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CONNECTION

Navigating COVID-19

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Life with COVID-19 seen through the lens of parents. Jenna Tanis of Herndon: "It's interesting with three active little boys. Outdoor time is crucial to our sanity, and a little screen time isn't hurting anyone. We are using online resources: Devon, 7, Adventure Academy; Morgan, 2, he gets crayons and Jaden, 4, ABCmouse.com.

'Our Priority Is to Save Lives'

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Global to Local: Coronavirus Defines Us

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OPINION

‘Our Priority Is to Save Lives’

Governor Northam orders statewide closure of certain non-essential businesses: all public and private schools K-12 closed for the rest of the academic year.

BY MERCIA HOBSON
THE CONNECTION

“COVID-19 is serious, and we must act. Unfortunately, the virus does not respect national borders or state borders. It is now everywhere, or it will be soon. That is what happens when a global pandemic hits a nation. With this pandemic, states have been left to figure out this on our own, and I’m acting to protect Virginians,” said Virginia Governor Ralph Northam who issued statewide Executive Order Number Fifty-Three (2020) in response to the novel coronavirus (COVID-19) pandemic on Monday, March 23. It ordered the closure of certain non-essential businesses, bans all gatherings of more than 10 people, and closes all K-12 schools for the remainder of the academic year. The Order goes into effect at 11:59 p.m. on Tuesday, March 24, 2020. It remains in place until 11:59 p.m. on Thursday, April 23, 2020.

Northam said, “Nonessential retail establishments can remain open if they allow 10 or fewer patrons and adhere to social distancing and increase sanitizing procedures. Essential services like grocery stores, health services and businesses in our supply chain will remain open, but they must adhere to social distancing and increased sanitizing procedures. Gatherings of more than 10 are banned. We do not make these decisions lightly.” He stressed there would be expectations for essential businesses that remained open. Social distancing mattered, and businesses that remained open had a responsibility to adhere to social distancing recommendations. “You need to step up sanitizing practices on common service surfaces...Make no mistake. If you are essential and open, you have a special responsibility to do the right thing,” he said.

As for schools, Northam said that closures were necessary to minimize the speed at which COVID-19 spread and protect the capacity of the healthcare system. Northam said, “By tomorrow, our Department of Education will issue guidance to help school divisions think through those decisions and ensure that every student is served equitably. We’re already working on waivers to relieve testing requirements and ensure that our students who were on track to graduate can do so.” He added that according to a Yale study estimate, 80,000 of students statewide may be the children of health care workers and urged a public-private response. “Today I’m calling on our local communities, private daycare providers, community childcare partners, and public schools to rally together to provide childcare for the young children and school-aged children of essential personnel. Our childcare providers are also essential personnel,” Northam said.

Northam said individuals were moving into a period of sacrifice. “Most of us have already begun to experience this. Many businesses are closed already because their owners have done the responsible thing...Today, thousands, thousands of people are without work here in our Commonwealth. About 40,000 people have filed for unemployment just last week. That number will, unfortunately, go up. More families will be out of work that has serious health consequences too. It will lead to anxiety; it will lead to fear. It is difficult to live with uncertainty. We can expect to see more depression, alcoholism and domestic violence. But the sooner we all take these necessary steps to slow the spread, the sooner we will all get through this,” said Northam.

In closing, Northam acknowledged the health crisis and economic crisis and said that the sooner that we can get this health crisis under control, the sooner our economy will recover. “So I asked every Virginian to stand with me as we fight this battle. Do your part. Stay home, when you can, and social distance and wash your hands when you must go out for supplies. I know that the next several weeks, the next several months will be difficult. They will require everyone to change the way that we live and the way we interact with each other. We have not been called upon to sacrifice this in many, many years. But I am calling on you to do just that. We must put aside what we want and replace it with what we need... It will take time, but we can, and we will get through this together.”

According to the Executive Order, violation of paragraphs 1, 3, 4 and 6 of the Order shall be a Class 1 misdemeanor pursuant to § 44-146.17 of the Code of Virginia.

Paragraph 1-Effective 11:59 p.m., Tuesday, March 24, 2020 until 11:59 p.m., Thursday, April 23, 2020, all public and private in person gatherings of 10 or more individuals are prohibited.

Paragraph 3-Closure of all dining and congregation areas in restaurants, dining establishments, food courts, breweries, microbreweries, distilleries, wineries, tasting rooms, and farmers markets effective 11:59 p.m., Tuesday, March 24, 2020 until 11:59 p.m., Thursday, April 23, 2020. Restaurants, dining establishments, food courts, breweries, microbreweries, distilleries, wineries, tasting rooms, and farmers markets may continue to offer delivery and take-out services.

Paragraph 4-Closure of all public access to recreational and entertainment businesses, effective 11:59 p.m., Tuesday, March 24, 2020 until 11:59 p.m., Thursday, April 23, 2020 as set forth below:

❖ Theaters, performing arts centers, concert venues, museums, and other indoor entertain-

ment centers;

❖ Fitness centers, gymnasiums, recreation centers, indoor sports facilities, and indoor exercise facilities;

❖ Beauty salons, barbershops, spas, massage parlors, tanning salons, tattoo shops, and any other location where personal care or personal grooming services are performed that would not allow compliance with social distancing guidelines to remain six feet apart;

❖ Racetracks and historic horse racing facilities; and

❖ Bowling alleys, skating rinks, arcades, amusement parks, trampoline parks, fairs, arts and craft facilities, aquariums, zoos, escape rooms, indoor shooting ranges, public and private social clubs, and all other places of indoor public amusement.

Paragraph 6 Effective 11:59 p.m., Tuesday, March 24, 2020 until 11:59 p.m., Thursday, April 23, 2020, any brick and mortar retail business not listed in paragraph 5 may continue to operate but must limit all in-person shopping to no more than 10 patrons per establishment. If any such business cannot adhere to the 10 patron limit with proper social distancing requirements, it must close.

Paragraph 5

❖ Grocery stores, pharmacies, and other retailers that sell food and beverage products or pharmacy products, including dollar stores, and department stores with grocery or pharmacy operations;

❖ Medical, laboratory, and vision supply retailers;

❖ Electronic retailers that sell or service cell phones, computers, tablets, and other communications technology;

❖ Automotive parts, accessories, and tire retailers as well as automotive repair facilities;

❖ Home improvement, hardware, building material, and building supply retailers;

❖ Lawn and garden equipment retailers;

❖ Beer, wine, and liquor stores;

❖ Retail functions of gas stations and convenience stores;

❖ Retail located within healthcare facilities;

❖ Banks and other financial institutions with retail functions;

❖ Pet and feed stores;

❖ Printing and office supply stores; and

❖ Laundromats and dry cleaners.

To read Executive Order visit [https://www.governor.virginia.gov/media/governorviriniagov/executive-actions/EO-53-Temporary-Restrictions-Due-To-Novel-Coronavirus-\(COVID-19\).pdf](https://www.governor.virginia.gov/media/governorviriniagov/executive-actions/EO-53-Temporary-Restrictions-Due-To-Novel-Coronavirus-(COVID-19).pdf)

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Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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NEWS

Global to Local: Coronavirus Defines Us

Week Two 03/15-03/21-feeding children is priority for FCPS.

BY MERCIA HOBSON
THE CONNECTION

The week of March 8-14 ended with an out door sign at Pots & Plants on Georgetown Pike in Great Falls reading, "What a week this year has been." On March 15, the CDC provided "Interim Guidance for Coronavirus Disease 2019 (COVID-19)." It read: "Larger gatherings (for example, more than 250 people) offer more opportunities for person-to-person contact and therefore pose greater risk of COVID-19 transmission...Cancel gatherings of more than ten people for organizations that serve higher-risk populations."

On March 21, Johns Hopkins University of Medicine confirmed the United States now placed 3rd globally in the total number of confirmed COVID-19 cases with China and Italy preceding.

Phrases such as "wash your hands," "social distancing," and "flatten the curve," became the norm. Locals changed how they lived, learned, worked, played and worshiped. Many, but not all took proactive measures protecting themselves, their families and the community.

Fairfax County Public Schools remained closed. Parents found themselves with an unexpected job description: educator. Social distancing meant working from home. Companies directed employees to pack up, go home and telework to limit person-to-person contact and risk of COVID-19 transmission. Workers set up impromptu workspaces in their residences. For some, it didn't always work out.

A second crisis, locally, spun off from the coronavirus pandemic — food insecurity for the 55,000 school-aged children in Fairfax County who are poor enough to qualify for subsidized meals during the school year.

While those in medical, safety and military professions had long been termed first responders, a new group of individuals took to the front lines. In grocery stores, cashiers such as the one at Safeway in Great Falls rung up purchases for his neighbors but with limited protection gear, not unlike most other cashiers and shelf stockers at other stores locally, including Giant and big-box retailer Costco. Management rationed items, a word used in times of war. Nonprofit organizations, including Cornerstones in Reston, told volunteers not to show up; staff took to the frontlines.

Monday, March 16 – Food is priority #1 for school-aged children in Fairfax County.

All Fairfax County Public school buildings close. The county cancels planned laptop distribution for students. The school system announces food distribution sites.

Financial markets crater. Both the Dow Jones and the S&P 500 have their most significant one-day falls since Black Monday 1987. S&P 500 drops 11.9 percent. Nasdaq drops 12.3 percent. All three indexes



PHOTO BY MERCIA HOBSON/ THE CONNECTION

Reston Town Center is deserted Wednesday, March 18, following action by V.A. Governor Ralph Northam to adopt federal government guidelines limiting gatherings to 10 people in a confined space.

are down more than 25 percent from their highs, according to Dow Jones.

Tuesday, March 17 - Virginia governor urges those over 65 to self-quarantine.

The Fairfax County Board of Supervisors holds an Emergency Special Meeting and declares a local state of emergency. Gov. Ralph Northam, a pediatrician, adopts federal government guidelines of limiting gatherings to 10 people. However, he does not order restaurants and bars to close; instead, he says, "We're encouraging that they use takeout ordering so that people won't be inside the confined space."

Wednesday, March 18 - Amazon donates a local \$1 million for COVID-19 relief to four area nonprofit organizations, including the Community Foundation of Northern Virginia.

Thursday, March 19 - Evidence of community spread in NOVA

The number of positive tests among people tested for coronavirus in Fairfax County is 14. Fairfax County Health Department releases the words no one wants to read: "Today, public health officials noted evidence of community transmission of the COVID-19 coronavirus in parts of Northern Virginia." It urges, "vigilant social distancing," staying at least six feet from others in all situations. FCPS expands grab-and-go food distribution sites, begins pop-up sites and buses deliver grab-and-go meals along select bus routes.

Friday, March 20 - New first responders. Cornerstones in Reston, self-described as an "advocate for those struggling to make ends meet in northwestern Fairfax County and the Dulles corridor," requests shelter volunteers, including meal servers, front desk staffers, donations assistants, childcare providers and others refrain from coming in for the next two weeks. The staff performs the work.

Saturday, March 21 - U.S. ranks 4th worldwide
At 4:43 p.m., Johns Hopkins reports 156 confirmed cases of coronavirus COVID-19 for Virginia with two deaths: That afternoon, the United States ranks 4th worldwide - 24,148 confirmed cases. By evening, the United States skyrockets to 3rd place.

Locally, Pia Agostini of Italy and owner of Pots & Plants in Great Falls says, "Another sad day for Italy, 793 deaths... All around the D.C. metro area, we are still seeing outdoor gatherings, mostly of young adults, this must stop...If we follow distancing, we might be safe from a lockdown, and businesses might be safe from a shutdown."

A partial view of Reston Hospital Center HCA Healthcare System: Active visitor restrictions are in place.



PHOTO BY
MERCIA HOBSON/
THE CONNECTION

Under the Shadow of COVID-19

Hospital, ministry, charity, and funeral home respond to the new reality.

BY MERCIA HOBSON
THE CONNECTION

Coronavirus knows no boundaries. It affects healthcare to ministries and how people gather to volunteer and even attend funerals of loved ones. The Connection reached out to learn more about the current status of one hospital, church, charity and funeral home in the area, ones whose clientele reach beyond local citizenry.

Friday night Governor Northam signed an executive order to allow hospitals and nursing homes greater flexibility to add more beds. The same day, the Fairfax County Health Department reported the first COVID-19 death in the Fairfax Health District. On Saturday, the Virginia Health Department confirmed 152 positive cases of COVID-19.

Todd McGovern, Director of Marketing and Communications, Reston Hospital Center:

"Reston Hospital Center has well-established protocols in place to care for patients with infectious diseases, and our emergency planning efforts related to COVID-19 started several weeks ago. We are working in partnership with local and state health departments and the CDC, and continue to monitor the situation closely.

While we have the bed capacity,

ity, staffing, and supplies and equipment we need at this time, we continue to plan by accessing the resources, support and best practices across HCA Healthcare to help ensure we remain able to meet the needs of the communities we serve as the situation continues to evolve:

❖ To ensure we are prepared for an influx of patients, we have staffing contingency plans, and those include the use of HCA Healthcare's in-house staffing agency.

❖ To help ensure our caregivers and patients continue to have enough supplies and equipment, we are asking staff to conserve personal protective equipment by following, but not exceeding, the guidelines for infection prevention. In addition, HCA Healthcare is working to identify other sources of important supplies and equipment to help ensure the continued protection of our colleagues and patients.

❖ We have the ability to add bed capacity to certain areas of our hospital, if needed, and we are reviewing best practices of other HCA Healthcare hospitals.

Our overall preparedness efforts during the last several weeks have included reinforcing appropriate infection prevention

SEE CHANGES, PAGE 6

NEWS

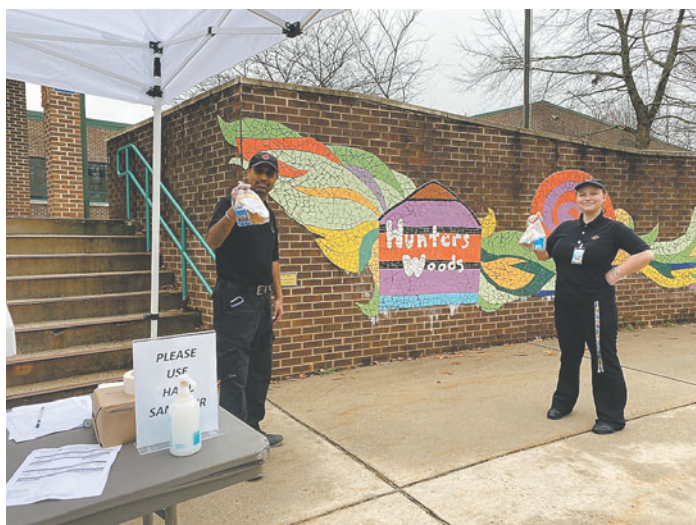
Navigating COVID-19

From an elderly man to the state senator.

The Connection heard the words of individuals from all walks of a life—an elderly gentleman, small business owners, employees, parents with young children, room-mates teleworking, a VA State Senator and the Governor of Virginia on how they are navigating the new reality as the region, state and beyond battle COVID-19.

—MERCIA HOBSON

Food for needy students is a priority for Fairfax County Public Schools. Miranda Pulliam, Food Service Manager: "I work doing this all summer and never get as many children this early at a distribution site." Pictured with Pulliam, the Hunters Woods Elementary School for the Arts and Sciences in Reston, a new pop up distribution site for students in need of food is Arun Kumar, who distributes a grab-and-go bag to a student.



PHOTOS BY MERCIA HOBSON/THE CONNECTION



Small business adjusts its business plan. Jillian Zurich, Veterinary Assistant, VCA Herndon-Reston Animal Hospital: "We need to take full precautions to keep clients and staff safe." Zurich is pictured with Beau owned by John Chapman. The Animal Hospital instituted new pet admittance and checkout policies. Pet owners remain in their vehicles and are checked-in outside the hospital. A staff member picks up the pet from owners parked in the parking lot and returns them after the appointment. "We will do our best to coordinate your visit from outside the hospital, including providing follow up instructions and taking payments." -Posted on VCA Herndon-Reston website

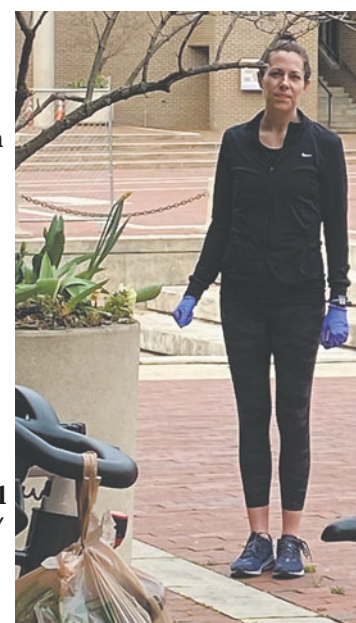
Teleworking. Fritz Tanis of Herndon: "I secluded myself in the bedroom. I have two TV trays and two laptops." Pictured with son, Devin, 7.



Life with COVID-19 seen through the lens of parents. Jenna Tanis of Herndon: "It's interesting with three active little boys. Outdoor time is crucial to our sanity, and a little screen time isn't hurting anyone. We are using online resources: Devon, 7, Adventure Academy; Morgan, 2, he gets crayons and Jaden, 4, ABCmouse.com."




Small business adjusts its business plan. Liz Kamp, owner of New Trail Cycling: "While we're closed down, I'm allowing riders to rent bikes for \$39 per week with a 4-week minimum. We'll be posting free virtual classes on our website. We have many riders who have their own bikes at home whether it's stationary or an outdoor bike on a trainer, our riders can follow along... We're posting free workouts, daily challenges, health tips and general encouragement." Visit <https://www.facebook.com/groups/2392121917745431/> SEE VIEWPOINTS, PAGE 5



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COMMENTARY

More Work Left to be Done

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)



I hope you are hunkered down as you read this column as I am hunkered down writing it. No one wants to get sick with a nasty virus, and certainly no one wants to be responsible for getting someone else sick with something that can be deadly. The rules to follow are incredibly simple: wash your hands with soap on both sides for about 20 seconds many times a day; stay away from others for several feet and especially do not go into any kind of crowd. If you need to sneeze or cough, do it in a tissue that you throw or flush away. If you get a fever and a dry cough, contact your doctor or the health department.

The final advice that might be the hardest for active persons like I am is to stay sane. Wrapping up an amazing and historic session of the General Assembly like this last one has kept me busy for several weeks. While I have received more notes of thanks and appreciation than ever after a legislative session, I also want to thank those who have taken the time to send me a note or email. As many have expressed, it was a historic, transformative, and consequential session! I was honored to be part of it.

The session gives us a solid footing upon which we can move forward. Unfortunately, the economic slump we are entering may even be worse than the one in 2008 and may hamper progress in funding very important programs. We must not falter on fund-

ing critical health care programs both for physical and mental health. And we must continue our effort to ensure that everyone has access to health insurance. Our current health crisis reminds us that much work needs to be done to provide mandated paid sick leave for everyone.

We got a start on raising the minimum wage, but we need to continue a pathway to \$15 per hour. The so-called right-to-work law needs to be repealed to give workers greater protections.

The criminal justice system got attention this past legislative session, but a great deal of work needs to be done to ensure that it is a just system. We need to shut off the classroom to prison pipeline that too often has treated youthful behavior as crimes. Small amounts of marijuana were decriminalized this session, but the entire range of drug crimes and rehabilitation needs review. Likewise, the parole system needs reform with an emphasis on restorative justice. The death penalty that is seldom used needs to be repealed.

A major transportation package that passed needs continuous review. With an increasing number of vehicles using electricity for power, the revenue from the gasoline tax will shrink. We took significant strides in protecting our environment, but there is much work to be done.

Hunkering down gives us time to celebrate our accomplishments, but the time of reflection and contemplation also reminds us that much more is left to be done.

VIEWPOINTS

Navigating the COVID-19 crisis: State Senator Jennifer Boysko (D-33): "Every-



thing that we are seeing around the county and in other parts of the world indicates that each and every one of us should behave as though we are putting another person at risk...We want to make sure those in medical crises have access to a hospital bed... I am so grateful to our medical professionals, first responders, our grocery store and pharmacy employees and other essential employees who absolutely must keep working. Let's protect those people by mitigating the risk we as individuals pose to them. Here's a video at <https://twitter.com/JenniferBoysko/status/1241781373247029250?s=20> that explains clearly why it is so important to slow the spread of the virus.

Del. Ibraheem S. Samirah (D-86), a Doctor of Medical Dentistry, playing Battleship with a friend taking picture: "I would agree to sheltering-in-place as an order for everyone living in a densely populated area two weeks ago when we found out COVID-19 was causing a pandemic, and I think we should do that more so today. We are late on slowing the virus. If we all did that for two weeks, we would know who has been getting sick because of the virus, treat them and with that mostly eliminate the virus from our homes and places of work ... I work mostly with Medicaid patients that are mostly seniors. Because they can be hit by the virus the most, I have canceled all my times to meet with them until the virus is gone. I am a call away if they ever have a question about anything medical, as well as if any Virginian has any also. If any person has any Coronavirus questions they can call my district phone at 571-324-2448.



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NEWS

Changes

FROM PAGE 3

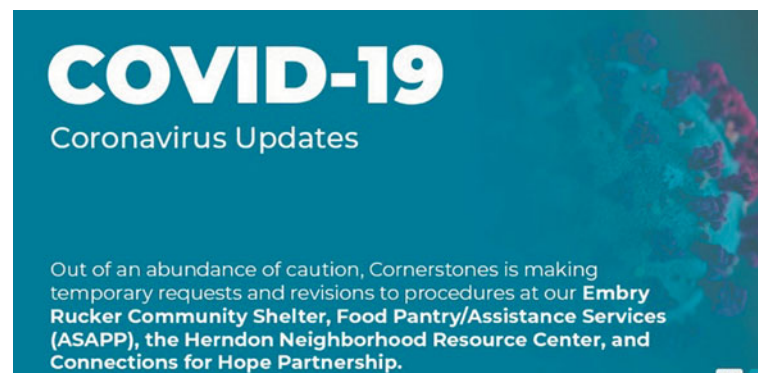
vention protocols and guidance from the CDC. Earlier this month, we limited entry into our facility so we can screen patients and visitors as they enter in order to help protect everyone in our hospital. We also continue to work closely with state and local health departments and the CDC."

McGovern added: "We have well-established protocols in place to care for patients with infectious diseases, and we have been working diligently in our preparations for COVID-19. Part of our response includes balancing our readiness to care for patients with COVID-19 while continuing to make sure the many other patients who depend on our hospitals receive needed and timely care. We are following the recommended guidelines from the Centers for Medicare and Medicaid Services (CMS) to review scheduled procedures based on a number of factors, including the urgency of the procedure, the clinical judgement of our physicians as well as the current circumstances in the facility and the community."

St. Joseph Catholic Church, Herndon: Bishop Michael F. Burbidge, Diocese of Arlington: "It is with great sadness that I announce that as of today, I am suspending the public celebration of all Masses in the Diocese of Arlington. Via video message March 16, 2020, View Mass live stream at <https://www.nationalshrine.org/mass/> Watch the daily Mass from EWTN <https://www.ewtn.com/tv/watch-live/united-states>

Kerrie B. Wilson, CEO of Cornerstones, Reston: "For 50 years, Cornerstones has worked to address the effects of 'chronic disaster' - the cumulative impact that being without a home, food, or struggling to survive day-to-day has on your physical and mental health. Since 1970, we have focused on trauma reduction, providing our most vulnerable neighbors with valuable resources for building long-term health and stability, and focusing our expertise on 'upstream solutions' to prevent the horrible epidemic of homelessness and poverty.

Cornerstones joins our grateful community in saluting all who are working to protect our health and safety during this unprecedented crisis, including the many business owners striving to keep our economy going and people in their jobs. I am so profoundly grateful



Post on Cornerstones' website <https://www.cornerstonesva.org>.

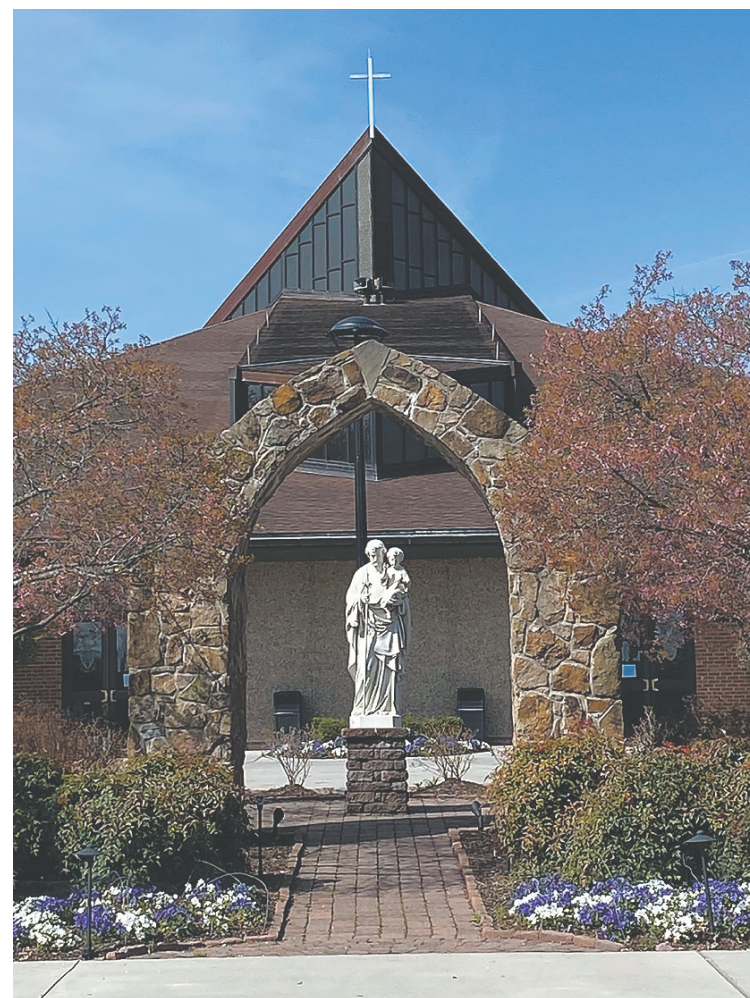


PHOTO BY MERCIA HOBSON/THE CONNECTION

St. Joseph Catholic Church, Herndon: The church is open, but visitors must limit the number of persons in the church to 10 or fewer at any time.

to my colleagues at Cornerstones who are here every day and through the night to help local families, children, and individuals in need. Together with our corporate partners, donors, volunteers, and community advocates, we are keeping Cornerstones' safety net strong as we prepare for the long haul.

The area's most vulnerable neighbors need help as Cornerstones experiences a shortage of items essential for keeping the Embry Rucker shelter clean and safe. View Amazon Wishlist https://www.amazon.com/hz/wishlist/ls/1U74PKB8E640W?ref_=wl_share

Chris & Kathryn Adams, Owners of Adams-Green Funeral Home, Herndon: "In order to pro-

tect the health of the families we serve as well as our staff, we will be following Federal and Commonwealth directives to limit the size of groups present for services to approximately 10 people or less. We will continue to offer Private Family Services in our chapel. We also understand that at a time of loss, extended family and friends want and need to grieve with you, so, for this reason, we will now be able to live stream funeral and memorial services held in our chapel to the public in real-time...For the facility itself, we have increased our cleaning and disinfection practices focusing extra attention on high traffic/touch areas."

(Posted on the funeral home's website page).

BULLETIN

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

COVID-19 CLOSURES

- Virginia Gov. Ralph Northam this week announced a number of COVID-related actions that impact Fairfax County and the entire Commonwealth, including:
- ❖ All schools (public and private) to remain closed at least through the end of the academic year. Fairfax County Public Schools is still considering some form of continuity of learning for its students. The School Board will meet in an emergency session on March 23 to discuss further.
 - ❖ Restaurants may only provide curbside, takeout or delivery service.
 - ❖ Recreation and entertainment facilities like gyms, bowling alleys and theaters must close.
 - ❖ Personal care services like spas, massage parlors and barber shops must close.
 - ❖ Essential businesses such as grocery stores, pharmacies and banks may remain open while maintaining social distancing guidelines; grocery stores must increase sanitizing procedures.
 - ❖ Non-essential brick and mortar establishments can stay open if they can maintain the 10-person limit, otherwise, non-essential businesses must close.
 - ❖ Gatherings of more than 10 people are still banned across Virginia.

FAIRFAX COUNTY ACTIVATES CORONAVIRUS INFORMATION CENTER

- Fairfax County activated a Joint Information Center in response to the Novel Coronavirus (COVID-19) on March 13.
- ❖ **Fairfax County Health Department COVID-19 webpage** – www.fairfaxcounty.gov/health/novel-coronavirus
 - ❖ **Emergency Information Blog** (you can subscribe by email or follow by RSS) – www.fairfaxcounty.gov/emergency/blog
 - ❖ **Coronavirus (COVID-19) Call Center** – The community may call 703-267-3511 with questions. The call center is open from 9 a.m. until 9 p.m. weekdays and 9 a.m. to 5 p.m. weekends.
 - ❖ Residents may also text FFXCOVID to 888777 to receive updates from Fairfax County about COVID-19.
 - ❖ **Twitter** – @fairfaxcounty and @fairfaxhealth
 - ❖ **Facebook** – www.facebook.com/fairfaxcounty and www.facebook.com/fairfaxcountyhealth

BUS SERVICE MEETINGS POSTPONED

The meetings previously scheduled for March 25 and April 1, 2020, on the Preferred Plan for the Herndon-Reston Area Bus Service have been postponed and will be rescheduled at a later date. Residents can provide input via an online survey at <https://www.fairfaxcounty.gov/connector/reston-herndon-bus-service-review-survey-preferred>. The survey will be open until further notice.

Fairfax County Department of Transportation encourages public input on the preferred plan to provide enhanced Fairfax Connector bus service in the Reston and Herndon areas, including connections to the future Metrorail Silver Line Phase 2 stations. The preferred service plan was developed based on public input received through community engagement in 2019, stakeholder engagement and technical analysis. After this final round of community input, FCDOT will finalize the preferred plan based on public feedback and technical analysis and take to the Board of Supervisors for approval.

The service changes will coincide with the start of service and opening of Phase 2 Metrorail Silver Line stations: Reston Town Center Station, Herndon Station, Innovation Center Station, Dulles Airport Station, Loudoun Gateway Station and Ashburn Station. Comments can also be mailed to Fairfax County Department of Transportation, 4050 Legato Road, Suite 400, Fairfax, VA 22033. You can also email feedback to fairfaxconnector@fairfaxcounty.gov.

PARKS, LIBRARIES CLOSED

Effective Monday, March 16, all Fairfax County Park Authority (indoor) parks, libraries and community facilities are closed to the public until further notice. This includes recreation (RECenters), nature, community, resource and teen centers, golf courses, historic sites, athletic fields and picnic shelters. SACC will not offer any spring break services, as previously planned.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

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Risking a Reward



By KENNETH B. LOURIE

In my 11-plus years as a lung cancer “diagnossee,” I’ve done a pretty good job of facing the facts and acting/planning accordingly. I’ve accepted my reality and somehow managed to live so long beyond the original “13 month to two year” prognosis I was given by my oncologist that he has introduced me to some of his students as his “third miracle.” Unfortunately, this characterization is not the end of the story.

In retrospect, dealing with/being treated for one type of cancer (non small cell lung cancer) seemed easy enough. Soon, I’ll be getting treated for two types of cancer: papillary thyroid cancer stage 2, in addition to my pre-existing stage 4 lung cancer. And since the treatments are not identical and cannot occur simultaneously, I’ll be receiving treatment for my thyroid cancer first and deferring treatment for my lung cancer until at least mid April. That’s when I have my next scheduled appointment with my oncologist when no doubt we’ll discuss strategy and all treating me forward.

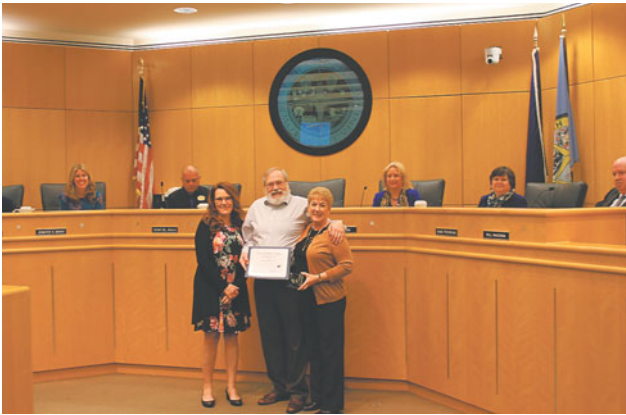
In the interim, to address the thyroid cancer, I will be spending a night at the Washington Hospital Center. This will occur after I receive a dose of radioisotopes, a type of nuclear medicine designed to target and kill any remaining thyroid cancer in my body wherever it might be located. What happens after my “overnight” and subsequent follow-up appointment with my endocrinologist has yet to be discussed. What little I know is that I’ll need a pre- and post-procedure CT scans and that upon release from the hospital, I’ll need to be quarantined for a few days (away from children and pets primarily).

Hoping my body responds as anticipated, I’ll presume there will be some kind of maintenance-type of treatment for my thyroid cancer which will likely be combined with the restart of my lung cancer treatment. But I don’t really know. But what I really do know is that doctors, generally speaking, don’t want to consider scenarios about what might happen if such and such or so and so happens, or not. Though I’m sure there’s a reasonable expectation of something or other happening, my experience has been that doctors divulging what might happen (treatment/procedure etc.) next, since there are so many variables/results yet to be considered, is unlikely. Though I will still ask my fair share of questions about my future, ultimately, all I can do is wait and see.

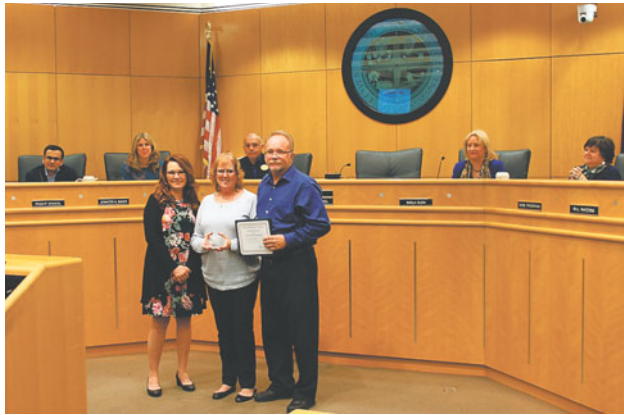
Ordinarily, as in how I’ve managed since my diagnosis, being uncertain about the next medical step has been no problem. I realize that answer would likely be somewhere between a house of cards and definite maybe anyway, always depending. Now add to the mix of uncertainty, the coronavirus that has “pandemicked” the country. As a result of its spread, will I be prevented/rescheduled because the hospitals are overwhelmed? After all, I am the poster child for possible victims: male, over 60, weakened immune system with a severe underlying medical condition. I’m the exact person they don’t want to see at the hospital. Yet, if I don’t go/receive approval to go, I doubt I’ll get any better at home without treatment. In my case, I don’t believe leaving well enough alone is going to work very well.

Still, my choices feel almost counterintuitive. I have to risk my life (leave my home) in order to possibly save my life (cancer treatment) away from home. I can’t do one without the other. To receive treatment, I’ll have to expose myself, potentially, to the exact complication that my lung cancer diagnosis makes me most susceptible to: breathing issues. However, if I don’t/can’t, I’ll be worse off than if I hadn’t. Nor do I feel as if I can wait until the virus is more under control. Control which seems unlikely in the near term. And in every term (short, medium or long), the cancer is not going to wait. I sure hope I won’t have to either.

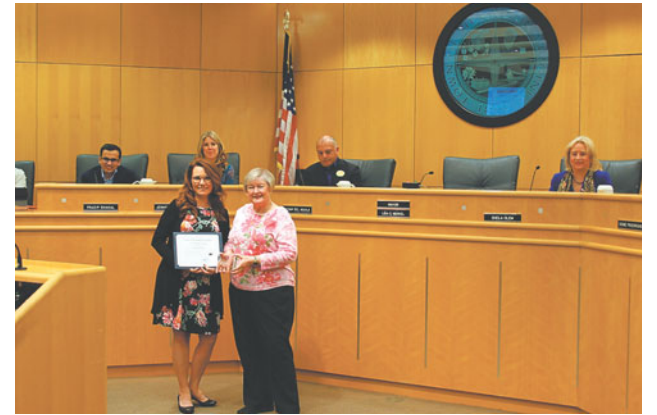
Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.



Mayor Merkel with Good Neighbor Awardees, David and Sherée Cole.



Mayor Merkel with Good Neighbor Awardees, Bill and Norma Huntington



Mayor Merkel with Good Neighbor Awardee Christian (Christie) White.

Small Acts of Kindness: Won't You Be My Neighbor?

Five individuals receive Town of Herndon Good Neighbor Award.

BY MERCIA HOBSON
THE CONNECTION

Neighbors helping neighbors is what Herndon is all about, according to Mayor Lisa C. Merkel. On Tuesday, March 10, she had the privilege to present two couples and an individual the esteemed "Good Neighbor Award." It recognizes selfless contribution and commitment to neighbors by neighbors in the town. Mayor Merkel presented certificates and crystal awards to David and Sherée Cole, Christian (Christie) White, and Bill and Norma Hun-

tington during the Herndon Town Council Public Hearing.

According to Barbara Correia, she nominated David and Sherée Cole because they are amazing neighbors. "They are always offering a hand to help others with everything from mowing, snow blowing (and) collecting mail for out-of-town neighbors," said Correia. "Last Spring, our bathroom door knob broke while I was in there, and I could not get out. I had four small children at home and was locked in the bathroom. I sent my seven-year-old down the street to the Coles' house, and within three minutes, David was at our house with a toolbox and

had me out in no time."

Nominator Linda Esposito noted Christian (Christie) White for her willingness to make herself available to anyone who needs her help, even in the middle of the night. "She has looked after the two... neighbors across from her apartment, (one has recently passed), both day and night for whatever needs they had... She has gone to extremes to bring the community at Herndon Harbor House together and strives to bring happiness and joy to everyone, especially those who are alone in this world," said Esposito.

According to the nominator Robyn

Magee, her neighbors Bill and Norma Huntington are very conscientious of the needs of others, especially their elderly neighbors. Magee said that Van and June Harrison, who lived well into their 90s, resided next door to the Huntingtons. "Bill would assist them whenever he could, mowing their lawn, taking out their trash, shoveling their driveway, etc. In later years, oftentimes, an ambulance was called to Van and June's home, and Norma would be the first to greet them...Bill and Norma did everything they could to help Van and June to the very end," said Magee.

"In Herndon, we take care of each other, and the council is happy to celebrate these neighbors," said Mayor Merkel.

CALENDAR

ONGOING

AARP Tax-Aide Program. Now thru April 14. At RCC Hunters Woods, 2310 Colts Neck Road, Reston. Tuesdays: 9 a.m. – 2 p.m.; Thursdays: 4:30 p.m. – 8:30 p.m.; and Saturdays: 9 a.m. – 3 p.m. Free. For taxpayers with low and moderate incomes with special attention to those 60 and older. AARP's Tax-Aide program was created nearly 40 years ago to assist older adults as well as persons with low and middle incomes in successfully navigating the tax code. All tax preparation is free and confidential. For more information, contact the Lifelong Learning Program Director, Casmera Lebron at 703-390-6157.

GRACEEVENTSCANCELEDTHRU MAY

In light of the recent guidance from the Commonwealth of Virginia, the Centers for Disease Control and Prevention (CDC), the Greater Reston Arts Center (GRACE) will be closed and all public programs are cancelled through May. This includes the May 2 installation ceremony for Buoyant Force, the Sue Wrban sculpture just recently installed in Town Square Park.

SATURDAY/MARCH 28

National Capital Open Tae Kwon Do Championship. 9 a.m. to 6 p.m. At South Lakes High School, 11400 South Lakes Drive, Reston. H. K. Lee Academy

Editor's Note: Be aware that many events could be cancelled as precaution to the spread of COVID-19. Please check before heading to events. Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

of Tae Kwon Do of Herndon will host the 2020 National Capital Open Tae Kwon Do Championship. This event attracts approximately 1,500 people, including competitors, coaches, officials, special guests and spectators. All proceeds from spectator admissions will benefit the South Lakes High School Athletic Booster Club and is one of the Club's largest fund-raisers. Cost is \$10. Visit the website: <https://hkleetkfamily.com/2020-natl-capitol-open>

Inova Loudoun Hospital Open House. 10 a.m. to 2 p.m. At Inova Loudoun Hospital, 44045 Riverside Parkway, Leesburg. North Tower "Opening Day" community open house. Activities: sneak peek tours of the Tower, exploring the Inova Children's Hospital ambulance, VR baseball games, crafts, meet the Washington Nationals' mascots. Free. Visit the website: inova.org/LoudounTower

SUNDAY/MARCH 29

Local Author Spotlight. 2 p.m. At Scrawl Books, 11911 Freedom Drive, Reston. Meet professional writers from the community. Authors Ridley Nelson, Mary Elizabeth Ames, Greg Drost, Bryant Johnson and Mike and Christina Puterbaugh represent a variety of genres and talents. They will introduce their books, discuss the different aspects of publishing and offer a local perspective on the industry.

MARCH 30-31

Dare to Lead Workshop. 9 a.m. to 5 p.m. both days. At Greater Reston Chamber of Commerce, 1886 Metro Center Drive, Suite 150, Reston. Attend a Dare to Lead workshop based on Brené Brown's groundbreaking research led by a certified Daring Way facilitator—one of only a few such facilitators in the world. A Dare to Lead workshop includes facilitation, self-reflection, practical activities, and short videos hosted by Brené on four teachable, observable, and measurable courage building skills. Cost is \$995 (includes materials, lunch, snacks). To register: imperative-dimensions.com or email ls Sharon@imperative-dimensions.com or call 703-232-9673.

APRIL 2 TO 26

"Noises Off." At NextStop Theatre, 269 Sunset Park Drive, Herndon. This uproarious play-within-a-play follows the backstage antics of the members of a touring company as they blunder through an ominously bad dress rehearsal and a spectacularly disastrous performance. This production is directed by Artistic Director Evan Hoffmann, and features Jacob Yeh, James Finley, Jonathan Del Palmer, Emily Levey, Todd Huse, Lisa Bailey, Suzy Alden, Tel Monks, and Jaclyn Young. Visit the website: <http://www.nextstoptheatre.org/shows/noises-off/>

FRIDAY/APRIL 3

Chris Anderson Songwriter. 6:30-9:30 p.m. At Lake Anne Coffeehouse & Wine Bar, 1612 Washington Plaza N, Reston. 'Grammy In the Streets' and 'Mid-Atlantic Song Contest' Gold award-winning songwriter Chris Anderson will present smarty-pants Americana original songs, accompanied by Harried Americans bassist Niels Jonker. Free. Visit the website: <http://lakeannecoffeehouse.com>

MORE ONGOING

Trivia Night at Crafthouse. Tuesdays, 8-10 p.m. at Crafthouse, 1888 Explorer St., Reston. Call 571-926-9931 or visit crafthouseusa.com for more.

Karaoke at Crafthouse. Wednesdays, 8-10 p.m. at Crafthouse, 1888 Explorer St., Reston. Call 571-926-9931 or visit crafthouseusa.com for more.

The Elden Street Tea Shop. Saturdays in ArtSpace Herndon, 750 Center St., Herndon. Sip tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit www.eldenstreettea.com.

Small Business Support Sundays. Visit independent stores and restaurants, and those that support small businesses at Reston Town Center, offering specials, discounts, tastings, and localized treats every Sunday. Visit

SmallBusinessSupportSundays.com.

All-comers' Group Fun Run. Thursdays, 6:30-7:30 p.m. at Potomac River Running, Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 or visit www.potomacriverrunning.com/reston/.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com for more.

IMPROVING ENGLISH

One-To-One English Conversation. Mondays, 1 p.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Multiple one-on-one practice sessions with a volunteer are available each week. Call 703-689-2700 to reserve a spot.

Pre-Beginners. Wednesdays 10-11 a.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

Beginners. Tuesdays 10-11 a.m. with Beth; Thursdays 10-11 a.m. with Genie; Fridays 10-11 a.m. with Ivan. At Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.