

A HOLLYWOOD GLAM  
HOME MAKEOVER

HISTORY OF  
CHAIN BRIDGE

KIDS AND FOOD  
ALLERGIES

# Arlington

May/June 2020 \$3.95

## Call of The Wild

7 wide open  
spaces to hike  
in the age of  
social distancing

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Compton Peak

ARLINGTON ■ FALLS CHURCH ■ MCLEAN



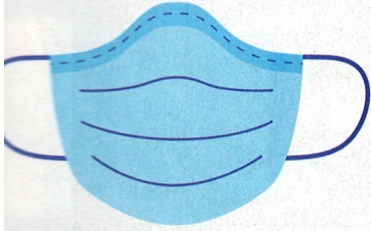
Nothing like a pandemic to bring forth—to paraphrase Abraham Lincoln—the better angels of our nature. Here are just a few snapshots of kind acts and quick mobilization in the place we call home.



Abby Raphael gathers food for AFAC.

## All Hands on Deck

It's like the Peace Corps, but local. If you're interested in sharing your skills, consider joining the **Arlington Community Corps**, launched on March 23 in response to the COVID-19 crisis. "Government cannot do this alone," says organizer and former school board member Abby Raphael. "The Corps is a network of residents who can quickly share needs, resources and ideas with each other." As of April 1, the Corps had 181 volunteers and counting. "We are also trying to recruit co-captains for every civic association in Arlington," Raphael says. "The first activity we are suggesting for each civic association is a food drive for the Arlington Food Assistance Center." At press time, the Corps was also working with the county to coordinate food distribution to local residents who cannot leave their homes. To become a volunteer, go to [beaneighbor.vomo.org/org/arlington-community-corps](http://beaneighbor.vomo.org/org/arlington-community-corps), find your neighborhood and register. To become a civic association co-captain, email Corps co-founder Evan Burfield at [eburfield@gmail.com](mailto:eburfield@gmail.com).

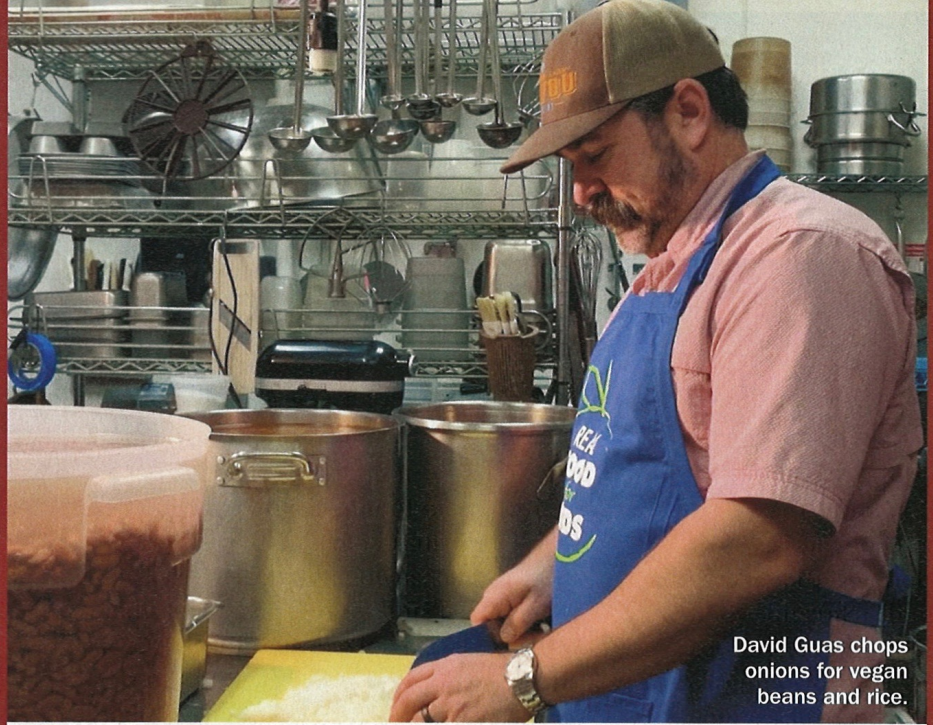


## PPE STAT

In late March, Marymount University's **Malek School of Health Professions** donated 550 surgical masks, 110 isolation gowns, 60 full-body suits (aka "bunny suits") and seven sets of reusable goggles to Virginia Hospital Center. With college courses suspended and medical workers facing dire shortages of PPE (personal protective equipment), it was a no-brainer. "When we leave the hospital, there is a risk of increased exposure if we do not have proper supplies when caring for our patients," says Alicia Marconi, an adjunct lab instructor in Marymount's nursing program and an ICU nurse at the hospital. "If we, the health care workers, get sick, then there are fewer of us to take care of patients in need."

## Clean Hands

Some make lemonade out of lemons. **Falls Church Distillers** in late March began making hand sanitizer out of corn whiskey for distribution to hospitals, first responders, retirement communities and government agencies, as well as the general public. The first 300 gallons of Aim High Hand Sanitizer, given away for free in 5-ounce portions, disappeared in less than five hours. Owner Michael Paluzzi says the distillery will continue to churn out more batches of the product—which it's now selling—to help meet local needs. The main ingredients are 190-proof alcohol, glycerin and botanical essential oils. "We are a three-generation Air Force family," he says. "We're going to attack this problem like we are in the military."



David Guas chops onions for vegan beans and rice.

## Brown-Bagging It

Chef David Guas jumped into action in March to help area families who normally rely on free or reduced-price lunches. Concerned that Arlington Public Schools' designated pickup spots for grab-and-go lunches might not reach all those in need, the chef-owner of **Bayou Bakery, Coffee Bar & Eatery** got cooking and established a pickup spot outside his Courthouse restaurant for free weekday meals featuring a nutritious main staple—vegan beans and rice. The effort was launched in partnership with **Real Food for Kids**, a Northern Virginia nonprofit dedicated to elevating the quality of school food, and **Fruitful Planet**, the charitable arm of juice purveyor **South Block**, which is donating fresh produce to the effort. At press time the operation was distributing roughly 400 meals per day to underserved and military families. "We're seeing a lot of repeats, so we know that people are relying on us," Guas says. "Until somebody says we can't even be out of our house, I'm going to show up every day."

## Masked Men

About a year ago, Arlingtonian Andrew Springer happened upon a loaded dumpster filled with more than 20,000 boxed, unopened N95 surgical masks. Springer, along with his business partners Gary and Brian Shipp (who are father and son), co-owns **Sun Recycling**, a waste management and recycling business based in Beltsville, Maryland, and the container had arrived at the company's plant to be recycled. Rather than sending the masks through the shredder, however, Gary Shipp moved the stash to a warehouse about a mile away, where it sat, unopened, for months. Perhaps he had a hunch they needed saving. "Gary is the hardest-working person I know," Springer says. "He tries not to throw anything away." You can guess what happened next. In March, the company divided up and donated the masks to a number of D.C.-area hospitals, including Virginia Hospital Center and Inova Fairfax Hospital, as well as to nursing care facilities, the U.S. Department of Veterans Affairs and other health care organizations facing critical shortages of medical supplies.