



The Walk-up site at Arlington Mill's Community Center. The signage could be better. Don't be alarmed if there is a police cruiser outside asking you to STOP! It's just that they are short of staff.

# Sampling Local Covid Testing

NEWS, PAGE 3

## ArPets: Meet Hogan the Beagle

PAGE 4

## Be Free of Mosquitos and Ticks

NEWS, PAGE 6

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL  
REQUESTED IN HOME 9-3-20

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



## HOME REIMAGINED

### JUST LIKE HOME WITH A BIT MORE

Enjoy a worry-free lifestyle with all the comforts of home, without the obligation of upkeep or maintenance. Independent Living at Vinson Hall Retirement Community, let's you *live life to the fullest.*

**Call Us Today to Learn More!**

*Independent Living at Vinson Hall Retirement Community is available to U.S. military officers and their families and senior-level federal employees from select agencies.*

## VINSON HALL RETIREMENT COMMUNITY

6251 Old Dominion Dr., McLean, VA 22101  
www.vinsonhall.org | 703-506-4240



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

## TWO POOR TEACHERS

### Kitchen and Bathroom Remodeling



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

Fully Insured & Class A Licensed  
Since 1999



**10% down**  
nothing until the job  
is complete for the  
past 17 years

**Free Estimates 703-999-2928**

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

**Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)**

## AROUND ARLINGTON

### Five New Voting Sites

The Arlington County Board approved five satellite offices for early voting in the Nov. 3 Presidential election in order to offer more opportunities for voting during the coronavirus pandemic. Early voting will begin at the Ellen M. Bozman Governmental Center on Sept. 18. Dates for early voting at the satellite offices will be determined soon and are expected to open later in October. It is also possible for anyone registered to vote to vote absentee by requesting an absentee ballot application at the election website or picking up an absentee ballot application at county facilities. Ballots must be requested by Oct. 23.

The satellite locations include:

- ❖ 2200 Clarendon Boulevard, Suite R140
- ❖ Aurora Hills Senior Center
- ❖ Langston Brown Community Center
- ❖ Madison Community Center
- ❖ Walter Reed Community Center

### Curbside Yard Waste Collection Resumes

Curbside yard collection that had been suspended since May due to manpower shortages related to COVID-19 is scheduled to resume Aug. 31. Customers are asked to limit their yard waste to the green cart and five paper organic bags for the first week of service restoration. A credit of \$10.77 will be issued to the Household Solid Waste Rate.

### Enforcement Begins on Social Distancing Ordinance

The Arlington County Board passed an ordinance July 31 that targets groups of more than four in public places who don't adhere to social distancing requirements in areas where signs have been posted. A map is available on the County website indicating the areas on Wilson Blvd. and down the west side of N. Hudson Street, east side of 10th Street and west side of N. Fillmore Street where the signs are posted. This is an effort to limit significant crowding on sidewalks outside restaurants as a preventative measure to prevent the spread of coronavirus. Violation of the ordinance can result in a fine of \$100.

### More Funding to Prevent Evictions

More than 1,555 Arlington households applied for eviction prevention assistance in FY2020, and the County spent \$2.7 million to prevent evictions. As the result of increased need due to this economic impact of the pandemic, the County Board recently approved an additional \$1.125 million from the FY2021 budget. This came from the County's COVID-19 contingent account bringing the FY2021 total allocated for rent assistance to \$3.5 million. The Coronavirus Aid, Relief and Economic Security Act

(CARES) signed into law March 27 imposed a moratorium on evictions for rental properties with federally backed mortgages or that participate in various federal housing subsidy programs that expired on July 26. In addition, the moratorium imposed by Virginia on other rental evictions expired on June 29.

### School Feeding Sites Expand

A school grab and go feeding program was set up at nine school sites to make food available to students when Arlington Public Schools (APS) closed in March due to the pandemic. Lunches will be available at these sites through Aug. 28. Beginning Sept. 8 the program will be expanded to 21 sites where lunches for two days will be available for all students Monday, Wednesday and Friday. Families must reapply for eligibility for the Free and Reduced-Price Meals benefit. Applications are available online with paper applications available at the APS sites. Families will have until Oct. 19 to submit their forms.

### Arlington School to Open Virtually

Arlington teachers and ten-month employees have returned to prepare for the distance learning public school reopening on Sept. 8. Students will connect with their teachers and classmates online following their regular school schedule. The school superintendent has indicated they are staying in touch with state health officials and the Arlington County Public Health Division to monitor health data with the goal of transitioning to hybrid in-person instruction when it is determined to be safe. At that time in-person instruction will be prioritized to begin with students with disabilities first followed by students in preK-3 and English Learner students.

### Overdose Rates Up

Overdose rates are up in Arlington County. In August the Arlington County Police Department (ACPD) investigated five deaths as possible drug-related overdoses suspected to be heroin and prescription painkillers mixed with fentanyl. Total police investigated opioid overdoses have grown from 10 incidents in 2014 to 42 in 2019 to 45 incidents as of Aug. 11 in 2020. Arlington County first responders carry Narcan, which is a safe and effective medication that can reverse an overdose. Narcan is available over the counter without a prescription or free from the department of Human Services where Narcan training is also available. If you observe someone experiencing overdose symptoms, call 911. These symptoms include slow or shallow breathing, dizziness or confusion, cold or clammy skin, vomiting, blue lips, sleeping and cannot be woken up or deep gurgling or rattling snore.

— SHIRLEY RUHE

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

## Need a Covid-19 Test?

BY EDEN BROWN  
THE CONNECTION

They say the third time's the charm, and it was. This same Arlington resident who had two COVID-19 tests in July, one at INOVA in Lorton because Arlington was too busy, and one at Preston's Pharmacy; one which produced results in a week, one which produced no results; was in need of another COVID-19 test. And as usual, several people in my household needed to know right away if I was positive or negative.

Remember the Doctor's appointment I had to cancel when I had a sore throat and fever in July? I had the rescheduled appointment in mid August. I drove over with my son, who had an appointment too. But right after they took my blood, they said: "Uh oh! You have a fever of 101 degrees."

"Oh," I said, "I think it was about 101 degrees in my car on the way over, I'm probably just hot."

"Let's see what the doctor says," she said.

Appointment canceled. But this time, the doctor wrote me a script for a test and instructed me to get the whole household tested and quarantine at home immediately after the test. That was new.

This time, after a check of the Quincy Street website instructions which indicated that the test would be "self-administered," I went to the Arlington Mill test site because it's hard enough when someone else sticks a Q-tip up into the far reaches of your nostrils, but to do it oneself ... nope, leave that up to the pros. The other attractive aspect of the Arlington Mill site is that it partners with the Arlington Free Clinic. I've researched the AFC. They have a top reputation for health care in Arlington.

My household wanted fast results: a return to college depended on it. I called Arlington Mill. They answered right away. Did I need an appointment? (The website says you do.) No. Did I need a prescription? No. Did it cost anything? No. I drove over to Columbia Pike and parked nearby. It was a walk-in site. If I had one complaint, it was the signage to find the actual place to walk in. But there it is, right off the Pike on the plaza.

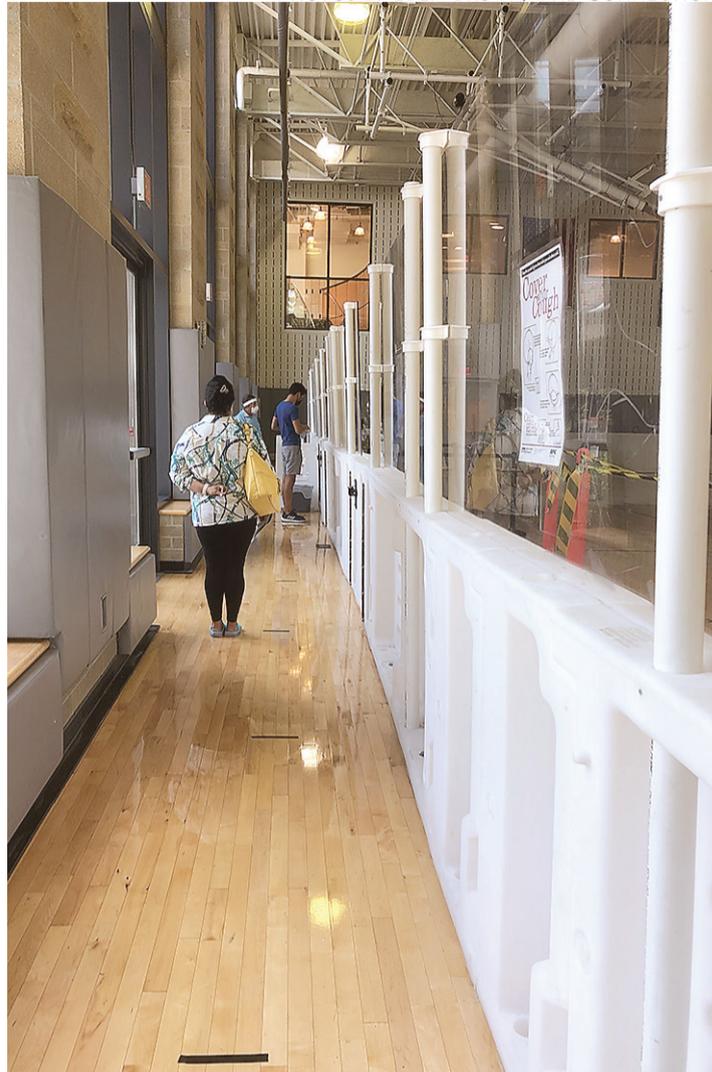
I was just a little taken aback when a loud voice came over a police megaphone directing me to "STOP!" I almost put up my hands. "Are you here for a test?" the policeman asked from his cruiser.

"Yes," I replied, waving my white flag - my prescription. (Just in case I needed it.) I walked to the tent, was greeted nicely by a volunteer who said apologetically that they were a bit short-staffed, hence the cruiser. I was asked to wait a bit, walked into the testing center, stood twenty feet away from the next person in line, and was tested in both nostrils within 5 minutes.

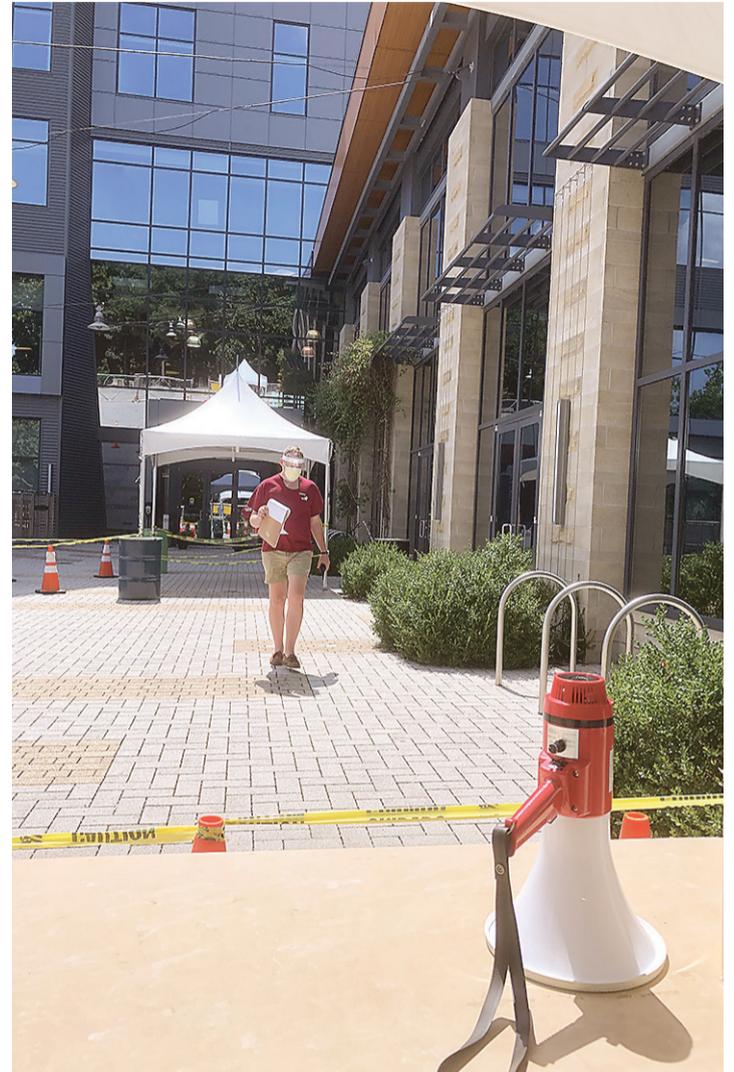
Here comes the surprising part. I asked how long it would take to get results. "Two days." was the answer.

I almost sneered, "Seriously? Two days? You mean 3-10 days?" No, it was two days, they assured me. You will get a phone call, [www.connectionnewspapers.com](http://www.connectionnewspapers.com)

PHOTOS BY EDEN BROWN/THE CONNECTION



The line for testing was only two people long.



Volunteers greet residents as they arrive. All you need is an ID.

### Steps to Slow the SPREAD of COVID-19

COVID-19 is a respiratory illness that can spread from person to person.

Residents are encouraged to follow these instructions to prevent disease spreading to people in your home and community.

**SYMPTOMS** can include **FEVER** (100.4°F/38°C or higher), **COUGH** or **TROUBLE BREATHING**.  
Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2-14 days after exposure.  
Not everyone needs to be tested for COVID-19. Most people will have mild illness and be able to recover at home.\*

#### If You Are Sick and Have Symptoms...

- **Stay home.** Avoid contact with others, do not share personal items, and use a separate bedroom and bathroom, if possible.
- **Monitor your health.** Stay in touch with your doctor. Most people with COVID-19 have mild illness and are able to recover at home without medical care.\*  
—Call before you get medical care.  
—Seek medical attention immediately if you develop trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face. **Call 9-1-1.**
- **Wear a facemask** (or a bandana or scarf that covers your nose and mouth) when around other people.
- **Cover your coughs and sneezes** with a tissue or the inside of your elbow.
- **Wash your hands often** with soap and warm water for at least 20 seconds.
- **Clean and disinfect high-touch surfaces everyday.**
- **Do not leave home until fever-free for 72 hours** (without the help of medication) AND at least 10 days have passed since symptoms first appeared.
- **Inform close contacts.** Talk to everyone who has been within 6 feet for more than a few minutes while you were sick, including the 48 hours BEFORE you developed symptoms. Tell them to stay home for 14 days.

\* Older adults and people of any age with serious underlying medical conditions may be at higher risk for more serious complications from COVID-19. Seek care early.

#### One of the two items of guidance handed out by Arlington Mill test site.

and then you will get a letter a few days after that. They handed me two pages of guidance. That's right, the first time I'd ever gotten GUIDANCE. It was firm, clear,

#### If You Had Close Contact with Someone Who is Sick...

- **Stay home for 14 days** since you last interacted with the ill individual. Avoid contact with others even though you may feel well. Do not share personal items, and use a separate bedroom and bathroom, if possible.
- **Wear a facemask** (or a bandana or scarf that covers your nose and mouth) when around other people.
- **Monitor for symptoms.** Take your temperature with a thermometer two times a day and watch for fever or cough.
- **Keep your distance from others** (at least 6 feet).
- **Cover your coughs and sneezes** with a tissue or the inside of your elbow.
- **Wash your hands often** with soap and warm water for at least 20 seconds.
- **Clean and disinfect high-touch surfaces everyday.**
- **If you become sick,** stay home, keep your distance from others, and inform close contacts you are sick. Follow the guidance under "If you are sick & have symptoms."
- **Inform close contacts.** Talk to everyone who has been within 6 feet for more than a few minutes while you were sick, including the 48 hours BEFORE you developed symptoms. Tell them to stay home for 14 days.

and helpful. STAY AT HOME until your test results are back. I received a follow up call from Arlington Free Clinic reminding me to stay at home, verifying that my phone was

Testing and guidance in the same package, with fast results, at Arlington Mill.

correct so they could notify me right away of results.

This is the irony of all COVID-19 testing. We still don't have a rapid-test available to the general public. With a rapid test, you know within 15 minutes whether you are COVID-19 positive. Without it, most people figure they won't get the results for more than 5 days (the norm is a week and ten days is not unusual) and most are told to 'self-quarantine' which from what my 21 year old son tells me, can mean just about anything: "it does NOT mean stay at home, Mom; you just, like, stay six feet away from people." With such loose rules on mask wearing, correct mask wearing, correct number of mask layers, what quarantine means, and crowded supermarkets where six feet quickly dwindles to one foot as the oblivious shopper reaches over your shoulder to grab something, not having faster test results looks a lot like bailing water with a sieve. It means the person who was tested thinks they can carry on because, after all, they often feel fine.

But getting guidance that makes it clear what to do while you wait is huge, and it took three tests to get it. Arlington County's Arlington Mill Site is now the gold standard, at least for this veteran of COVID-19 testing.

And the best part? I got a phone call less

## ARPETS: MEET HOGAN THE BEAGLE

# ArPets: Hogan Hovsepian

BY JOAN BRADY  
ARLINGTON CONNECTION

**D**eciding to get the dog was easy. It was agreeing on a breed that required some delicate negotiation and ultimately a compromise for David and Annie Hovsepian.

David was team boston terrier, the breed of his childhood pets. Annie, on the other hand, pictured a dog with floppy ears and an expressive tail and was team golden retriever. Their cat, Gordo, was not consulted.

After settling on a beagle, they set out to find their new puppy at a time when local shelters and rescue organizations have limited inventory. Ultimately they located sweet Hogan through Lost Dogs and Cats.

Life is different now that David and Annie have a dog. Despite living in the same building for about three years, they hadn't learned the names of any of their neighbors. Arguably, they still haven't. But now neighbors are known by their dog's names,

"Alfie's dad" and "Maggie's mom" and there are daily exchanges among fellow dog owners.

Hogan is all beagle; affectionate, friendly, stubborn, sometimes loud and very nosy. His antics keep David and Annie on their toes. Apparently he recently wandered over to a group of picnickers enjoying the beautiful weather. In an instant, he nose dived into a woman's handbag, coming up with the prize of a Jimmy John's sandwich.

Thankfully, the sandwich's owner was so taken with Hogan that she was happy to share her lunch.

In case you were wondering how Gordo feels about the young interloper, he's not really a fan. But the rest of us delight in seeing those floppy ears and happily wagging tail on the sidewalks of Clarendon.

If you would like to keep up with the adorable Hogan, you can follow him on instagram @beagle.hogan

Joan is an award winning Connection Newspapers columnist and local photographer specializing in pets, children and families and contemporary business portraits.

ArPets is a weekly feature for highlighting the well-loved pets of Arlington as well as animals who are available for adoption. If you or your dog, cat, iguana, bunny or any other pet, has an interesting pet story to tell, email me at joan@joanbradyphotography.com



Hogan with owners, David and Annie Hovsepian.



Gordo, the cat, wondering how long Hogan, the beagle, will be staying.



ENRICHING  
LIFE'S  
JOURNEY

## LIVE ON YOUR OWN TERMS

HERMITAGE NORTHERN VIRGINIA, a tree-lined senior living community in the heart of Alexandria, provides our residents with the tools necessary to live life on your own terms. We connect residents, families, and loved ones through a person-centered approach to senior living, ensuring support and services are tailored to your individual needs. Our emphasis on togetherness creates a dynamic and engaging retirement community that lets you thrive! Whether you live independently or require more assistance, Hermitage Northern Virginia is ready to help you enjoy a journey that you create.

HERMITAGE  
NORTHERN VIRGINIA



LET'S TALK TODAY TO CONTINUE **YOUR** JOURNEY!

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

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

## Adopt Donate Volunteer

Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.



lostdogandcatrescue.org

# Covid-19 Test

FROM PAGE 5

than two days later: negative. While the rapid test is not generally available — it's hard to understand why not — a two day test is better than a week long wait.

Experts say it is now important to focus on getting the annual Flu shot in order to minimize the chances of getting Flu and COVID-19 together. Word on the street is to get the Flu shot in mid-September if you are over 65, to make sure it lasts through

the season.

For more information about COVID-19 testing in Arlington, see:

<https://health.arlingtonva.us/covid-19-coronavirus-updates/covid-19-testing/>

To read about the author's previous covid testing experience, see <http://www.connectionnewspapers.com/news/2020/aug/13/covid-testing-arlington-positively-negative-experi/>

## BULLETIN BOARD

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

### CURBSIDE YARD WASTE COLLECTION RESUMES

Arlington residential curbside yard waste collection will resume on Monday, Aug. 31 after a temporary suspension that began in May due to contractor staffing issues related to Covid-19. During the first week of service restoration, limit yard waste to your green cart and up to five paper organics bags. This will help ensure collection crews are not overwhelmed and can complete routes on schedule. Curbside collection of larger yard waste material like brush and limbs remains available by appointment.

Household Solid Waste Credit -- The County will be issuing a \$10.77 credit to the Household Solid Waste Rate, which is assessed on customer's quarterly water/sewer/refuse utility bills.

Temporary Drop-off Locations Closing Sept.

4 -- The County's temporary yard waste drop-off locations at the Trades Center and mulch pick-up site at North 26th Street and Yorktown Boulevard will be unavailable after Friday, Sept. 4. Call the Customer Contact Center at 703-228-5000 between 7 a.m. and 7 p.m.

### SEPT. 1-28

Reflection. 10 a.m. to 6 p.m. At Gallery Underground, 2120 Crystal Drive, Arlington. Reflection, a solo exhibition of acrylic abstract paintings by Vian Borchert. Many were produced during quarantine and Coronavirus times, as she reflects on our new reality and our new normal. Visit the website: <https://galleryunderground.org/2020/07/reflection-september-show/>

SEE BULLETIN, PAGE 8

## The Very Best in Care Is Coming to Old Town

Discover Sunrise of Old Town's personalized approach to assisted living and memory care—and learn more about our dining and programming, coming in the spring of 2021.

- Highly trained, compassionate team of caregivers
- Activities and programming customized to resident interests, nourishing mind, body, and spirit
- Community cleaning protocols are constantly reinforced, with professional deep-cleans performed as necessary
- Located near medical support at INOVA Alexandria Hospital and Fresenius Medical Care Dialysis
- Minutes from Washington, D.C., and steps from the Potomac River, with easy access to Mount Vernon and the Metro Blue and Yellow lines

Contact us for more information:  
**703-454-9803**  
[SunriseOldTown.com/Connection](http://SunriseOldTown.com/Connection)



© 2020 Sunrise Senior Living

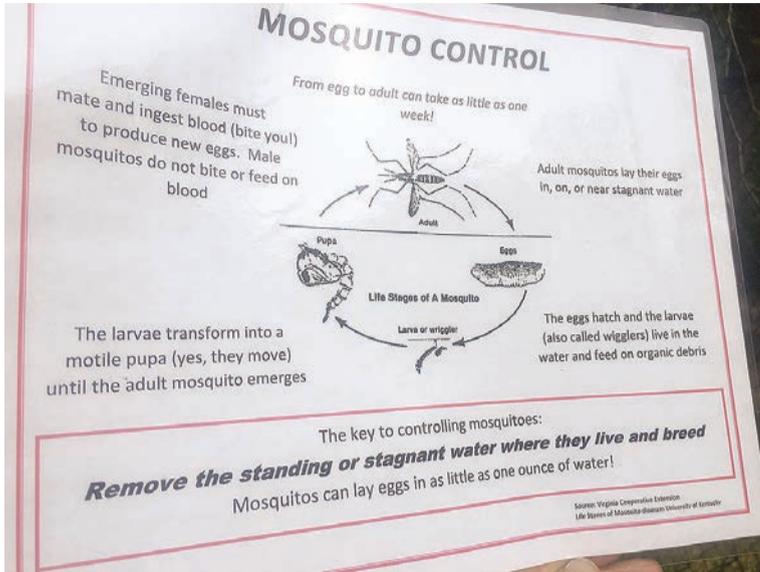
All our team members are following COVID-19 infection control protocols, including wearing a mask. Number of visitors allowed inside is limited, to maintain appropriate social distancing.

A SOCIALLY DISTANCED OUTDOOR EVENT  
 18th Annual  
**OLD TOWN ALEXANDRIA**  
 (Formerly on King St.)  
**ART FESTIVAL**  
**JOHN CARLYLE SQUARE**  
**ALEXANDRIA, VA**  
 Duke St. near Whole Foods  
**September 12-13**  
 Sat./Sun. 10am - 5pm  
 Presented by:  
 THE LINCOLN MOTOR COMPANY  
**MASKS REQUIRED**  
**RSVP: ARTFESTIVAL.COM**  
 JOSEPH CRAIG ENGLISH



### SCHEDULE YOUR APPOINTMENT

Off-Site Sales Gallery Now Open:  
 700 Princess St., Mezzanine Level  
 Alexandria, VA 22314



The mosquito life cycle posted at Potomac Overlook Park garden plot by Master Gardeners.



Mosquito do's and don'ts from the Master Gardener plot at Potomac Overlook Park.

# Tick and Mosquito Control without Spraying

## Master Gardeners and Naturalists take the long view of pest control.

BY EDEN BROWN  
THE CONNECTION

**K**asha Helget, Arlington Regional Master Naturalist, busted a few myths about mosquitoes and ticks when she gave a talk for Encore Learning in April. Think Citronella will keep mosquitoes away? It doesn't really help. Bug Zappers? Nope. Think there are one or two types of mosquitoes lurking in the dusk? There are three species in Arlington and it's a growing number.

Helget's aim was to help residents deal with ticks and mosquitoes in the summer of 2020 and included input from the Virginia Cooperative Extension and Master Gardeners of Northern Virginia. Her main point: there are safe and effective ways to control ticks and mosquitoes, and there are ineffective and dangerous ways.

Mosquitoes are important, according to Helget, and the goal should not be to kill them all but to keep them away from your garden. They provide food for other animals like birds and bats, although that's another myth: the Purple Martin's favorite meal is not mosquitoes, after all.

Helget urged residents to avoid the false sense of security you get when you use pesticides. It is a particularly false sense of security when the mosquito evolves to defeat the pesticide, or when spraying does not in fact hit its target.

The local mosquito spraying companies are making money selling their services to residents who don't like mosquitoes, but there are more effective ways to keep them away.

To spray or not to spray is the question. That is why Helget went to the trouble of explaining what the "enemy" looks like biologically, and then, how to combat it in simple, clean, behavioral ways.

There are over 3,000 species of mosquitoes worldwide and at least 40 in Virginia, Helget said. The three mosquito species we have to deal with locally are two *Aedes* and one kind of *Culex*.

*Culex* - the small brown mosquitoes, are not very aggressive, can spread Chikungunya, and may also spread Yellow Fever, Dengue Fever, West Nile, and Zika viruses. They have a range

of up to two miles. All mosquitoes lay eggs in still water, so anytime you have storm drains, flower pots, or those black plastic pipes people use to exfiltrate water from their yard, but often contain still water, you are inviting mosquitoes. They bite at dawn and dusk. Mosquitoes need blood to ingest in order to lay eggs. Only females need that blood; males don't bite.

The second major type found in Arlington, *Aedes Albopictus*, can travel 600 yards. They are daytime biters, the black aggressive mosquitoes. They like clean water to breed in. They may transmit Dengue, Chikungunya, and may also spread Yellow Fever, West Nile, and Zika viruses.

The third type, *Aedes aegypti* mosquito, is slightly larger than *A. albopictus*. It is the primary transmitter of Dengue, Yellow Fever, Chikungunya, and Zika viruses. It may also transmit West Nile virus.

Good natural predators for eradicating mosquitoes in the yard are dragonflies, frogs and toads, water striders, Mosquitofish, and mosquito catchers, a large insect many people mistakenly kill because it looks like a large mosquito. Bats and birds also keep the population down.

David Landeck of Arlington says: "Eliminate standing water, get a bird feeder so lots of birds are around. Get a bat box. We haven't had a mosquito problem for years. Been eating outside every night lately."

In the spring time mosquitoes emerge as either eggs frozen over the winter or new females lay eggs in still water. They are very effective breeders and can lay up to 300 eggs at a time. It only takes the egg seven days to become a fully functioning ankle biting adult.

But if you really want to get rid of mosquitoes, according to Helget, the Virginia Cooperative Extension, and Master Gardeners, just get rid of any standing water around the house: leaky hoses, ponds, outdoor toys, little red wagons, neglected pools, corrugated drain pipes, upturned lids, pet water bowls, uncovered boats, uncovered trash cans, clogged rain gutters, saucers under your outdoor pots, even bottle caps — 300 mosquito eggs can fit in a bottle cap quite easily.

Helget says use biological larvicides where

you can't just dump the water, as in fountains or ponds. BTi (*Bacillus thuringiensis israelensis*, the active ingredient in Mosquito Dunks and Bits), kills mosquito larvae without harming birds, toads, bees, butterflies, beneficial insects, or other wildlife.

For keeping mosquitoes off individuals in the garden, use a lotion which is 25-30 percent DEET, or Picaridin or oil of eucalyptus. Bracelets don't work, nor do citronella candles. Many people recommend just putting a fan where you are sitting: mosquitoes like still air. They aren't strong flyers.

Mosquitos are drawn to type O blood; type A is least attractive to them. A very effective way to keep them away is to wear long sleeves and trousers, and, if you are living in an area where disease is prevalent, like Zika or Dengue, then Permethrin treated clothes work well. This is a very toxic substance to animals and should be used with caution. Permethrin kills bees, moths, and arthropods; most people only use it when they have no other choice.

Once you have let mosquitoes breed in your garden, getting rid of adults is harder. But Helget continued to warn that spraying should be a last resort. Pyrethroids - the chemicals most sprayers use - have low toxicity to mammals and birds, but are toxic to fish, aquatic arthropods, and non-target insects like bees and beetles. Organophosphates have low toxicity to mammals, birds, and fish but are very highly toxic to honeybees. These broad spectrum pesticides should be avoided at all cost, said Helget.

Joan McIntyre, a Master Gardener in Arlington said, "As mosquitoes don't generally rest on leaves this residual effect (of spraying) is much more harmful to pollinators and other insects which can pick up or ingest the toxin. *Culex* mosquitoes, one of our more common species, spend most of their time in the tree tops and are least likely to be killed from these sprays."

Helget was not in favor of hiring a mosquito eradication company, but she offered that if one absolutely did have to hire one, only VDACS (Virginia Department of Agriculture and Consumer Services) licensed pest control companies should be on your list. When calling, ask

SEE TICK AND MOSQUITO, PAGE 7



# Tick and Mosquito Control

FROM PAGE 6

if they practice any IPM — integrated pest management — getting rid of water in the yard, using biological defenses like mosquito dunks, larvicides, etc. You should compare proposals, just like you would for any service, and carefully check the company's reputation. Use low volume sprays if hiring a spray company; the applications should never be during the day, when pollinators are active, on windy days, the hottest part of the day, over water, or before rain. They should not be used on flowering plants that pollinators visit.

Helget urged her audience to work with neighbors; ask them to try these techniques since mosquitoes travel extensively. Conversely, if they are spraying, it is reasonable to ask them not to spray in the direction of your property. Most neighbors will understand that if you keep bees or have pollinator plants, you want to keep them safe.

Arlington residents have spoken out about spraying: Trudi Harlow said: "Friends, I don't care what the companies doing this are telling you, but the spray they use kills pretty much all insects. I suspect it's not particularly safe for humans, either, looking at all the safety gear these guys wear. My immediate concern is that they are spraying when the wind is blowing, effectively moving the insecticide to areas where other residents may not want it. I walked out of my house this morning and could hardly breathe from all the spray that was being carried up to our house from a house down the street. My windows are open and my house now stinks. I ask you to think twice before contracting with one of these services."

Spraying Listerine, wearing dryer sheets, VapoRub, Vanilla, Citronella, wristbands, ultrasonic devices and clip-on replelants do not work. Eating garlic doesn't work. Most "all natural" treatments don't work, especially if the lawn has mosquito-friendly English ivy or other dense groundcover in it (a favorite place for mosquitoes to hide) or neighbors with habitats friendly to mosquitoes. The bottom line for Helget: just don't let mosquitoes breed and since they need water to do that, keep the garden water moving, even installing a bubbling machine for a fountain.

## Ticks

Helget's presentation moved on to the more frightening of the "biters" that plague area gardens: ticks. Most Arlington residents have never had Dengue Fever, Zika, or Yellow Fever, but many have had or know someone who has had Lyme disease or Anaplasmosis.

The Longhorn tick bite infects people with a pathogen that causes an allergic reaction to meat.

Helget's lecture concentrated on three basic rules: know your ticks, know the diseases, and manage the exposure. Without going into the details of how to identify each tick, which requires knowing about the scutum, the anal groove, and the festoons, there are four common ticks of Virginia: the American Dog Tick, the Deer Tick, the Lone Star Tick, the Brown Tick. Two newcomers, the Gulf Coast Tick

and the Asian Longhorned Tick, are starting to make an appearance here. Most ticks are active from April to September but the deer ticks are also active in winter.

The bad news, said Helget, is that even the larvae and nymphs can bite, and they are tiny - the size of black pepper or poppy-seeds. And if mosquitoes are efficient breeders, ticks are even better at it. They can lay from 3,000 to 7,000 eggs at a time. They can be active all year. The female can produce one to two batches of eggs before she dies, and they can live for up to three years.

Ticks are quick movers, but they don't jump or fly, as many think. They just hang out on the grass until you walk by: they are looking for a warm moist spot, like the groin, or the belly button, or armpit. They have a natural tendency to climb upwards, and like to get into hair or ears. The good news is that it takes minutes or hours to attach themselves. Helget joked, "You know how to socially distance, so ... socially distance from overhanging shrubs or tall grasses. If you do think you have gone too near to tick habitat, check right away. A moving piece of pepper is tick larva."

Helget warmed to her theme of repelling ticks: "wear light coloured clothing so you can spot ticks more easily. If you aren't sure about the clothes you wore, put them in a hot dryer. Wear DEET or permethrin treated clothes if you are in a tick area for a long time. Shoes should also be treated.

Helget recommended keeping grass low, keeping brush in the garden to a minimum, cleaning up leaves, and installing either a mulch or gravel barrier between woods and lawn. Gravel is best because ticks hate to cross things that are dry and love moisture. Ticks spread disease from other animals like deer and squirrels. Keep wildlife out of the yard if you can.

As in the case of mosquitoes, Helget said commercial sprays have limited effectiveness. While it is tempting to use sprays, these insecticides kill pollinators and many other beneficial insects. With insect populations dropping worldwide, and bird populations diminished in the billions over the past 50 years, better "long view" strategies are needed to deal with garden pests.

If you do find a tick on you or your pet, it is good to have a tick kit with you for safe removal. That tick kit should contain: narrow tweezers, not wide ones, a baggie to put the tick in for identifying later, and an alcohol swab. Grab the tick by the mouth, pull slowly up and out, not sideways. Don't use fire, a lighted cigarette, or alcohol to get the tick off. Hot water showers won't kill ticks but might get them off if they haven't attached yet. Swab the area with alcohol. The Virginia Cooperative Extension can help identify a tick, and the Virginia Department of Health is interested in information on new ticks in the area.

## Resources

Arlington Regional Master Naturalists is a group of volunteers who engage in citizen science projects and stewardship in the environment like removing invasive plants. For

SEE TICK AND MOSQUITO, PAGE 8

## Your Future is in Your Hands



If you were asked five years ago what you envisioned your life would be like in 2020, we doubt that 'quarantined during a pandemic' was on your list.

Goodwin House at Home helps you navigate life challenges and health needs so you continue to live fully and safely in your home. Our continuing care at home program is for adults ages 55+. Members benefit from a wealth of services and amenities, delivered right in their own homes.

## Members Benefits:

- Wellness Activities
- Educational Seminars
- Fun & Engaging Social Events
- Annual Health Review
- Home Safety Assessments
- Flexible Financial Plans
- Personal Care Coordination
- Assured Quality of Care
- 24/7 Members-Only Hotline
- Peace of Mind in the Comfort of Home



**GH**  
GOODWIN HOUSE  
AT HOME

**Take Advantage of Our Special Offer**  
Become a member by October 31st and we'll waive your first three months of fees!

**Call 703.214.6234 today to learn more!**

[goodwinhouse.org](http://goodwinhouse.org)



PHOTO CONTRIBUTED

## Don't Rain on This Parade

It's on. It's off. It's on. It's raining. Due to the coronavirus pandemic the annual Nauck antique car event scheduled in June had been repurposed to a neighborhood parade to be held on Aug. 29. Then the aftermath of the hurricane hit Arlington on Friday night. Even though other events such as the County-sponsored Census Palooza II had been postponed on Friday, the parade organizers didn't give up. They gave parade participants instructions to go ahead and line up at Drew Elementary School on Saturday morning unless it was raining two hours before the scheduled 11:00 a.m. departure time.

Then at 8:37 a.m. word came down. No parade.

Pam Berg had decorated her olive green jeep for the parade with League of Women Voters posters.

"I guess I'll just drive around the neighborhood in a one-man parade." But she says one of the residents saw her efforts and told her, "Hey, I just want to thank you for all you are doing. I really appreciate it."

Portia Clark, head of the Nauck Civic Association, says they hope to reschedule for Sept. 12.

— SHIRLEY RUHE

FROM PAGE 5

### FRIDAY/SEPT. 4

Plant Propagation. 10 – 11:30 a.m. Online. If you have had a garden for more than 5 years, chances are your plants need thinning, dividing, or splitting. Propagation techniques will not only give you more plants to sell, plant or give away, these practices are great for rejuvenating your plants and your soil at the same time. Kirsten Conrad, the Agricultural Natural Resource Extension Agent for Arlington County and City of Alexandria, will discuss some easy plant propagation techniques like division, layering, and cuttings for use with both houseplants and common outdoor garden plantings. Free. RSVP at <https://mgmv.org/events/> to receive link to participate.

### ARLINGTON FESTIVAL OF THE ARTS

Arlington will launch the beginning of live art with the return of the Annual Arlington Festival of the Arts on Sept. 5 – 6, from 10 a.m. to 5 p.m. at 3003 Washington Blvd., Arlington. Presented by Howard Alan Events, the event represents original, hand-crafted artwork selected by an independent panel of expert judges from hundreds of applicants. Visit the website [www.artfestival.com](http://www.artfestival.com).

### BEGINNING SEPT. 9

ArlCERT Basic Training. 7-9 p.m. Via Zoom. ArlCERT Basic Training starts September 9 in English and October 28 in Spanish online. CBT trains volunteers to prepare for, respond to, and recover from a major disaster in Arlington. The event is free with a nominal cost for equipment. Visit the website: <https://emergency.arlingtonva.us/get-involved/cert/>

### SATURDAY/SEPT. 12

International Coastal Cleanup. Staggered hours between 9 a.m. and 1 p.m. At Barcroft Park, 4200 S Four Mile Run Drive, Arlington.

EcoAction Arlington is partnering once again with the Ocean Conservancy's International Coastal Cleanup and Clean Virginia Waterways to tally trash for analysis.

### CHARLES PENN NAMED ACTING ARLINGTON COUNTY POLICE CHIEF

Charles "Andy" Penn will become Acting Chief of the Arlington County Police Department (ACPD) on Sept. 5, taking over from Police Chief Murray "Jay" Farr, who is retiring after 30 years of service in the Police Department. Penn has served as Deputy Chief of Police since July 2015. He is a 28-year veteran of the Arlington County Police Department, beginning his career as a patrol officer in 1992. Penn currently serves as the commander of the Operations Division, overseeing the daily operations of two Patrol Sections, Community Resource Section, Tactical Operations Section, Operation Support Section and the Special Operations Section.

### FRIDAYS THRU SEPTEMBER

Fridays at the Fountain. 5-8 p.m. At The Stand at the Crystal City Water Park, 1601 Crystal Drive, Arlington. National Landing's weekly outdoor live music series, Fridays at the Fountain, is back for the summer. Pack a picnic, grab a beer or a bottle of wine (and your mask) and head down to the Water Park for live music and a good – socially distant – time. Visit the website: <https://nationallanding.org/do/fridays-at-the-fountain>

Upcoming music programming includes:

- ◆ September 4: N2N
- ◆ September 11: Collective a'Chord

### TUESDAYS THRU OCTOBER

FRESHFARM Farmers Market. 3-7 p.m. At The Grounds, 1102 South Eads Street, Arlington.

SEE BULLETIN, PAGE 10

The Alzheimer's Association Walk to End Alzheimer's® is happening on every sidewalk, track, and trail across this country. All of us are raising funds for one goal: A world without Alzheimer's and all other dementia. Because this disease isn't waiting, and neither are you.

Take your first step at [alz.org/walk](http://alz.org/walk)

WALK TO END ALZHEIMER'S  
alzheimer's association

2020 NATIONAL PRESENTING SPONSORS

2020 WALK TO END ALZHEIMER'S  
September 27 Northern Virginia  
October 10 Washington, D.C.

Additional Walks available.  
Find one near you at [alz.org/walk](http://alz.org/walk)

Edward Jones  
CVSHealth

## Tick and Mosquito Control without Spraying

FROM PAGE 6

more about them, see: <https://armn.org>

Northern Virginia Master Gardeners are a group of volunteers who maintain gardens and teach gardening in Arlington and Alexandria. For more, see: <https://mgmv.org>

To learn more about bugs and human health, see: <https://www.vdh.virginia.gov/environmental-epidemiology/bugs-human-health/>

For more information about controlling mosquitoes, see:

<https://www.fairfaxcounty.gov/news2/your-field-guide-to-battle-mosquitoes/>

To watch Helget's presentation, Encore Learning presents: Safely Enjoy the Outdoors Despite Mosquitoes and Ticks, see: <https://www.youtube.com/watch?v=GN8un6lremA&feature=youtu.be>

To learn more about mosquitoes and how to control them check out these articles written by the Extension Master Gar-

deners of Arlington and Alexandria:

Protecting Yourself From Mosquitoes ... Without Harming Pollinators--<https://mgmv.org/2020/04/16/protecting-yourself-from-ticks-without-harming-pollinators-2/#more-22921>

Mosquito Control Begins with a Home Walk-Around--<https://mgmv.org/2019/04/24/mosquito-control-begins-with-a-home-walk-around/>

For more information about mosquitoes and ticks: Contact the Virginia Cooperative Extension Office at 3308. S. Stafford Street, Arlington, VA, call the Extension Master Gardener Help Desk at 703-228-6414, or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com). Check out the resources at <https://mgmv.org/mosquito-and-tick-control/> and <https://armn.org/mosquitos-and-ticks/>

And: <https://newsroom.arlingtonva.us/release/ticks-virginia-lyme-disease-prevention/>

# Automated Justice?

## Lawmakers to consider automatic expungements for misdemeanors.

BY MICHAEL LEE POPE  
GAZETTE PACKET

Virginia is one of 10 states that offers almost no way for people convicted of misdemeanors to expunge their records, creating roadblocks for people trying to get a job or rent an apartment. Even when a jury finds defendants in Virginia not guilty or when prosecutors dropped charges, allegations remain on records as a stain that can cause problems for years to come. That's why lawmakers are about to consider a proposal from the Virginia Crime Commission on automatic expungement, which is expected to be released early next week.

"For the relatively low-level, minor offenses I think there ought to be some sort of automatic mechanism where those records are at least sealed," said Attorney General Mark Herring in an interview. "We should give a clean slate and a second chance to more Virginians who have earned it."

Earlier this year, lawmakers considered about a dozen proposals on expungement. Some were narrowly tailored to what happens when charges were cleared from a record or when a jury failed to convict. Others were aimed at figuring out a way to expunge charges brought against victims of sex trafficking. Ultimately, lawmakers threw in the towel and asked the Crime Commission to study the issue and went home without accomplishing anything on expungement.

"There were a bunch of bills thrown up by lawmakers who had probably been contacted by constituents who tried to get expungements but couldn't get it, so you had bills that were these tiny little piecemeal things," said Andrew Elders, policy director for Justice Forward Virginia. "It was too complicated for everyone to put together in a very short session in a way that amounted to meaningful reform."

**FAST FORWARD** to the summer, when protesters across the country were shining a spotlight on police brutality. Gov. Ralph Northam called a special session to rewrite the budget and address criminal justice reform; members of the Legislative Black Caucus identified automatic expungement as a their leading criminal-justice reform priority. House Majority Leader Charniele Herring of Alexandria also serves as chairwoman of the Virginia Crime Commission.

"We were looking at the current structure and adding a section to the currently existing section code, and that's what made it complicated and difficult," said Herring. "With automatic expungement, all that needs to happen is someone has served their time and not committed another offense. It's more just, and it's

more equitable."

One issue that might cause some conflict in Richmond is a difference in approaches between the House and Senate. While House members have been pushing for an approach that identifies a limited number of crimes that would qualify for automatic expungement for misdemeanors like petty theft or marijuana possession, some members of the Senate are uncomfortable with creating a system that removes discretion of judges.

**RECOMMENDATIONS FROM THE** Crime Commission are expected to outline which crimes are automatically expunged and how long a period of time needs to elapse before that happens. Misdemeanors like destruction of property or trespass are likely to be on the list while crimes like domestic violence or stalking are likely to be excluded. As for the amount of time that should elapse before the record is cleared, commissioners are looking at anywhere from three years to eight years.

"Expungements need to be an automatic process," said Del. Mike Mullin (D-93), chairman of the House subcommittee that will be considering the issue. "People who have served their time, served their debt to society and have been of good behavior for a very long time have got the opportunity to start over in life."

One issue lawmakers will be wrestling with is whether they want to make any felony charges subject to automatic expungement. Many people in Virginia have felony convictions for drug possession, the result of a decades long war on drugs that many criminal-justice advocates say has been a failure that has created disproportionate hardships for Black and Hispanic people who get caught up in the criminal-justice system. If the discussion about automatic expungement is limited to misdemeanors, these people would be left out of the conversation and not helped by the reform.

"I don't think possession of drugs should be a felony. I think it should be a Class One misdemeanor," said Alexandria Commonwealth's Attorney Bryan Porter. "If we could amend that down to a misdemeanor, it's still a crime but it's a much less serious one. Then that problem wouldn't exist. If someone was arrested for a misdemeanor, then that would come under automatic expungement."

**IF VIRGINIA** were to move forward on automatic expungement during the special session, the commonwealth would be on the vanguard of a criminal justice reform that's been attempted in only a handful of states. Pennsylvania was the first state to create a model for automatic expungement in 2018, and a few other states have started moving in that direction since then.

"The rationale I use when I look at this is, are these crimes of poverty?" asks Del. Paul Krizek (D-44). "If these are crimes of poverty, then to me that makes it clear to me that they should be expunged automatically."

**"We should give a clean slate and a second chance to more Virginians who have earned it."**

— Attorney General Mark Herring

**"If these are crimes of poverty, then to me that makes it clear to me that they should be expunged automatically."**

— Del. Paul Krizek

Inside or out...



...Tech Painting's got you covered!



Serving: VA, DC, MD, OBX

**703-684-7702**

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

Since 1987

**20 NEWCOMERS & 20 COMMUNITY GUIDE**

Publishing September 2020

**For Advertising:**  
Call 703.778.9431 or Email [advertising@connectionnewspapers.com](mailto:advertising@connectionnewspapers.com)

The annual Newcomers and Community Guides for our different communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more is publishing soon.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made and other vital community information.

**Perfect Advertising Opportunity for:**  
**Hospitals | Healthcare | Wellbeing | New Homes | Realtors | Schools | Malls | Shopping Centers | Professional Services | And Much More**

**THE CONNECTION**  
Newspapers & Online

**Alexandria Gazette Packet**

**Mount Vernon Gazette**

**POTOMAC ALMANAC**

FROM PAGE 5

### Announcements

### Announcements

### Employment



**Timeshare Cancellation**  
Get your free information kit and see if you qualify:  
**888-670-0602**

**SENIOR MANAGER - IT (GLOBAL SERVICE & SUPPORT)**  
(Arlington, VA): Responsible for leading a team of Technical Support Specialists responsible for the proper functionality of critical Lidl enterprise business applications. Travel less than 25% of the time. Resume to: Lidl US, LLC Attn: Henar Marron, HR Services Director, 3500 South Clark St. Arlington, VA 22202 USA. job #AG527704

The National Landing BID is teaming up with nonprofit FRESHFARM to bring the farmers market back to Crystal City every Tuesday at a new location to accommodate for social distancing. Visit the website: <https://nationallanding.org/do/fresh-farm-farmers-market>

### FRESHFARM MARKETS OPEN

Local FRESHFARM Markets are opened. Residents are encouraged to pre-order as much as possible, but grab-and-go and prepackaged options will be available for purchase at all of the markets listed below.

- Saturday Markets  
Arlington, 8 a.m. - 12 p.m. -- N Courthouse Rd. and 14th St N, Arlington
- Oakton, 9 a.m. - 1 p.m. -- 2854 Hunter Mill Rd., Oakton.
- Sunday Market  
Mosaic, 9 a.m - 2 p.m. -- 2910 District Ave., Fairfax

### AFAC NEEDS FOOD DONATIONS

The Arlington Food Assistance Center (AFAC) needs food items to support families during this critical time. Food can be dropped off at the corner of 4th and Oakland Streets in Ashton Heights by the Little Free Library. The most needed foods are: canned tuna and chicken, canned soups, canned vegetables, canned tomatoes and peanut butter.

### NEW WI-FI HOT SPOTS

Arlington residents who lack reliable internet service at home during the COVID-19 pandemic can now benefit from two new free County Wi-Fi hotspots. Access to the ArlingtonWireless network is now available at the Central Library and Columbia Pike Library parking lots. The lots are open daily to County residents who need online access for work, schooling, health-related information or to complete essential tasks such as ordering groceries and household supplies.

### VIRTUAL HISTORY AVAILABLE

The Arlington Historical Society (AHS) has worked to make more local history information available online. The AHS website has almost 40 videos related to Arlington history topics; photo collections have been added, and they have also posted a "virtual exhibit" featuring rare artifacts from the 1920s that is currently on display at the Arlington Historical Museum. Visit the AHS website: <https://arlingtonhistoricalsociety.org>.

### NEW COVID-19 CALL LINE

Arlington County is expanding its ability to respond to inquiries and questions from the public by establishing a new call center. This additional call center will free up resources to help the County effectively minimize the public health risk posed by the coronavirus (COVID-19). Community members who cannot find the information they need on the website (<https://health.arlingtonva.us/covid-19-coronavirus-updates/>) or through other resources, should call 703-228-7999 for assistance. The call center will be open from 7 a.m. to 7 p.m. Monday through Friday.

### DONATIONS

The Arlington Food Assistance Center seeks local gardeners and farmers willing to grow and donate fresh produce to the AFAC food pantry for local families in need as part of the Plot Against Hunger program. Each week, approximately 2,400 client families visit AFAC to pick up supplemental groceries and fresh fruits and vegetables are in high demand. AFAC will provide free vegetable seeds to those who pledge to donate produce from community or personal gardens. Visit <https://afac.org/plot-against-hunger> or contact [puwen.lee@afac.org](mailto:puwen.lee@afac.org) or 703-845-8486. Seeds are available now at AFAC, 2708 S. Nelson St., during regular business hours: Monday-Friday 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Produce can also be donated at AFAC at the hours listed above or at:

- ❖ Arlington Courthouse Farmer's Market, Saturdays 8 a.m.-noon (look for the AFAC cooler near the Master Gardener information table).
- ❖ Rock Springs UCC Church, 5010 Little Falls Road, Sundays 9 a.m.-noon only. (Look for the donation bin on the Rock Spring Drive side of the church).

Pet Food Bank. AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit [goo.gl/forms/s2FuFdaYwDZm4tPw2](https://goo.gl/forms/s2FuFdaYwDZm4tPw2).

### Announcements

### Announcements



**AN ORGANIZED HOME IS A HAPPY HOME**

ShelfGenie®  
EVERYTHING WITHIN REACH

**50% OFF INSTALLATION\***

**SPECIAL OFFER**  
0% Interest for 12 Months  
\*\*\*On Approved Credit

\*Limit one offer per household. Must purchase 5+ Classic/Designer Shelves. EXP 12/31/20.

Schedule Your FREE Design Consultation:  
**(866) 982-2260**

### Announcements

### Announcements



**LeafFilter**  
GUTTER PROTECTION

✓ INSTALLS ON NEW & EXISTING GUTTERS

BEFORE LeafFilter AFTER LeafFilter

MADE IN THE USA ACCREDITED BUSINESS LIFETIME WARRANTY A COMPANY OF LHS

**15% OFF** AND! **10% OFF** + **5% OFF**  
YOUR ENTIRE PURCHASE\* SENIOR & MILITARY DISCOUNTS TO THE FIRST 50 CALLERS!\*\*

Promo Number: 285

CALL US TODAY FOR A FREE ESTIMATE **1-877-614-6667**

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

\*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. \*\* Offer valid at estimate only. CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822JZ License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H

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

**Employment**

Seeking Laborers to fulfill the Great Commission (Matt.28:16-20).  
Contact John  
[eternaltest@aol.com](mailto:eternaltest@aol.com)

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431



### Announcements

### Announcements



**FREE!**  
Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)

**WALK-IN BATHTUB SALE!**  
SAVE \$1,500

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!  
**877-691-5591**  
Or visit: [www.walkintubinfo.com/vapa](http://www.walkintubinfo.com/vapa)



**CALENDAR**

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

**Let us know about an upcoming event**

[connectionnewspapers.com/Calendar](http://connectionnewspapers.com/Calendar)

## WELLBEING

# Impact of Extended Social Isolation on Teens and Tweens

BY MARILYN CAMPBELL  
THE CONNECTION

After a summer of postponed vacations, closed pools and limited summer camps, all a byproduct of COVID-19, parents are concerned about the well-being of their children. "My kids have heightened anxiety now and they're awkward when they do see people," said a Bethesda mother of three.

"He's so bored and misses his friends," said a McLean mother about her 12-year-old son. "My husband and I work, so he's spent a lot of time alone this summer."

Mother and child psychologist Amanda Dounis, adds, "My 12-year-old son emphasizes how terrible it's been," and "He claims many of his friends are depressed."

As a new school year begins under a cloud of uncertainty that could prolong the disconnection from peers, child psychologists and psychiatrists are expressing concern about the current, and possibly long-term, effect these restrictions will have on children, particularly teens and tweens. Some are wondering if the benefits of social connection are important to balance against degrees of safety measures for COVID-19.

"For middle and high school students, socialization teaches them lessons as important as math or English," said psychiatrist Dr. Carole Lieberman M.D. "During these years at school, they learn how to face the challenges of making new friends, becoming popular, trying on social values, [and] developing leadership skills. Social isolation, however, robs them of these opportunities and sets them back on their psychosocial phases of development."

The mental health damage can be overlooked, says child & adolescent psychiatrist Dr. Marilou Jimenez, M.D. chair of the Addiction and Mental Health Center at MedStar Montgomery Medical Center. "The potential impact that prolonged social isolation will have on these kids is profound," she said. "We're seeing that Generation Z is uniquely impacted by this pandemic. COVID-19 has caused prolonged social isolation, missing important milestones, an increase in social media usage and screen time, and prevalence of extreme stress among adolescents."

Those with preexisting mental health conditions like anxiety and depression can be affected most significantly, says Jimenez. "It can wreak havoc on their mental state," she said. "Social distancing can greatly impact and exacerbate mental health issues. We have seen, and are going to continue to see, a dramatic rise in depression and anxiety among these kids that will carry over long after enforced isolation and the pandemic are over."

Attending classes in person could offer a layer of protection for students who might be experiencing mental health concerns, particularly for those who have limited family support. "When children are in school, de-



PHOTO BY MARILYN CAMPBELL

Parents should encourage their children to have in person social interactions using proper precautions, advises therapist Darby Fox.

tection occurs because educators and other adults may be the first to notice, said psychiatrist Dr. Gail Saltz M.D., associate professor of psychiatry at the NY Presbyterian Hospital Weill-Cornell School.

However, not every child misses attending school. "There are some kids who find it less stressful because they don't have to deal with bullying or peer pressure," said Saltz.

While Zoom and other social media platforms have filled some of the social voids, this form of communication cannot replace the benefit of in-person contact. "From the first few days of life we begin to bond based on social cues, and it is very difficult to read tones on a screen," said Darby Fox, Child & Adolescent Family Therapist who sees patients in Fairfax, Great Falls and Arlington. "Social media is very staged and relies on external cues. To build a solid sense of self we need to teach our adolescents to develop their internal strength. This cannot be done if they are constantly worried about external judgment and acceptance."

Pandemic safety precautions like the cancellation of sports can also stunt a child's emotional growth, says Darby. "The physical benefits are undisputed, but mental toll of missing sports is underestimated," she said. "Kids count on the sports [not only] for exercise, but for socialization, discipline and even college recruitment. Many of these kids' entire sense of identity is built around who they are as athletes, so there's a great sense of loss for them."

Balancing the physical health risks of COVID-19 with the cost of mental health perils is an important part of mitigating damage, advises Darby. "Parents need to still insist their kids have live social interactions," she said. "The restrictions have relaxed enough that most people are able to connect with others while following appropriate protocols. There is no substitute for asking a date out live or meeting their parents."

Spending time outdoors on sunny days has proven to be therapeutic for Dounis and her son. "We eat breakfast there and absorb Vitamin D from the sunlight, she said. "My son also became the master barbeque chef. We wheel the grill to the front and connect loud music and let him cook."

## BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004

FOR ADVERTISING INFORMATION

ELECTRICAL ELECTRICAL

### K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE  
Family Owned & Operated

Recessed Lighting  
Ceiling Fans  
Phone/CATV  
Computer Network Cabling  
Service Upgrades  
Hot Tubs, etc...

Licensed/Bonded/Insured

Office 703-335-0654

Mobile 703-499-0522

lektrkman28@gmail.com

LANDSCAPING LANDSCAPING

### Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

#### Summer Cleanup...

Tree removal, topping & pruning,  
shrubbery trimming, mulching,  
leaf removal, planting, hauling,  
gutter cleaning, retaining walls,  
drainage problems, etc.

25 years of experience - Free estimates

703-868-5358

24 Hour Emergency  
Tree Service

### Patios & Drainage

Your neighborhood company since 1987

703-772-0500

### J.E.S. Services

Free Estimates - Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

Sign up for  
**FREE DIGITAL SUBSCRIPTION**  
to any or all of our 15 papers  
[WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE](http://WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE)



## Not Exactly the "Canswer" I Was Hoping For

By KENNETH B. LOURIE



If this past week's test results (EKG, blood pressure and lab work) pass muster, then I will join the ranks, full time, of the thyroid cancer community. At present, the medical plan is to pivot, completely, from any lung cancer treatment - which for the past 18 months has been immunotherapy bi-weekly, and focus instead, exclusively, on my stage IV, papillary thyroid cancer. If I can go forward, I'll be taking three pills a day, at home. No more visits to the Infusion Center and of course, no more infusions. And not that I'm paranoid about getting exposed to the coronavirus, but less exposure to whatever can be transmitted by droplets, door knobs, elevator buttons, etc., can't be a bad thing. The question remains however: Is the medication I'll be receiving likely to have a positive effect? As in, will it cure my thyroid cancer?

What little I already know is that the type of papillary thyroid cancer that I've been diagnosed with recently - after three biopsies, is unfortunately not curable. It is treatable though, just as my previous lung cancer diagnosis was described. I like curable much better. But, treatable I'll have to live with, hopefully for a long time, as I have for 11 and 1/2 years with the originally diagnosed stage IV non small cell lung cancer. My attitude then, as it will be now, is to try and stay alive until the next drug comes along which might actually cure my thyroid cancer. The interim goal, different from the ultimate goal is stability; turning the incurable disease into a chronic disease, like diabetes, for example. And though curable is the preferred outcome, for those of us with our rear ends in those barcaloungers, stable is perfectly acceptable. In fact, for the many years I was treated for lung cancer, 'stable' became my new favorite word. Shrinkage, cure, remission and N.E.D. (no evidence of disease) was certainly the ideal. But for those of us in the trenches, our reality is often very different.

Living, even in those trenches, is the best reward, and as cancer patients, you learn that any guarantees, presumptions or even entitlements are best left outside the examining room's door. Because once inside, reality takes over (as it likewise does late at night, as you're lying in bed contemplating your predicament, when it tends to get late, early, if you know what I mean?). My friend Sean often jokes by asking me if I'm still on the clock (meaning am I still terminal-ish). I'm on the clock, alright, as I have been since February 27, 2009 when my oncologist first told Team Lourie of my "terminal" diagnosis. Cancer then, as now, is the dreaded disease. Eventually though, the conversation ends and a treatment plan is initiated.

Treatment is often predicated on a series of definite maybes/"we'll see". Success is measured one lab result, one appointment, one scan and one surgery at a time. No promises are offered and rarely are other patient histories relevant to one's own circumstances. Patients have unique characteristics and it's never quite right to draw parallels. Being a cancer patient is the opposite of being on a "Merry Go 'Round." It's a "Not Very Merry Doesn't Go 'Round" - without the music. Moreover, there's never a brass ring to grab, only an intangible thing called hope.

However, hope is a wonderful thing. Though it doesn't necessarily get you across the finish line, it does enable you to endure the journey. You're where you are and where you're going to be so any kind of assistance - mentally or otherwise, is greatly appreciated. In my mind, the only pathway is forward. And though the challenges seem endless, a proper positive attitude that leaves open the possibilities of living life with cancer rather than succumbing to it creates a kind of karma that reflects off of others and is reabsorbed back into you. It's this positivity loop which makes the unbearable a bit more bearable. At least it does for me.

My father used to say: "Every knock is a boost." Imagine what every boost would mean to a cancer patient? It's almost like medicine, but without the negative side effects. And who doesn't need that? Those of us diagnosed with two types of cancer, that's who!

Don't knock it if you haven't tried it.

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

# SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3 TIRES AND GET THE 4TH FOR \$1**



See Service Advisor for details.  
**GOT TIRES?**  
INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY INSPECTION.

**BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/20.

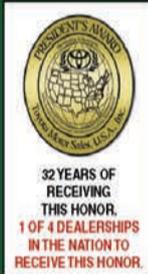
**CHECK ENGINE LIGHT DIAGNOSIS NO CHARGE**  
INITIAL DIAGNOSIS

WE WILL RETRIEVE VEHICLE CODES & GIVE YOU AN ESTIMATE OF REPAIR COSTS.



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/20.

Jack Taylor's  
**ALEXANDRIA TOYOTA**



**SAFETY FIRST ALWAYS!**  
Have Your Vehicle Checked for Open Campaigns/Recalls  
Recall Hotline: 703-684-0710

**SERVICE & PARTS DEPT HOURS:**

Monday - Friday, 6:00am to 7:00pm  
Saturday, 7:00am to 5:00pm

**YOU HAVE SATURDAY OFF. THAT'S EXACTLY WHY WE DON'T!**

**ToyotaCare Customers**  
Don't Forget Your **FREE** Service.  
5,000 • 10,000 • 15,000 • 20,000 • 25,000  
**NOW AVAILABLE** Mile Services  
Call your ASM for details  
**ToyotaCare Plus \$329<sup>00</sup>**  
Covers up to 4 years/45,000 miles

3750 Richmond Hwy • Alexandria, VA 22305

**ALIGNMENT SPECIAL**  
**\$69<sup>95</sup>**

Your car's alignment suffers, and can cause uneven tire wear and steering problems.  
**INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/20.

**SIGHT LINE WIPER BLADES**  
**BUY 1 GET 1 FREE**  
Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 9/30/20.

**FREE BATTERY CHECK-UP**  
Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/20.

**BRAKE SPECIAL**  
**\$79<sup>95</sup>**

**Includes:** Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

**MACHINE ROTORS ADDITIONAL**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/20.

**BG VITAL FLUID SERVICE**  
**10% OFF** YOUR FIRST SERVICE  
**15% OFF** YOUR SECOND SERVICE  
Power Steering • Automatic Transmission • Brake System

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/20.

**TRUESTART™ BATTERIES**

**SPECIAL OFFER**  
**\$129<sup>95</sup>**

**INCLUDES BATTERY INSTALLATION**  
**Includes:** 84 month warranty, 24 month free replacement, 24 month free roadside assistance. Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/20.

**NEW HOURS SPECIAL!**  
**DROP OFF YOUR VEHICLE BETWEEN 6AM & 7AM**  
**WITH A SCHEDULED APPOINTMENT & RECEIVE 12% OFF ANY ONE REPAIR.**

MAXIMUM DISCOUNT, \$150  
NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 9/30/20.



**ALEXANDRIA TOYOTA**

©SMS Productions, Inc. 1-800-289-7671 #202001025

CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**