in a high rise retirement community in Ballston. Wendy is loved by all the residents.

For over a year she was our mascot at our indoor pool, wandering around the perimeter trying to kiss everyone! Unfortunately, County health regulations made her leave her lifeguard post.

Wendy even had an act in our annual Follies show. The 92-year old woman who played Wendy, dressed as a beagle, was called upon to attack a suspected intruder. She leaped upon him and licked him into submission.

In March when the pandemic struck, my wife and I decided to farm Wendy out to former neighbors who love her as much as we

do. She's been able to bask in the sunshine of their beautiful backyard, where she occasionally chases squirrels and rabbits.

Shortly after she arrived in her home away from home in March, she became very ill with severe intestinal problems and back and leg pain. My son was so worried that she wouldn't reach her 19th birthday in April that he dug a five foot deep grave in his backyard where many other family critters are buried.

But the grave remains open and Wendy shows no signs of wanting to fill it. I visit her every other day.

ArPets (Our Pets) is a new weekly feature for highlighting the well-loved pets of Arlington. We will also feature some adoptable pets. If you or your dog, cat, iguana, bunny or any other pet, has an interesting pet story to tell, please email me at joan@joanbradyphotography.com

Reforming the Police

Lawmakers consider sweeping set of proposals to change policing in Virginia.

BY MICHAEL LEE POPE
THE CONNECTION

Only a few hours into a special session of the General Assembly earlier this week, members of a Senate panel passed a sweeping bill on policing reform that does everything from banning no-knock warrants and limiting chokeholds to creating use-of-force standards and requiring de-escalation training.

The special session was called partially in reaction to the killing of an unarmed Black man by a white police officer in Minnesota, which set off protests across the country against police brutality. Now lawmakers in Richmond are poised to pass landmark legislation that has the support of associations representing police chiefs and sheriff's offices across Virginia.

"It raises the bar for professionalism in the state," said Sen. Scott Surovell (D-36), who is leading the criminal-justice reform effort in the Senate. "And I think that's why they supported all this."

The way Virginia law currently works, officers can resign in the middle of a decertification process as a way to terminate the proceeding. Not only does that undermine accountability for bad cops, it also opens the door for them to get new jobs at other police departments that don't have access to disciplinary records outlining their actions. Police agencies in Virginia say launching a decertification process is difficult, and the rules for how they work allow bad cops to slip through the cracks.

"If they couldn't perform up to standards in my agency, they shouldn't be allowed to work at another agency doing the same job," said Herndon Police Chief Maggie DeBoard, a vice president of the Virginia Chiefs of Police Association who worked with senators to craft the legislation.

"We would conduct the investigation to sustain a finding, which would then allow the state to decertify that officer so that they could not work anywhere in the



Police agencies in Virginia want to make it more difficult for bad cops to move from department to department without facing consequences for bad behavior.

state as a sworn law-enforcement officer."

THE POLICING REFORM BILL now heads to the Senate Finance Committee, where lawmakers will determine if they can find the money to pay for the new hearing officers that will be needed at the Virginia Department of Criminal Justice Services to handle the increase in decertification proceedings.

The Senate bill also requires the department to create a new code of conduct for police, and the department will need to dedicate staffers to develop the code over the next two years.

"We understand it's a lot, but we also believe that this is what's necessary in order to get the transformational change that we've all been seeking," said Kofi Annan,

former president of the Fairfax NAACP and founder of an advocacy group known as The Activated People. "People have been marching

through the streets for months literally risking their lives, and they didn't do it in order to just get one piecemeal kind of bill."

House members are taking a different approach to policing reform, splitting the issue into its component parts that can be debated in-



Sen. Scott Surovell (D-36) is overseeing the Senate's package of criminal justice reform bills.

dividually rather than as part of an omnibus package. One of the advantages of the Senate's approach is that the omnibus bill has the support of law enforcement agencies because it has several provisions that they've been asking for on decertification, among other things. But if the prohibition on no-knock warrants is separated from the rest of the bill, as the House plans to do next week, it might be opposed by police agencies who feel no-knock warrants are required in some circumstances.

"You don't throw 100 bills into one omnibus bill. We're not going to do that. I think that's ridiculous," said Del. Mark Levine (D-

45). "We're going to have many of the same reforms, but we're going to have it in 25 bills or maybe 30 bills."

IN THE WEEKS leading up to the special session, senators have been working with law enforcement agencies for peace in the valley. Language banning chokeholds was softened to allow them in certain life-threatening situations. Provisions requiring judges to sign off on nighttime search warrants allows magistrates to approve them if judges aren't available. And a ban on military equipment was softened to allow for police agencies to receive some items through

the Pentagon's 1033 Program. Law enforcement agencies say they should be able to receive some of the military surplus items available through the program, including camouflage uniforms.

"Sheriffs do use that for rescue and protection," said John Jones, executive director of the Virginia Sheriffs' Association. "As far as we're concerned, you fixed the concerns we had about military equipment."

Senators also worked with law enforcement agencies to address their concerns on data collection. The compromise language requires the collection of information about the race and ethnicity of drivers who are stopped and searched. But it also provides some flexibility for departments to avoid detailing a list of everyone they questioned at a checkpoint.

The bill that got out of the Senate Judiciary Committee also includes a way for officers to shield statements they make during some internal investigations from prosecutors.

"We should always work well with our commonwealth's attorneys in the best interest in criminal justice," said Ashland Police Chief Douglas Goodman, who worked with senators to craft the legislation. "But we're just concerned about statements officers may provide that are compelled."

QUALIFIED IMMUNITY may end up being a sticking point between the House and the Senate as the special session moves forward. House members say they want to move forward with finding a way for police officers to be sued individually, which is currently prohibited under a legal doctrine that has its roots in English common law.

Senators did not include the issue of qualified immunity in their policing reform bill, and Gov. Ralph Northam did not include the issue in his agenda for the special session.

"You're less likely to misbehave if you know there's going to be adverse consequences to you if you misbehave," said Victor Glasberg, attorney in Alexandria.

"If there's all the reason in the world to believe that if somebody hauls you into court you're going to get off on qualified immunity, it just makes it easier for you to misbehave."

PHOTO BY MICHAEL LEE POPE/THE CONNECTION

VIRGINIA GENERAL ASSEMBLY

A Migration Miracle Is Underway

Small efforts can help monarch butterflies.

By GLENDA C. BOOTH
MOUNT VERNON GAZETTE

Bright orange and black butterflies are zigging and zagging through Northern Virginia in September and October headed south, the migration of monarch butterflies. Each weighing 598 milligrams or one-fifth the weight of a penny, they are headed to central Mexico's mountains to join up to 100 million that annually cluster like grayish beards on oyamel fir trees at nine to 11,000 feet through the winter. Some will fly 2,000 miles from Canada to reach their winter sites. A western population winters in California.

People are seeing monarchs in backyards, along highways and in natural areas like Dyke Marsh and Huntley Meadows and Riverbend Parks. In mid-August, Alexandria Jim Waggener spotted 25 in several hours at Meadowood on Mason Neck.

In the 17th century, English colonists named this insect a "monarch" because the orange and black colors reminded them of British royalty, the prince of Orange. Male monarch butterflies have two black spots on their hind wings; females do not.

Life Cycle

Butterflies have four life stages. Female monarchs lay an egg the size of a period on the underside of a leaf, up to 500 to 700 eggs under optimal conditions. Then the parents die.

After the egg hatches, the larva or caterpillar fattens up on milkweed leaves. "That's all they do - eat, eat, eat," said Larry Brindza, who has tagged monarchs for researchers. Monarch caterpillars feed exclusively on milkweed plants, experts contend. Ingested milkweed sap offers protection because predators like birds are repulsed by the taste and toxicity.

The yellow, black and white striped caterpillar outgrows its outer skin or exoskeleton several times and attaches itself to a support by a silky adhesive substance to become a pupa, a green, bag-like chrysalis. The chrysalis dangles delicately and becomes clearer until it transforms into a fully-formed butterfly and splits open. The new, delicate butterfly pumps fluid into its wing veins, dries in the sun, hardens its wings and takes flight.

Spring Journey

The monarch is the only butterfly that regularly has a two-way mi-



PHOTO COURTESY OF GLENDA BOOTH

A monarch butterfly chrysalis attached to a cement shelf, Shenandoah National Park.



PHOTO COURTESY OF NANCY VEHRIS

Monarch caterpillar on milkweed leaves.



PHOTO COURTESY OF NANCY VEHRIS

Monarchs at the butterfly waystation at the Dale City rest area.



PHOTO COURTESY OF GLENDA BOOTH

People are seeing monarchs in backyards, along highways and in natural areas like Dyke Marsh and Huntley Meadows and Riverbend parks.

gration. When spring temperatures rise in Mexico and nectar sources become available, monarchs mate, head north and females lay eggs.

After laying eggs, females live only around 30 days. The eggs become adults and this new generation flies north, mating along the

way. The next generation does the same. During warm years, a few of the migrants from the mid-latitudes of the U.S. are fifth generation monarchs.

The human equivalent of the typical monarch's astonishing odyssey is 11 times around the world, estimates Dr. David Gibo, a Toronto zoologist.

Threatened

Monarch populations are seriously threatened, according to the conservation organization Monarch Watch, largely by habitat loss from ever-expanding development and farming. Some people intentionally destroy milkweed and use harmful herbicides and pesticides. The butterflies' wintering sites in Mexico are also at risk from logging.

To offset the decline in milkweeds and nectar sources, some people plant milkweeds and nectar-producing plants in their gardens.

Monarch Watch certifies monarch-friendly gardens as Monarch Waystations. There are, for example, waystations at Providence Presbyterian Church and Daniels Run Elementary Fairfax; Runnymede Park, Herndon; Riverbend Park, Great Falls; Thomas Jefferson Elementary School, Falls Church; and Knox Presbyterian Church, Falls Church.

The Dale City, Interstate-95 rest stop managed by the Virginia Department of Transportation is part of a national coalition dedicated to creating habitats on rights-of-way for pollinators, including monarch butterflies.

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PHOTO BY STACY ZARIN GOLDBERG

Blue pendant lighting hangs above a white quartz-topped island in this kitchen by interior designer Elena Eskandari, Case Design/Remodeling, Inc.

An Arlington Kitchen Gets a Facelift

From dark and dated to light and modern.

BY MARILYN CAMPBELL
THE CONNECTION

kitchen, they turned to interior designer Elena Eskandari to modernize and expand it, while creating a space for entertaining.

"In addition to a less than perfect layout, the kitchen cabinets were outdated and non-functional," said Eskandari of Case Design/Remodeling, Inc. "The counters were laminate and the mismatched cabinetry was on its last breath. The floor

SEE AN ARLINGTON, PAGE 6

When an Arlington family grew tired of their home's cramped, dark



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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

NEWS

An Arlington Kitchen Gets a Facelift

FROM PAGE 5

was covered in old vinyl [and] the soffits were eating up valuable wall space.”

Removing walls and adding a new window enlarged the kitchen and brought it to life, says Eskandari “We brightened up the space with white shaker cabinetry, but picked a contrasting navy blue color for the island,” she said.

A backsplash with a geometric pattern in blue and gray now sits behind the range. The quartz countertops are white and dotted with specks also in light blue. A white subway perimeter tile adds simplicity.

The finished product is a kitchen where color and light combine to create a cooking haven that harmonizes with the rest of the home. “The whole first floor entertainment area [is] now cohesive and stylish.”

Adding blue and white tile backsplash and white shaker cabinetry helped modernize this Arlington kitchen, says Interior Designer Elena Eskandari.



PHOTO BY STACY ZARIN GOLDBERG

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SENIOR LIVING

For Seniors, Love Is Not Cancelled

This region is a prime location for meeting and dating other singles of all ages safely.

BY MARILYN CAMPBELL
THE CONNECTION

Even during the current coronavirus pandemic, the need for healthy human emotions like intimacy has not disappeared, particularly for seniors.

The lack of positive social connections, which is linked to physical and mental illnesses, has increased during COVID. In fact, 43 percent of adults aged 60 or older, report feeling lonely, according to a study by the National Academy of Sciences pandemic, particularly by those who are widowed or divorced.

While seniors are often reluctant to use online dating services, this year's pandemic has made finding meaningful companionship a priority, says Barbie Adler, Founder and President of Selecter Search, a matchmaking firm.

"The restrictions and safety precautions put in place by the pandemic has allowed relationships to evolve at a slower pace," Adler said, a pace older people are more likely to be comfortable with. "Our couples are forming strong bonds over Zoom wine tastings, book discussions, sharing past travel mementos and planning future adventures, and venturing out for picnics in the park," she said.

"Without overbooked schedules and quick dinner reservations, clients are recognizing their own desire to connect, and are enjoying the process of getting to know someone. The first date-second date-third date playbook is no longer obvious."

"Moving toward intimate connection requires trust, the ability to be vulnerable, and the courage to try something new. However, during a pandemic, these are the very things that we are encouraged not to do," said Carolyn Lorente, Ph.D., a professor of psychology at Northern Virginia Community College, Associate Psychologist at Outpatient Addictions Services in Montgomery County, Md. and a private practitioner.

The need for romantic and even sexual relationships persist during COVID, says therapist and former geriatric nurse Barbara Rubenstein, LCSW-C. "Many people might be surprised to know that 57 percent of adults over the age of 60 are sexually active," she said. "Obviously chronic illnesses, which increase as a person gets older, can affect that figure, but I would say that sex, when practiced safely, will have a positive affect on the mental and possibly physical health of seniors."

Older adults have a higher risk of serious COVID-19 complications, and safety measures are critical. But wearing a mask and

maintaining a 6-foot distance is a likely obstacle to romance at a certain point.

"COVID-19 is not a sexually transmitted disease, [but] it is spread through respiratory droplets when someone with the virus coughs, sneezes or talks," said Dr. Benjamin Schwartz, M.D., Division Director of Epidemiology & Population Health for the Fairfax County Health Department. "It can be spread by touching someone's eyes, nose and mouth." While researchers at the Mayo Clinic encourage abstinence among seniors who are

a greater risk for a serious illness because of pre-existing medical conditions, Lorente believes in creating a healthy balance.

"Many folks, particularly those who live alone and have been practicing physical distancing as encouraged by the CDC, are experiencing feelings of depression, isolation, and cheerlessness," she said. "Sure, staying in your own bubble in your house is the best way to protect yourself from the virus, but the negative impact of [depression and isolation] is real too."

It's possible to maintain a romantic and intimate relationship while also maintaining a safe social distance. "Many of my older clients are also quite comfortable using technology such as Zoom and Facetime to connect

too," said Lorente. "I've been doing talks over Zoom where people can attend and meet and are way more intimate than let's say a big lecture hall. Interestingly, we may see a move toward longer courtships in order to build trust, which may be really fun." In fact, those video conferencing platforms allow partners to dress up and go on virtual dates, watch movies or listen to music together. "I have encouraged my clients that physical distancing is not social distancing," said Lorente.

"I have a client in her mid-sixties who lives by herself," Lorente said. "Last session I was checking in with her, worried about possible isolation. She sounded energized." The client had just finished playing a game of bocce ball in the morning with her new friend.

A 67-year-old widower who lives in Old Town, met a woman who is divorced and 65. They met on eHarmony, getting together before COVID. Both were looking for someone their own age who was healthy, active, attractive and interested in a relationship. They hike and bike together in Rock Creek Park and Great Falls. They traveled together until COVID, and were supposed to go to Italy this summer. They've been together for a year and divide their time between her place and his, but they do stay together during COVID-19. They say that they couldn't imagine being alone and socially isolated during this period.

"Many people might be surprised to know that 57 percent of adults over the age of 60 are sexually active. I would say that sex, when practiced safely, will have a positive affect on the mental and possibly physical health of seniors."

— Barbara Rubenstein, LCSW-C

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The Doggone Truth



By KENNETH B. LOURIE

I don't remember much substance from my freshmen-level, psychology 100 class at the University of Maryland in 1972 except that the lecture hall sat approximately 600 students, tests were graded on a bell curve (with which I was totally unfamiliar), the professor always wore black leather pants, and he brought his dog to every lecture. Sitting as far away as I did (my choice), I can't even tell you what kind of dog was at the end of his leash. Content-wise, I remember Pavlov's dog, B.F. Skinner, behavior modification and conditioned reflex (something to do with saliva). And that's about it. Oh, and I received a "D," my first-ever below-"C" grade. Still, it is my first-ever memory of classes while attending college. As such, it has stuck with me for years. As has predictable behavior.

What I am referring to is how I can be predicted to behave after my wife, Dina, doles out my daily Nestles Crunch bar allotment. As you regular readers may recall, due to the pandemic and my status as a primary Covid risk: over age 65, lung disease and compromised immune system (the trifecta of trouble), I am not allowed to go to the grocery store, pharmacy or wholesale outlets and mix with the masses and risk exposure. What this means is that, for the first time in 40 or so years, I am not doing the in-store shopping. My wife, Dina is. Moreover, she is ordering our food on-line, rather than risking her own exposure - and mine indirectly, by shopping in store since it's unlikely we'll be social-distancing once she's back at home. Ergo, she is in control of the food, from it's initial order to its ultimate put-away at home. As a result, either I'm not getting what I crave/need, or I'm getting it with strict controls. Controls which involve some of my requirements (chocolate) being out of site, but unfortunately not out of my mind, and then having Dina distributing it very judiciously - and not according to my demands either. Particularly so for the candy. Dina is hiding it - in plain sight, she claims, for weeks now, and try as I most definitely have, I can't seem to find it.

Now back to Pavlov and Skinner and the dog. Every day, in the morning, before I get up and walk downstairs to the kitchen to begin my morning pill routine, Dina will have placed two Nestles' Crunch fun-size bars in an empty candy dish in the dining room, same time, same place as the day before. So I know where and when to look and I do every day. To invoke these famous psychologists, a conditioned response has been created. I have anticipated her behavior and accordingly I walk into the dining room and reach for these two Nestles Crunch bars. My behavior has become absolutely predictable. Moreover within a minute or so of finding them (more like 10 seconds), I will have unwrapped and eaten them - without fail. My reaction is as reliable/instinctive almost as if I were hit on the front of my knee with a mallet. Just as the knee reflexively jerks forward, so does my mouth pop open ("Oh boy") in anticipation and confirmation of the candy allocation.

However, this has not been any kind of controlled experiment. Dina is not learning anything about my behavior that she hasn't witnessed first hand dating back to 1978. She's not portioning out these hidden treats to see how I'll react. She knows. If I don't get my candy, I'll fuss about it (that's a polite description of my reaction). Rather she is attempting to manage my behavior/chocolate consumption (even though to quote my brother, Richard: "The weight looks good on me") because I'm pre-diabetic and have already been diagnosed with two types of cancer: non small cell lung cancer and papillary thyroid, both stage IV - in a pandemic, no less, and in consideration of the fact that it's unhealthy for me to maintain my present pace.

Dina may not be able to exactly set her watch by my appearance in the dining room, but she certainly knows it's only a matter of time before I'll grab the bars; time she hopes she's helping to guarantee that I'll have after the candy has been eaten.

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

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