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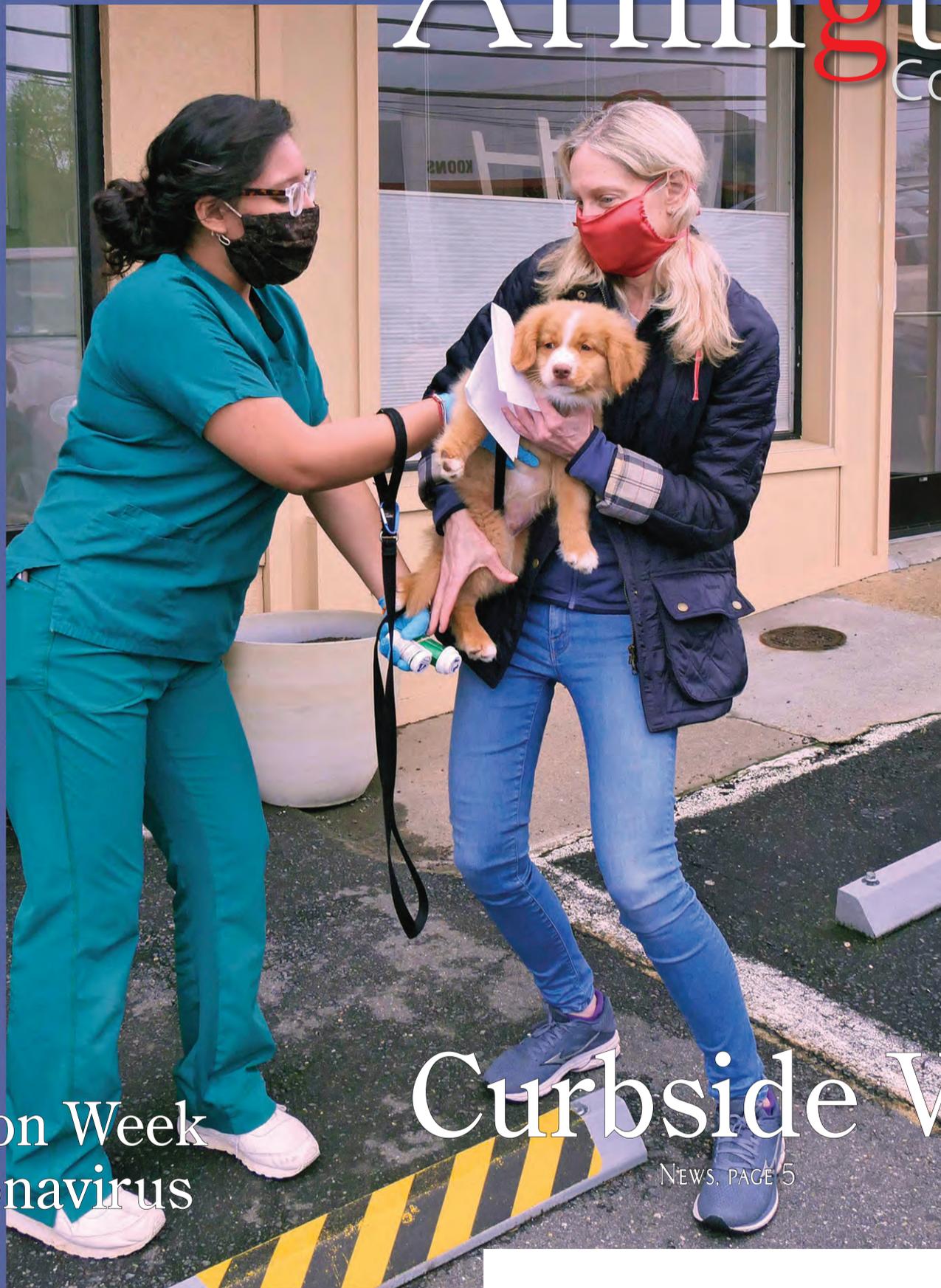


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# The Arlington Connection

Anne Dixon picks up Ginger at Cherrydale Veterinary Clinic curbside service on April 24.



## Curbside Vet

NEWS, PAGE 5

## Arlington Week In Coronavirus

NEWS, PAGE 3

## Teen Newspaper Has Following of 8

NEWS, PAGE 4

PHOTO BY SHIRLEY RUHE/ARLINGTON CONNECTION

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## OPINION

# Now Is Not the Time To Put Off Vaccinations

**Pediatricians report a 30-76 percent decrease in administering routine childhood immunizations.**

BY DEL. PATRICK HOPE  
(47TH - ARLINGTON)  
AND DEL. PAUL KRIZEK  
(44TH - FAIRFAX)

We probably spend too much of our day worrying about and responding to the novel coronavirus. We work from home, or don't work at all, worrying about this infection's economic impact on us and our community, even if we are comfortable. We teach our children at home while gaining new appreciation for their teachers. We plan our trips to the grocery store and pharmacy like the strategic operations they are, ensuring we have facemasks, remembering our social distancing, and having enough hand sanitizer. Through Zoom and Facebook, we socialize and even worship on-line, wondering if this virtual reality substitutes for our actual communities.

We wonder endlessly about our health. Most of us did not anticipate these challenges, while those few who did couldn't get the attention of national leaders responsible for making a timely, proactive and aggressive response. We've redefined 'essential personnel', and they are our new heroes. Everyone is making tremendous sacrifices.

Yet, things may be changing for the better. In some places, new cases have plateaued or declined – in proportion to the vigor with which disease mitigation measures have been pursued. U.S. deaths predicted have decreased in some models, to 'only' 90,000 – a tragic number still far greater than all the American lives lost in the Vietnam War. Our hospitals have not been overwhelmed. Our stocks of medical equipment and PPE are increasing. Diagnostic tests are becoming more available and innovative, too; we can, finally, predict a time when we can do all the tests we need. Scientifically sound research into treatment and prevention is progressing rapidly.

Hospitals are resuming elective surgeries, and soon houses of worship, and many businesses will begin to resume their original functions, albeit exercising prudent care and safe social distancing practices.

BUT NONE of this should make us feel completely secure. Pub-

lic health departments have been working in the dark, due to testing shortfalls; worse, they remain understaffed to do the contact tracing – crucial to an evidence-based reopening of the economy. The good news: Governor Northam just announced that the Commonwealth will be hiring 1,000 new people to work as contact tracers and has taken measures to rapidly increase Virginia's testing capacity to what it needs to be. The bad news: medical supply chains are under-resourced, nationally disorganized and insecure. Frontline clinical providers are few in number, at high risk for infection themselves and impossible to replace quickly. Societal inequities putting communities of color at increased risk remain huge problems dating back to the Civil War.

Overshadowing this is the fact that this coronavirus is a novel infection, which confounds precise planning. Will there be a second wave worse than the first, like the Spanish flu? Will it reoccur seasonally? Are survivors immune and, if so, for how long? More than 70 vaccines are in development, but a widely deployable vaccine won't be available for many more months. Given the severity of this infection and the large numbers at risk, we cannot rely on natural 'herd immunity'.

We know some important ways to respond to this pandemic. Wash our hands thoroughly, stay at home inasmuch as possible, social distance properly and maintain personal healthcare.

However, there is more that we need to think about today. One of the negative repercussions of the COVID-19 pandemic is an alarming drop in routine vaccination rates.

**REMEMBER THE LESSONS** from the measles outbreaks. We in Northern Virginia remain at risk for vaccine-preventable diseases. Pediatricians report a 30-76 percent decrease in administering routine childhood immunizations, including measles and influenza, because well-child visits are being conducted virtually. This season, 390,000 cases of influenza have been diagnosed, with 24,000 deaths. To avoid compounding the coronavirus pandemic, we must

SEE NW IS NOT, PAGE 7

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## This Week in Arlington Coronavirus

BY KEN MOORE  
THE CONNECTION

### Tuesday, May 5

Arlington Cases: 1,169  
Virginia Cases: 20,256  
United States Cases: 1,152,372  
Arlington Deaths: 49  
Virginia Deaths: 713  
United States Deaths: 67,456

**WORKER RELIEF AND SECURITY:** Rep. Don Beyer (D-VA) with Senators Jack Reed (D-RI) and Michael Bennet (D-CO) today released a draft framework for the Worker Relief and Security Act, legislation that would tie ongoing expanded unemployment benefits to the public health emergency and economic conditions. The bill would use automatic triggers to ensure that assistance continues to flow to workers for the duration of the pandemic and the resulting economic crisis even in the absence of action by Congress, according to Beyer.

### Monday, May 4

Arlington Cases: 1,139  
Virginia Cases: 19,492

**PHASE ONE EASE:** Governor Ralph Northam outlined a three-phase plan to ease restrictions on businesses and gatherings, when health data supports doing so. Northam said he will extend key provisions of Executive Order 53, which places restrictions on businesses and gatherings of more than 10 people, at least through next Thursday, May 14, at midnight. Officials will continue to monitor health data to ensure cases are trending down, that hospital capacity remains steady, that testing is increased, and that hospitals and medical facilities have necessary supplies of PPE.

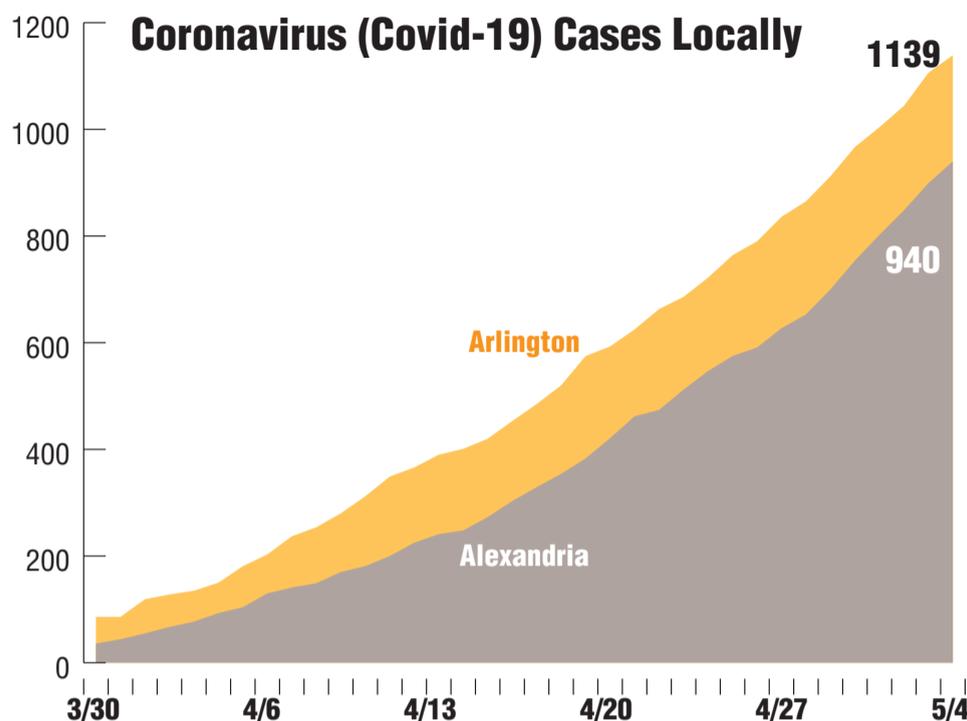
Phase I of easing restrictions would continue social distancing, teleworking, recommendations that people wear face coverings in public, and the ban on social gatherings of more than 10 people. It would ease some limits on business and faith communities, and would transition the stay at home directive to a "safer at home" guideline, especially for those in vulnerable populations.

Phase I would likely last two to four weeks, as would the two subsequent phases, depending on health metrics.

**GRAB-AND-GO MEALS:** Arlington Public Schools has changed its grab-and-go meal schedule to three days a week – Monday, Wednesday and Friday – rather than five days per week in order to limit the exposure for families and staff. Monday pickup will include meals for Monday and Tuesday; Wednesday pickup will include meals for Wednesday and Thursday; and Friday pickup will include meals for Friday.

The grab-and-go meals, for all children aged 2-18 without restriction, can be picked up at the following locations on Monday, Wednesday and Friday from 11 a.m.-1 p.m. Families can pick up meals at the grab-and-go site closest to them.

Barrett Elementary School—4401 N Henderson Rd.



Sources:

Virginia Department of Health <http://www.vdh.virginia.gov/coronavirus/>  
Maryland: Maryland Department of Health <https://coronavirus.maryland.gov/>  
Alexandria Source: City of Alexandria

Campbell Elementary School—737 S Carlin Springs Rd.

Dr. Charles R. Drew Elementary School—3500 S. 23rd St.

Hoffman-Boston Elementary School — 1415 S. Queen St.

Key Elementary School — 2300 Key Blvd.

Kenmore Middle School—200 S. Carlin Springs Rd.

Randolph Elementary School—1306 S Quincy St.

For more information on APS grab-and-go meals and other resources, visit: <https://www.apsva.us/coronavirus-covid-19-updates/free-lunch-breakfasts-and-other-resources/>.

For a full list of Arlington County food assistance services, visit: <https://health.arlingtonva.us/covid-19-coronavirus-updates/food-financial-and-medical-assistance/>

**NO MORE HATE:** U.S. Sen. Mark R. Warner joined Sens. Mazie Hirono (D-HI), Cory Booker (D-NJ), and 13 Senate colleagues in urging the U.S. Department of Justice (DOJ) to address the surge in discrimination and hate crimes against Asian American and Pacific Islander (AAPI) individuals in the wake of the novel coronavirus (COVID-19) crisis. In a letter to Assistant Attorney General Eric S. Dreiband, the Senators requested that the Civil Rights Division of the DOJ address this spike in discrimination by taking a concrete steps similar to those DOJ has taken in the past to address jumps in discrimination and hate crimes against a particular community.

### Sunday, May 3

Arlington Cases: 1,106  
Virginia Cases: 18,671

### Saturday, May 2

Arlington Cases: 1,044  
Virginia Cases: 17,731

**STERILIZING PPE:** Virginia will receive three Battelle Critical Care Decontamination System machines that can collectively sterilize up to 240,000 units of personal protective equipment (PPE) per day for reuse. "This innovative new technology will extend the life of critical PPE like N95 masks, giving our medical facilities and first responders greater access to much-needed supplies and helping the Commonwealth manage our resources amid a nationwide shortage," Northam said.

### Friday, May 1

Arlington Cases: 1,004  
Virginia Cases: 16,901

**HISTORIC BLACK UNIVERSITIES:** U.S. Sens. Mark R. Warner and Tim Kaine (both D-VA), members of the Congressional Bipartisan Historically Black Colleges & Universities (HBCU) Caucus, applauded more than \$36 million in federal funding from the U.S. Department of Education to support Virginia's five HBCUs: Virginia State University, Virginia Union University, Virginia University of Lynchburg, Hampton University and Norfolk State University. The federal funding was made possible through the Higher Education Emergency Relief Fund established under the Coronavirus Aid, Relief, and Economic Security (CARES) Act to support students, colleges, and universities as they cope with the immediate effects of the novel coronavirus (COVID-19).

U.S. Sens. Mark R. Warner (D-VA) joined Sherrod Brown (D-OH), Michael Bennet (D-CO), Dick Durbin (D-IL), Ron Wyden (D-OR) and a group of senators in a letter to Senate Leaders calling for a temporary expansion of the Earned Income Tax Credit (EITC) and the Child Tax Credit (CTC) in the next coronavirus relief package. As the

economic effects of COVID-19 are expected to last into next year, this would put money back in the pockets of working Americans as they continue to weather the economic downturn.

### Thursday, April 30

Arlington Cases: 967  
Virginia Cases: 15,846

**SPECIAL ELECTION:** The Arlington County Board directed the County Attorney to petition the Virginia Supreme Court to seek an extension of the July 7, 2020 special election to fill the Board seat vacated by the April 16, 2020 death of Vice-Chair Erik Gutshall. The Board adopted a resolution saying the July 7, 2020 special election date ordered by the Circuit Court of Arlington to fill the vacancy "poses significant, unnecessary risks to public health, jeopardizing election officials, candidates, and the members of the public participating in the election process, and seriously undermining participation in it." The Board voted 4-0 to adopt the resolution.

### Wednesday, April 29

Arlington Cases: 912  
Virginia Cases: 14,961

**PARKS AND RECREATION:** The Department of Parks and Recreation cancelled summer programs for 2020, including Enjoy Arlington classes, 55-plus programs, trips and classes, Explore Nature & History programs, summer basketball and adult pick-up soccer and soccer clinics and Summer Creative Playgroup. All Arlington County/Arlington Public Schools (APS) parks, playgrounds, fields, restrooms, tracks, dog parks and athletic courts remain closed until further notice. Parks & Recreation's new Recreate at Home, launched during the COVID-19 pandemic, offers a constantly updated list of fun and safe things to do at home and outside while practicing social distancing. [parks.arlingtonva.us/2020/03/recreate-at-home/](https://parks.arlingtonva.us/2020/03/recreate-at-home/)

**COVID-19 ARCHIVES PROJECT:** Arlington Public Library announces the COVID-19 Archives project, designed to create a comprehensive picture of Arlington during this pandemic. The Center for Local History (CLH) seeks donations of journals, photos and objects to help document this time of difficulty and struggle, but also of resilience and hope. "The experiences and the materials the Library collects will inform how our history is remembered and taught in the future," said Library Director Diane Kresh. The library system seeks donations from individuals, local businesses, government agencies, schools, health care agencies, civic associations and other community organizations. Donations may include anything that illustrates how Arlington life has been affected and altered by the pandemic. Examples include: photographs of your neighborhood, including signs or temporary artwork; personal papers such as diaries, journals, notes, lists or school lesson plans; meeting notes from civic associations, etc., on how to support neighbors; revised restaurant menus for pick-up, notification of special shopping hours.

# Neighborhood Weekly Tells the Story of COVID-19 Life

## Teenager starts her own paper to keep herself and neighbors engaged.

By EDEN BROWN  
THE CONNECTION

Sofie Fisher, 16, of Arlington, is a junior in high school who wants to be either a doctor or a writer. She did a stint doing hospital work a while ago to get exposure to what it would be like to be a doctor, but she hadn't had exposure to being a writer. She also didn't know that many people in her neighborhood, so she decided with her extended time at home she would start her own newspaper. Her paper, the "Albemarle Times," has had three editions so far — it's a weekly.

She loves to interview people and find out what is going on. The hard part is when she distributes her paper to the eight people on her street who read it. She always wonders if they will enjoy it. They do.

The "Albemarle Times," named after the street Fisher lives on, is a tidy, well put together paper, with something for everyone. Recipes, exercises, stories, and a "dogs of the week" feature.

This hyper local journalism appeals to Fisher because she thinks it's a great way to keep people entertained and distracted from what the pandemic is doing to normal life. She enjoys finding out about things that people would want to know, like when she wrote about the history of Easter, or highlighting a local effort that should get

April 12th, 2020



Sofie Fisher started her own neighborhood newspaper while staying at home. She found an appetite for local news.

some visibility. Her opinion pieces are important: one covered the is-

sue of photoshop distorting what the way a "normal" body and face should look, creating body image issues for those who aren't "perfect." She spends about an hour writing her main piece, usually an opinion piece, and then a couple of hours putting together the paper, which sometimes includes articles by her mother, sister, and father.

"He's the funny one in the family so he does cartoons." Her favorite article so far was one she did on her neighbors, the Jacksons. Mrs. Jackson was working at the Waldorf School to make masks for people, and their two dogs were being trained - one to be a seeing eye dog and one to be a therapy dog. (One failed, but there is a happy ending.) She takes photos for the paper, but she has to manage her parents' concern about how much printer ink was going into the paper. Fisher said she likes being able to give people some comfort in knowing that good things are happening around them, and she was particularly delighted when her article on the the StarKid 5K and Family Fun Run the Fishers are doing to raise money for Inova Children's Hospital ended up netting two participants for the virtual walk.

For those interested in helping, see: [https://us-p2p.netdonor.net/3344/starkid/83548/fisher-family-starkid-page?ea\\_tracking.id=AMP\\_Email#\\_ts=3835485e921ccac136a](https://us-p2p.netdonor.net/3344/starkid/83548/fisher-family-starkid-page?ea_tracking.id=AMP_Email#_ts=3835485e921ccac136a)

# Senator Kaine Praises AFAC Efforts

Senator Tim Kaine stopped by the Arlington Food Assistance Center (AFAC) on Monday, May 4, to tour the warehouse, help pass out food to Arlington families and thank the volunteers. Charles Meng, CEO and Executive Director of AFAC reports in his April 23 message that "since February we have seen the number of active referrals to AFAC increase by 30 percent ... We are committed to staying open during this critical time ... as our groceries may be the only food that some of our clients can access."

AFAC now provides supplemental groceries to nearly 3,000 families a week. In order to implement safety measures due to the coronavirus, AFAC changed the distribution hours at the Nelson location by expanding the weekday hours to 2 p.m. and eliminating the Tuesday and Thursday evening hours. In addition, they modified the distribution process to hand out prepackaged food and moved



Senator Tim Kaine (left) tours AFAC warehouse with CEO and Executive Director, Charles Meng, and AFAC staff member Alcy Manente.

the distribution outside the building. From the start they have been practicing social distancing and

wearing masks and gloves. Meng says, "Our commitment remains as it has always been-to

serve all in need in Arlington. Very simply, we are committed to our mission in good times and bad."



# What Is Social Distancing for Your Pet?

**D**r. Farid Boughanem says Cherrydale Veterinary Clinic now has established curbside service for your pet. He says the customer waits outside with their pet and their cell phone by their side until the pet's appointment time.

The customer calls and tells the clinic who they are, what kind of car, and the technician comes and picks up the pet. This eliminates contact with the staff inside, protecting both the customer and the staff. When the appointment is over, the staff communicates the recommendations to the pet's owner.

Boughanem adds it is also easier for the animals since Cherrydale acquired the building next door. There is no waiting period for anxious animals to sniff the new smells around the waiting room, checking out the other unfamiliar pets nearby. Now there is no interaction among animals. The kennels and waiting room are in the new space, and there have been more examination rooms added to the original space.

Before the pandemic was announced they had discussed a contingency plan, Boughanem says, and it was put in place when the pandemic was announced on March 13. Their biggest fear was if a team member got sick, it would be a challenge to shut down the clinic for two weeks for self quarantine of everyone. So he divided the staff into three separate independent teams or clusters that would not enable them to interact. Each team has doctors and staff to run the clinic. Each of these clusters has about ten people including the vets and support staff.

Then "we crossed our fingers for the next two weeks. If one got sick, it would affect everyone." Once they passed that time and were fortunate to have the clinic safe, they could use the new rotating staff system.

He says that the transition wasn't as difficult for the clinic as for other businesses.

"Any medical facility by default sanitizes. So we did this routinely, and the changes we have made are not great. ... Masks are mandatory. We wear gloves but they aren't mandatory. We have medical-grade scrub that we use before surgery and it is now installed in every corner."

Boughanem explains if you look at revenue "obviously by running with 30 percent of the staff at one time, it puts a lot of limitations so business has declined. Actually it's interesting that what has surged is pet adoption."

He says a common thought



**Dr. Farid Boughanem, director of Cherrydale Veterinary Clinic and Dr. Jennie Hughes, who is just about to perform surgery on a cat who "swallowed a bit of yarn."**



**Anne Dixon picks up Ginger at Cherrydale Veterinary Clinic curbside service on April 24.**

from clients is that everybody is at home; kids are home from college, and they feel it is the best time to adopt a puppy.

He adds for every five pets adopted three are puppies and two are cats. He muses people are still coming to the vet in these interesting times. They do ask questions about the transfer of coronavirus from pets to humans. He says fortunately people around here are well educated.

"There is no evidence that coronavirus can be transmitted from pets to humans. The few cases [of pets] that have come back positive are all in households where the owners were sick." He adds, "We

suspect transmission goes from humans to pets so advise people who are infected to stay away from their pets."

Boughanem speculates that the employees are doing well like any group which has clear directions. They are limiting contact with the outside world and wear masks to enhance safety among each other. "We have a system that seems to be working."

The clinic door opens and Ginger is returned by the technician to Clive Davies and Anne Dixon who have been waiting in the car.

"Did she squeal at the vaccination?"

"Not much."

PHOTOS BY SHIRLEY RUBE/ARLINGTON CONNECTION

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5/20/2020.....A+ Camps & Schools

5/27/2020.....Senior Living

JUNE

6/3/2020.....Wellbeing

6/10/2020.....Father's Day Dining & Gifts

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6/17/2020...A+ Graduations & Summer Education

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# Edu-Futuro Makes 180 Degree Turn

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**E**du-Futuro had to temporarily shut down their programs for youth and families that had been held in person at Arlington schools. But Jorge Figueredo quickly set up a team to bring the programs online.

"It's been intense and crazy," Jorge Figueredo, Executive Director of Edu-Futuro, says, "I've been working 12-14 hour days. After schools closed we started thinking about the families with children at home and non-essential businesses closed. We had to focus on the most important."

Figueredo says they have 1,700 families in their database. "I set up a team to develop an assessment and after that a separate group to create a resource bank. It was time intensive but I had the assessment team start calling everyone in our database to develop an assessment."

The assessment asked: "Have you lost your job; will you need rental assistance; do you need food or medicine or Internet connectivity?"

Figueredo says out of 786 calls, they were able to reach 401 families. Out of those families they got information for 217 families in Arlington.

"There is a lot of fear in the immigrant community. We were asking personal questions, and some people wouldn't talk to us." He says one woman emailed her graduation picture to Edu-Futuro and had them send it back to her to prove Edu-Futuro was who they said they were.

They found 172 parents in Arlington and were able to refer 114 to the Arlington Department of Human Services.



PHOTO CONTRIBUTED

**Edu-Futuro program helps vulnerable Hispanic youth stay in school, and right now is pivoting to address many needs.**

Of the remaining 58 families, 47 parents or 81 percent were having problems paying rent; 29 parents or 50 percent had lost their job; 28 families or 48 percent needed food, clothing or shelter. "By the end of [April], 44 of those 58 will receive services. ... We will keep calling the parents we didn't reach before."

He says, "We are part of the safety net in Arlington, Fairfax and the City of Alexandria. First we refer the families to the hotlines in each location, then follow up with instructions on how to obtain relief." Edu-Futuro encounters a number of people who don't have the literacy to follow instructions to obtain relief. "For instance, they don't have the level of understanding to

show proof of a lease for rental assistance. They may not know what a W-9 is or where to get it."

"Then we hold hands to help them and give them extra support. DHS provides services but we have identified different situations. That's when we kick in. We may provide a three-way conversation in Spanish to help them find the documents and how to submit them on-line."

Some families may be undocumented or fall through the cracks. They may be living in a room in a house where everything is done by word of mouth. "So to get them the proof for rental assistance we have to look at their lease and be creative, to adapt to the needs and create different documents that

can serve as backup."

Figueredo says they set up a task force for the crisis. Through \$20,000 in assistance from the Arlington Community Foundation Edu-Futuro established an emergency assistance fund, and they have been raising dollars for families falling through the cracks.

Figueredo also set up a team to bring their programs for youth and families online.

Edu-Futuro supports programs and services for the most vulnerable Hispanic youth and other immigrants to make sure they don't drop out of school, and help them to graduate on time and go to college.

They also run parental programs to empower parents to support

their children and become advocates at school. These programs had been offered in the evenings with childcare and food support. "We were able to resume the youth programs online April 19."

Edu-Futuro also offers case management for the families. This could involve food and rent "or if they need to improve their English or have a little baby who needs health insurance." Figueredo said when the pandemic hit, "We had to reinvent. We hit the brakes and did a 180 degree readjustment." Edu-Futuro had to refocus resources from programs for youth and families to the greatly increased need for help with rental assistance, food and other basic needs.

He has 15 on the staff said they were able to keep everybody on board by reconfiguring their resources to meet the increased need for case management. In order to accomplish this, Figueredo says he had to contact the county to get permission to repurpose the contracts to help them build capacity for the needs caused by the pandemic.

"Since we weren't spending as much on mileage, food and daycare for the parents' programs we repurposed our dollars to hire four part-time workers (three for Fairfax and one for Arlington) to increase the case management for emergency services.

"But we need more."

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## Arlington Community Foundation Raising Funds for COVID-19 Prompt Response Fund

**S**ixty-five Arlington nonprofits have received a total of nearly \$800,000 in emergency response support from the Arlington Community Foundation COVID-19 Prompt Response Fund. On Giving Tuesday Now and throughout the week of May 4, the Community Foundation hopes Arlington residents and businesses will help replenish the fund to meet continuing urgent, crisis-related needs.

Giving Tuesday Now is a new global day of giving and unity that took place on May 5 as an emer-

gency response to the unprecedented need caused by COVID-19. This is in addition to the regularly scheduled Giving Tuesday, which takes place the Tuesday after Thanksgiving each year. The Community Foundation is asking that everyone in the Arlington community who has a little extra to give provide support to this fund or any other nonprofit that is helping those in crisis.

"The community's support for our neighbors who are in crisis has been extraordinary, but the need

is accelerating as the health crisis and its economic fallout continue," said Jennifer Owens, president and CEO of the Community Foundation. "Our response funds are almost depleted, leaving many of the Arlington groups on the front lines of the COVID crisis in urgent need of support." Since the onset of the COVID outbreak in Arlington, Community Foundation staff, board members, and representatives from both the County and other local funders have met daily to assess grant requests from non-

profit organizations on the front lines with clients, patients, and residents impacted by the health crisis and its economic fallout. This includes organizations focused on emergency food needs, housing, health needs for the uninsured or underinsured, and support for hourly workers displaced from their jobs.

To make a gift to Arlington Community Foundation's Prompt Response Fund or see a list of the nonprofits supported to date, visit [www.arlcf.org/](http://www.arlcf.org/)

#### BULLETIN BOARD

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

#### ARLINGTON ADOPTS \$1.3 BILLION BUDGET

The Arlington County Board adopted a \$1.3 billion balanced General Fund Budget for Fiscal Year 2021 that reflects the novel coronavirus's impact on County revenues and priorities and includes no increase in the tax rate for Calendar Year 2020.

SEE BULLETIN, PAGE 7

# OPINION

## Now Is Not the Time

FROM PAGE 2

'double down' on routine immunizations – a cornerstone of public health.

This General Assembly session we passed our House Bill 1090, mandating that immunizations required for school attendance comply with authoritative national standards. We are still working on legislation to tighten standards for granting medical and non-medical exemptions, decreasing financial barriers providers face administering immunizations, and facilitate access for patients. In the meantime, we strongly encourage you to get your children vaccinated. The Governor, himself a pediatric neurologist, urged parents to make appointments for their children to be vaccinated. Pediatricians throughout the region have made accommodations to safeguard parents and children at such visits.

Last week was National Infant Immunization Week; the Virginia Chapter of the American Academy of Pediatrics reminds us that childhood immunizations are essential – even life-saving – with additional value during the pandemic. We understand that many parents hesitate to bring their child to a doctor's office right now, but we assure you that it is both safe and necessary.

We want to prevent outbreaks of communicable diseases like Pertussis (also known as whooping cough), Meningitis, Rotavirus, the measles, and others. Please reach out to your pediatrician to find out what accommodations they are making, whether your children are up to date on their vaccinations, and to schedule their inoculations. Remember, vaccines are critical to protecting the health and welfare of our children and our community. We don't want to precipitate a second public health crisis.

### BULLETIN BOARD

FROM PAGE 6

Noting the uncertainty surrounding revenues and expenditures in FY 2021, The Board approved a \$10.2 million contingent fund that includes \$2.7 million for housing grants, permanent supportive housing, emergency food assistance, and other emergency needs and \$7.5 million to assist small businesses and nonprofits, aid service delivery recovery, provide employee support, and offset any further revenue loss.

The budget reflects an estimated loss of \$56 million in anticipated revenue in FY 2021, resulting in a loss of \$34 million for County government and \$21.6 million for Arlington Public Schools. The projected losses are in sales, meal, business license and transient occupancy taxes, Parks & Recreation fees, development fees, parking meter & parking ticket revenue, and more. The Board voted 4 to 0 to adopt the budget, with no increase in the Calendar Year 2020 tax rate. The tax rate will remain at \$1.026 (including the sanitary district tax) per \$100 of assessed real estate value. Because assessments increased, the average homeowner, with a home valued at \$686,300 will see an increase in the taxes and fees they pay the County, up from \$9,023 in FY 2020 to \$9,399 in FY 2021.

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## Hair Today, Not Gone Tomorrow



By KENNETH B. LOURIE

Sheltering in place while isolating at home, like so many others are, in a state, Maryland, where non-essential businesses remain closed, life has mostly come to a screeching halt. And unlike Georgia and nearly 30 other common-sense offenders, salons - among many other trying-to-get-going concerns, are not open. Moreover, given the social-distancing guidelines and the stay-at-home mandate, it's unlikely I'll be receiving any service providers in my home either. And considering that I'm not running a bowling alley in my basement, the chance that my hair stylist is going to unexpectedly knock on my front door is fairly slim. As a non result, what's continuing to happen then is my hair is continuing to grow. Despite my year of immunotherapy, I have a full head of hair; now more than ever, in fact. So what did I dream about last night? Getting a haircut.

As it was dreamt, I was in Virginia (I live in Maryland) doing non-barbershop/salon things when quite unintentionally I walked by a salon that was open and operating. Since I wasn't on a schedule and I needed a haircut, to quote Bob Seeger: "I tucked my hair up under my hat," (sort of) and went inside to make inquiries. I remember asking, as I have previously in real life, if anyone there knew how to cut curly hair. One stylist/operator, who was not familiar to me, offered his services for the task at hand. That's all I remember except feeling pleased with myself when I woke up this morning as if I had accomplished something overnight. Which of course, I hadn't. Oh, how the mighty have fallen.

Of all the things I've dreamt about: interacting with my deceased parents, flying through the air with the greatest of ease, sex, the past, the future, adventures, etc., I dreamt about getting a haircut. How pathetic is that?

One week into my low iodine diet (as preparation for my thyroid cancer treatment), when I haven't had any salt, any dairy, any bread, any most especially, no chocolate or sweets of any kind (jelly beans are on back order), I would have thought that if there was a dream to be dreamt, it would involve food at the very general and chocolate at the very specific, like being in an endless dessert buffet line (social distancing and limiting crown size notwithstanding). But no. What my subconscious focused on was yours truly getting a stupid haircut. There was no special occasion or event for which I was needing my hair cut, it was simply, maintenance. All the more disappointing given the endless possibilities to dream that exist in our heads. What a waste of a deep sleep.

What makes the dream even worse is that for the past month or so I've had very poor sleep, lying in bed for hours with very little to show for it. Specifically, rest, relaxation and dreams; not dreaming at all in fact. Then, in the midst of this poor sleep pattern I awake this morning with the recollection of having dreamt (meaning a deep sleep) about getting my curly locks cut. Mundane minutiae if there ever was such a combination.

Granted, getting my hair cut was a very important part of my life, particularly so for my mother. For my mother, her sons getting a proper haircut was paramount and once she found a barber, Rocky Spirazzo, who cut hair with a scissors instead of a clipper, she was smitten, so to speak. As such, we followed Rocky to whatever barbershop/salon he worked at, including some of the finest hotel barber shops in Boston. We even occasionally went to his home in Roslindale, where he had a barber chair set up in his unfinished basement. I can still that lone bulb above my head attached to a chord hanging from the ceiling.

And so it was, throughout my life when my mother had control of my hair-cutting, that hair cuts were not nearly so arbitrary as they might have otherwise been. Without really admitting it, I guess I would say that getting my hair cut is of some importance, dating back to my "yout," to quote Joe Pesci from "My Cousin Vinny." Like it or not, my mother's influence persists. Now in the midst of a pandemic, with so many other potential problems impacting our life, apparently my subconscious still has its priorities.

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

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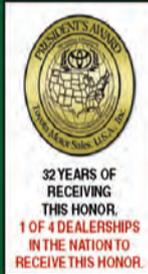
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