

Veteran Owned Businesses

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CLASSIFIED, PAGE 10 ♦ ENTERTAINMENT, PAGE 11

PHOTO CONTRIBUTED

Regulating Pet Stores

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History of Fairfax County's Diversity

PAGES 6, 7

The PuroClean Team, with veteran owner Joe Ortiz, left. There are nearly 2,000 veteran-owned businesses in Fairfax County

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COMMUNITY



The Gotta Swing Dancers won Best in Show at the Vienna Halloween Parade for overall performance and costumes that tied in with this year's theme, "Time Machine: Vienna in the past, present and future."

Vienna Halloween Parade Winners Announced

The Gotta Swing Dancers emerged as the big winner in the 2022 Vienna Halloween Parade. The group won Best in Show for its overall performance and costumes that tied in with this year's theme, "Time Machine: Vienna in the past, present and future."

Award winners in multiple categories were announced at Monday's Vienna Town Council Meeting. Mayor Linda Colbert and Vienna Business Association Executive Director Peggy James presented the award ribbons for the 76th annual event.

There were 86 entries in this year's event, and 30,000 attendees watched along the parade route. The 2022 Halloween Parade was presented by the Town of Vienna in partnership with the Vienna Business Association.

Here are the results by category:

YOUTH BANDS: Vienna Jammers Percussion Ensemble

FLOATS WITH MUSIC: 1. Vienna Arts Society 2. Green Hedges School 3. Alya Salon

FLOATS WITHOUT MUSIC: 1. Flint Hill Elementary School 2. The American Legion Family 3. Stemtree Education

YOUTH PERFORMING GROUPS: 1. Legacy Dance Institute 2. Kaizen MMA of Vienna 3. Spotlight Dance Company

ADULT PERFORMING GROUPS: 1. Caporales San Simon 2. Northern Virginia Firefighters Emerald Pipe Band 3. Bikes @ Vienna

WALKING GROUPS: Historic Vienna Inc.

ANTIQUÉ AND CLASSIC VEHICLES: 1. Northern VA Corvette Club

2. Merrifield Garden Center: 3. (TIE) Powers Pennington Family and Rotary Club of Vienna

BEST IN SHOW – THE GOTTA SWING DANCERS

Call for Directors 2023-2024 Season

The Vienna Theatre Company (VTC) performs and rehearses at 120 Cherry St, Vienna VA 22180. The community theatre company positions are all volunteer and unpaid positions.

VTC is sponsored through the Town of Vienna, Parks and Recreation Department who provides us space and the opportunity to perform shows at the Vienna Community Center.

VTC is accepting applications for Directors for the 2023-2024 Season. If you are interested, please submit the following via email (vtcshows@yahoo.com) with the items in a packet attached. If you wish to submit for more than one play, please make separate submissions.

- 1 – A letter (In PDF format) stating:
 - Your name, address and contact information.
 - What show you would like to direct (from the list above).
 - What time slot(s) work for you.
 - Your overall vision and reason you wish to direct this show.
 - Why you feel suited to direct the show.
- 2 – A current resume that includes your theatre experience.
- 3 – Any possible schedule conflicts during the entire process (from audition to

production dates)

Submit this information to VTCshows@yahoo.com no later than January 3, 2023. We will acknowledge receipt of your application. Our Director Selection Committee will consider all applications and we may ask further questions. The finalists will be schedule for a face to face meeting in January/February with final decisions made no later than March 15th 2023.

2023-2024 Season

- * Shakespeare In Hollywood, Ken Ludwig
- * On Golden Pond, Ernest Thompson
- * The 39 Steps, Patrick Barlow

Seasonal production time slots

VTC presents three productions each season. Each of these shows runs for consecutive weekends for eight performances: Friday and Saturday evenings, and two Sunday matinees.

The time slots are as follows:
Fall: Auditions in August, with production dates in late October, early November
Winter: Auditions in November, with production dates in late January, early February
Spring: Auditions in February, with production dates in late April, early May.

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VETERAN-OWNED BUSINESSES

PHOTOS CONTRIBUTED



Left, Joseph Ortiz deployed in Iraq



Joseph Ortiz owns PuroClean in Reston.

Veteran Business Owners Incorporate Military Skill

Spotlighting two local veteran-owned businesses.

BY MERCIA HOBSON
THE CONNECTION

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

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

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



The PuroClean Team, with Joe Ortiz, left.



The PuroClean Team in action-Herndon fire, mold

SEE VETERAN-OWNED, PAGE 8



BEFORE: Water damage in Great Falls

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

VIENNA/OAKTON / McLEAN CONNECTION ♦ NOVEMBER 16-22, 2022 ♦ 3



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NEWS

Virginia Puppy Stores Face Regulation, Inspection

Public invited to
comment on new
requirements.

By SUSAN LAUME
THE CONNECTION

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

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

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

In recent years, several states (California, Maine, Maryland, Illinois, Washington) have enacted legislation which prohibits sales of dogs, cats, and sometimes rabbits, in pet shops. Virginia has not. While Virginia’s code has effectively stopped puppy mills from operating within its boundaries, puppy mill sales continue through pet shops and online sales. There are currently 20 retail puppy stores in Virginia, including three in Northern Virginia. In Fairfax County does not prohibit puppy store sales of dogs and cats; City of Fairfax requires a public hearing and obtaining a permit before starting a puppy shop business. Petland in Fairfax, Capital City Pups in Manassas, and Dreamy Puppy in Fairfax County, were closed after cruelty charges. Some area stores now are the sub-



PHOTOS BY SUSAN LAUME/THE CONNECTION

Puppy stores in Virginia have avoided regular inspection for decades.



Gina Marie Lynch.

ject of on-going investigations.

“There is a critical need for inspection of the operating procedures of businesses that hold and sell animals,” said Gina Marie Lynch, Humane Society of Fairfax County’s community outreach manager. “The multi-year inspections by the U.S. Department of

Agriculture of the Envigo medical beagle breeding facility in central Virginia resulted in citing hundreds of animal welfare violations. ... Without inspections, the public would never know of the irregularities or abuses.” Bailing out Benji warns, “If you cannot visit the property to see for yourself the conditions in which puppies sold online or in a pet store were born and in which their parents are still living, chances are the puppies came from puppy mills.”

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

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

“Usually the laws governing treatment of animals are not as compassionate as we’d like,” Lynch says. “The bare minimum standards of care are the norm. When unacceptable treatment is identified by concerned citizens, changes must be made — the public must be the source demanding that conditions improve.”

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

WWW.CONNECTIONNEWSPAPERS.COM

Be Part of 2022 Children's and Teens' Connection

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

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

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

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

Some suggestions, but different ideas are



welcome:

❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of scul-

ture or larger art projects are also welcome.

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

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

❖ Poetry, short story or other creative writing.

❖ News stories or photos from school newspapers.

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

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

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

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

CONNECTION

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BULLETIN BOARD

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

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

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

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

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

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

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

SHEPHERD'S CENTER SEEKS VOLUNTEER DRIVERS

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

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

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

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

SEE BULLETIN, PAGE 10

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Northern Virginia's Rich Mix of People, Past and Present



John Patrick Murphy described the experiences of Irish immigrants.



Attendees heard presentations on the diversity of Northern Virginia's residents.



Commission Vice Chair Lynne Garvey-Hodge presided.



The Quaker Meetinghouse at Woodlawn today.

By GLENDA C. BOOTH
THE CONNECTION

Fairfax County has a rich history of demographic diversity and the people who came to the county over the years sowed the seeds for an even richer, multicultural community today. Over 1.1 million people live across the county's 407 square miles. Over 182 languages or dialects are spoken in elementary students' homes today, reports the county's public schools' website.

At a Nov. 5 conference, 67 history buffs learned about some of the African American, Irish, Quaker, German and Jewish people who settled in the county. Sponsored by the Fairfax County History Commission, the meeting was the second of a four-part series. Next year's gathering will focus on Asian and other post-World War II refugees.

Opening the event, History Commission Vice-Chair Lynne Garvey-Hodge invoked Emma Lazarus's famous words, "Give me your tired, your poor, your huddled masses ... send these, the homeless, tempest-tost to me," and added, "Those words fit the ancestors of everyone here."

U.S. Rep. Gerry Connolly, whose

grandfather immigrated from Ireland, reminded attendees that Americans at times have been "hostile to immigrants who sounded different and worshipped differently. It continues to infuse our debate about immigration today," he opined. On the "dreamers," children without lawful immigration status, he said, "We should be welcoming them."

Board of Supervisors Chairman Jeff McKay challenged, "True historians know our job is to tell the complete history, knowing there's bias in any story. We can remind ourselves that we can do better and improve."

African Americans

In a video presentation, Esther W. McCullough described some of the county's African American churches, noting that African Americans "did not choose to come here," and that "their customs were taken away, they could not speak the language and were not taught to read or write." Because enslaved people were barred from congregating, they held "bush meetings," clandestine get-togethers in the brush.

Churches, like the First Baptist of Vienna, built by former slaves, became community centers. Dinners after services are a longstanding church tradition, she said, featuring foods like fried chicken, ham, corn on cob, biscuits and sauerkraut. Other staples: pork (enslaved people did not get best cut), corn, squash, greens (collard, turnip, mustard, kale, usually cooked together) and fruit cobblers. Enslaved people brought okra to this country, she said, "They put away seeds on their person."

Quakers

Author Martha Claire Catlin, historian for the Alexandria Quaker Meeting at Woodlawn, recounted the 19th century Alexandria and Mount Vernon-area Quakers in 1846 purchased a 2,000-acre tract and created small "demonstration" farms at Woodlawn that successfully functioned without enslaved labor, in contrast to the plantations of that period. The Quakers built a meetinghouse, still in use today. It is the "home of seekers of freedom, equality and the blessings of a free society" and "still a living tradition," Catlin said.

Jewish Immigrants

Susan Dilles explained that Jewish people have immigrated into the United States and have "traveled through here" since colonial times. Since colonial days, the country has experienced four major waves of Jewish immigration, people largely from eastern and central European countries and the Soviet Union, often fleeing violence and intolerance. Dilles co-authored a book titled The Jewish Community of Northern Virginia with her husband, Shawn, which will be published on Nov. 14.

The first synagogue in the state was Beth El Hebrew Congregation, established in 1859 on Alexandria's King Street above a store. Jewish people who came to Northern Virginia often started businesses and many post-World War II companies ring familiar: Rosenthal Chevrolet, Hechinger's home improvement stores, Giant Food and Hecht's Department Store. Theodore Lerner and Isadore Gudelsky developed the Tysons Corner shopping center. Charles Smith, son of Russian immigrants, built Crystal City. Robert

E. Simon designed and built Reston.

Today, Northern Virginia has over 120,000 Jews and 25 synagogues, Dilles said. The Jewish Community Center affiliated with Congregation Olam Tikvah, formed in 1967 in Fairfax, is "the heart of Jewish Fairfax," says its website.

The Irish

Fairfax County's earliest Irish citizens have long fascinated John Patrick Murphy, a grandson of immigrants and retired Fairfax attorney. He recounted that in the 17th, 18th and 19th centuries, generally, two groups of Irish people immigrated from Ireland, the Gaelic or Irish people native to the island of Ireland and the Scots-Irish. Wars, famine and harsh treatment by the British drove them from their homeland. Some came as indentured servants. "They knew little about America, but it was better than the hell they left," Murphy commented. In America, they often had menial, low-paying jobs. In the 1840s, nativists and others "considered the Irish and Catholics to be subhuman," he said.

"The center of the Irish community is the church," Murphy explained, and St. Mary's in Alexandria, founded in 1795, is the oldest Roman Catholic church in Virginia. In 1858, leaders laid the cornerstone for St. Mary of Sorrows Church as a mission church in Fairfax Station. After the Civil War's 1862 Battle of Second Manassas, the church was a field hospital where legendary nurse Clara Barton cared for the wounded.

Conferees enjoyed a lunch menu reflecting the day's theme, dishes like corn muffins (African American), shepherd's pie (Irish), potato salad (German) and pasta salad (Italian). The Commission provided recipes for kugel (Jewish), corn pudding (Quakers) and other dishes.

Recalling over three centuries of immigration, Murphy said, "The Irish did not look back at the discrimination suffered in the 19th century. They were able to go past it with hard work, political participation and community service, a trait passed on to descendants' generation to generation to the present day."

The Germans

Dr. Eric Larsen, Director of Archaeology at the Germanna Foundation, told the story of Fort Germanna, built in the 1700s between Fredericksburg and Culpeper by Virginia Lieutenant Governor Alex-

ander Spotswood to counter possible French aggression. He recruited German-speaking indentured servants to live and farm there.

Diverse Cuisine Too

Conferees enjoyed a lunch menu reflecting the day's theme, dishes like corn muffins (African American), shepherd's pie (Irish), potato salad (German) and pasta salad (Italian). The Commission provided recipes for kugel (Jewish), corn pudding (Quakers) and other dishes.

Honoring Achievements

The Commission gave three awards:

- The Mayo Stuntz Award to Mike Salmon and Ean Eschenburg for their documentary, "The Gravel Pits: Before There Was Kingstowne," about gravel pits where 1970s youngsters fished, hung out



Chairman Jeff McKay and U.S. Rep. Gerry Connolly presented a Commission award to Debbie Robison.



U.S. Rep. Gerry Connolly (far left) and Chairman Jeff McKay (far right) presented a Commission award to Ean Eschenburg and Mike Salmon.



The Commission gave seven GMU students an award for creating a website of African American history. Pictured here, U.S. Rep. Gerry Connolly, Steve Cheuka, Roman Patrick, Akbar Suri, Brian Do and Chairman Jeff McKay.



Martha Claire Catlin has written two books about Quaker history, pictured here with Glenn Fatzinger, President of the Mount Vernon Regional Historical Society.



Esther McCullough.



and rode dirt bikes and motorcycles. You can view the documentary here: <https://youtu.be/qK-I-SB-5Wfk>

- The Distinguished Service Award to seven George Mason University students who created an on-line inventory of African American Fairfax County locations, people and events. Visit <https://silverbox.gmu.edu/fairfaxaahi/>.

- The Lifetime Achievement Award to Debbie Robison who researched over 500 county historic sites to support roadside markers and created www.novahistory.org/, articles documenting area history.

More Information: <https://www.fairfaxcounty.gov/history-commission/>

Here's What's Happening at MCC!



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NOV 19

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NOV 20

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DEC 9

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Saturday, Dec. 3, 10 a.m.-6 p.m.
Sunday, Dec. 4, 11 a.m.-4 p.m.

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Free admission for children 12 and younger.

DEC 2-4

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Friday, Dec. 2, 4-10:30 p.m.

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DEC 2

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VETERAN-OWNED BUSINESSES

PHOTOS CONTRIBUTED



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

Veteran-Owned Businesses

FROM PAGE 3

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

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

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

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

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

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



Joseph Ortiz, president of PuroClean Reston



Hal Berens, young captain in the early 1990s.

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

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

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

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

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

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America Recycles Day, Reminder that Recycling Is Forever

Reduce, reuse, recycle.

By MIKE SALMON
THE CONNECTION

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

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

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

Recycling started out as an option in the early days and was implemented into the Fairfax County Code Chapter 109.1 which requires residents to separate recyclables from trash for placement at the curb for collection. Both waste and

recyclables are required by Chapter 109.1 to be collected weekly with residential trash collection. Sometimes that is through the county or a private trash collection service.

The county has an electronic notification system called "Fairfax Recycles" to inform subscribers of Fairfax County recycling events and news items from the Fairfax County Solid Waste Management Program. Fairfax Recycles has an e-newsletter to highlight the recycling program. In the Fall 2022 edition, there is information about pumpkin disposal after Halloween, A collector spotlight story, highlights Sandra Miranda, a Trash Away route supervisor who urges everyone to take part in trash collecting and recycling.

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

"Each year, I ask the Board of Supervisors to recognize Nov. 15 as Recycles Day in the County to encourage our residents to recycle,"



The Fairfax County Board of Supervisors recognized America Recycles Day at the meeting Nov. 1.

Herrity said. "County staff and organizations like the Glass Recycling Network do amazing work in educating our residents on recycling efforts, especially with the popular Purple Bin Program." Herrity an-

nounced the opening of two new purple bin glass collection sites, one at Saratoga Park & Ride.

America Recycles Day holds a photo contest to promote recycling also. Last year's winner in the

"Overall Message," category was Pinidi Kahandawa Mudiyansele; Grade 6, followed by McClain Caswell, 4th Grader in the "Fun Message," and Kathleen McLane in the "Graphic Art," category.

Public Notice

Updated weight limits on Virginia bridges and culverts

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

LEE	10829	524	RTE 624	CREEK	10/29/2022
GILES	8450	653	EATON CHAPEL RD/RTE 653	LITTLE SUGAR RUN	10/28/2022
ALBEMARLE	800	712	PLANK ROAD	HARDWARE RIVER	10/27/2022
BOTETOURT	3536	1001	UPDIKE LANE/RTE 1001	BRANCH OF TINKER CREEK	10/27/2022
FLOYD	7501	221	FLOYD HWY S/RTE 221	BR OF DOBBINS CREEK	10/27/2022
GILES	8478	700	MT LAKE RD/RTE 700	SINKING CREEK	10/27/2022
MONTGOMERY	12312	705	COAL HOLLOW RD/RTE 705	SLATE BRANCH	10/27/2022
MONTGOMERY	12294	669	UNION VALLEY R/RTE 669	ELLIOTT CREEK	10/27/2022
ROANOKE	14980	609	E. RURITAN RD/RTE 609	BR GLADE CREEK	10/27/2022
ROANOKE	15095	737	GLADDEN RD/RTE 737	BRANCH RNKE RIVER	10/27/2022
MONTGOMERY	12235	629	BRADSHAW RD/RTE 629	BRADSHAW CREEK	10/26/2022
MONTGOMERY	12285	657	MERRIMAC RD/RTE 657	SLATE CREEK	10/26/2022
MONTGOMERY	12279	654	BROOKSFIELD RD/RTE 654	TOMS CREEK	10/25/2022
MONTGOMERY	12264	641	WAYSIDE DRIVE/RTE 641	SPRING BRANCH	10/25/2022
MONTGOMERY	12265	641	WAYSIDE DRIVE/RTE 641	SPRING BRANCH	10/25/2022
MONTGOMERY	12271	643	YELL SULPH RD/RTE 643	MILL BRANCH	10/25/2022
FAUQUIER	7276	610	MIDLAND ROAD	ELK RUN	10/24/2022
PULASKI	14549	613	CHERRYBRANCHRD/RTE 613	BURKS RUN	10/24/2022
FLOYD	7487	221	FLOYD HWY. S/RTE 221	GREASY CREEK	10/22/2022
BOTETOURT	3534	817	OLD RAIL ROAD/RTE 817	CRAIG CREEK	10/21/2022
ROANOKE	15070	677	WILLOW BR RD/RTE 677	BR BACK CREEK	10/21/2022
TAZEWELL	18486	91	RTE 91	LITTLE RIVER	10/20/2022
FLOYD	7477	8	PARKWAY LANE/RTE 8	W FORK DODD CREEK	10/19/2022
PATRICK	13246	103	DRY POND RD/RTE 103	BACK CREEK	10/19/2022
PATRICK	13229	58	JEB STUART HWY/RTE 58	LITTLE IVY CREEK	10/19/2022
PATRICK	13206	8	PATRICK AVENUE/RTE 8	BR SOUTH MAYO RIVER	10/19/2022
GRAYSON	8900	711	BATTLEFIELD DRIVE	SADDLE CREEK	10/18/2022
HENRY	10022	57	APPALACHIN DR/RTE 57	DANIELS CREEK	10/18/2022
HENRY	10021	57	FAIRYST. PK HW/RTE 57	SMITH RIVER	10/18/2022
HENRY	10057	220	RTE 220	NS RAILWAY	10/18/2022
MONTGOMERY	12113	11	RKE RD/460WBL 11 SBL	BR SOUTH FORK ROANOKE RIVER	10/18/2022
MONTGOMERY	12137	11	ROANOKE ROAD/RTE 11	WHITEHOUSE BRANCH	10/18/2022
PATRICK	13293	635	GOBLINTOWN CRK/RTE 635	GOBLINTOWN CREEK	10/18/2022
BEDFORD (M)	22407	43	PEAKS RD/RTE 43	LITTLE OTTER RIVER	10/17/2022
BOTETOURT	3159	11	LEE HIGHWAY/RTE 11	THRASHERS BRANCH	10/17/2022
FRANKLIN	7777	220	V H GOODE HWY/RTE 220	S FORK LITTLE CHESTNUT CR	10/17/2022
FRANKLIN	7779	220	VIRGIL H. GOODE HY	MAGGODEE CREEK	10/17/2022
FRANKLIN	7776	220	V H GOOD HWY/RTE 220	N FORK CHESTNUT CREEK	10/15/2022
ROANOKE	14956	311	CATAWBA VLD/RTE 311	CATAWBA CREEK	10/15/2022
BEDFORD	2872	735	ROCK CLIFF RD/RTE 735	DIFFICULT CREEK	10/14/2022
BEDFORD	2896	755	SIMMONSML LRD/RTE 755	BORE AUGER CREEK	10/14/2022
BEDFORD	2915	781	TABERNACLELANE/RTE 781	IVY CREEK	10/14/2022
FRANKLIN	7780	220	SBL RTE 220	BLACKWATER RIVER	10/14/2022
ROANOKE	14933	220	FRANKLIN RD/RTE 220	NARROWS CREEK	10/14/2022
CRAIG	5477	311	PAINT BANK RD/RTE 311	BRANCH OF JOHNS CREEK	10/13/2022
GILES	8436	635	BIG STONY CK RD/RTE 635	LAUREL BRANCH	10/13/2022
GILES	8453	653	EATON CHAPL RD/RTE 653	SUGAR RUN	10/13/2022
GILES	8325	42	GILES/PULASKITPK/RTE 42	WABASH CREEK	10/13/2022
GILES	8488	722	GLEN ALTON RD/RTE 722	STONEY CREEK	10/13/2022
BOTETOURT	3406	628	PREASE RD/RTE 628	LONG RUN	10/11/2022
BEDFORD	2622	221	FOREST RD	LITTLE OTTER RIVER	10/8/2022
BEDFORD	2605	122	MONETA ROAD/RTE 122	STONY FORK CREEK	10/8/2022
BEDFORD	2621	221	FORREST RD/RTE 221	ELK CREEK	10/7/2022
BEDFORD	2577	24	STEWARTSVILLE RD/RTE 24	BEAVERDAM CREEK	10/7/2022
GILES	8487	720	GRAVELY HILL RD/RTE 720	STONEY CREEK	10/7/2022
BOTETOURT	3394	622	SOLITUDE RD/RTE 622	SPROUTS RUN	10/6/2022
MONTGOMERY	12236	629	BRADSHAW RD/RTE 629	BRANCH OF BRADSHAW CREEK	10/6/2022
MONTGOMERY	12208	614	TAN BARK RD/RTE 614	BRUSH CREEK	10/6/2022
PATRICK	13252	610	HELMS ROAD/RTE 610	BRANCH DAN RIVER	10/4/2022
BOTETOURT	3158	11	LEE HIGHWAY/RTE 11	LOONEY MILL CREEK	10/3/2022
BOTETOURT	3156	11	LEE HWY/RTE 11	JAMES RVR. CSX & RT 1315	10/3/2022

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

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

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

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

PHOTOS CONTRIBUTED

From left, Ms. Sieber (mom), Caroline Sieber (Lady Fairfax) Supervisor Pat Herrity, Sam Gray (Lord Fairfax) and Sam Gray's family.

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ADOPT A WARRIOR FAMILY FOR CHRISTMAS

So many of our Military families today find themselves in financial crisis, now more than ever. This will be especially true during this Holiday Season. To give back, Able Forces Foundation (AFF) is once again sponsoring the Adopt-A-Warrior Family Christmas program. As in years past, Able Forces Foundation will adopt families from each of the five Military Service branches. All adopted families are identified by military Advocates on military bases or military Recovery programs in the Washington, DC Metro area. These families have been vetted and referred to AFF. Based on need, financial support will ensure each family will have:

- A Christmas Tree • Complete Christmas Dinner (for up to 8)
- Stocking Stuffers • the ability to provide up to 5 gifts per child

100% of all donations go directly to support this program. There are no administrative or overhead fees taken out of donations. All donations contributed between Oct. 25 and Christmas will go directly to support this program. If you can help, go to: www.ableforces.org/ adopt to make a contribution.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthy-mindsfairfax or www.nami-north-northernvirginia.org/parent-peer-support.html.

The Shepherd's Center of Northern Virginia Caregivers' Support Group takes place the first and third Tuesdays of each month, 10-11:30 a.m. via Zoom. This group is for caregivers of family members with dementia. Meetings are gently facilitated. For more information and to get the Zoom link, contact Jack Tarr at jtarr5@verizon.net or 703-821-6838.

Haven of Northern Virginia Support Group. 703-941-7000, www.havenofnova.org or havenofnova@verizon.net.

Virginia Chronic Pain Support Group Meets from 1:30-3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

VOLUNTEERS NEEDED

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org.

Operation Paws for Homes, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See www.ophrescue.org for information and all volunteer opportunities.

CALENDAR



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

THURSDAY/NOV. 17

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

NOV. 17 TO DEC. 11

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

FRIDAY/NOV. 18

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

SATURDAY/NOV. 19

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

SATURDAY/NOV. 19

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

SUNDAY/NOV. 20

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

SUNDAY/NOV. 20

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

SUNDAY/NOV. 20

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

SATURDAY/NOV. 26

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

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CENTRE VIEW

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

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

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

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

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

The pandemic has been a bear, financially and otherwise. Revenue plummeted at the beginning in 2020. Some beloved advertisers have stayed the course supporting us throughout, and many more have done what they can. In the fall of 2021 we saw the return of some advertising for events and Grand Openings, but now omicron clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

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

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Drugged, But in a Good Way



By KENNETH B. LOURIE

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

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

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

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

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

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

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

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



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