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CONNECTION

WELLBEING

PAGE 8

Winifred Allen and her daughter: Allen reflects on challenges on the front lines of the pandemic.

Are Northern Virginia Hospitals Ready?

News, PAGE 3

Life in Great Falls in Time of Pandemic

Viewpoints, PAGE 6

Grateful, Scared And Hopeful

Opinion, PAGE 4

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OPINION, PAGE 4 ♦ CLASSIFIEDS, PAGE 6



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# NEWS

## Are Northern Virginia Hospitals Ready?

Projections show a critical lack of hospital beds and ICU beds.

BY MICHAEL LEE POPE  
THE CONNECTION

Northern Virginia's health care system could be overwhelmed by an influx of patients infected with the novel coronavirus, according to an assessment from the Harvard Global Health Institute. The projections show hospitals in Fairfax, Arlington and Alexandria could quickly fill their available beds with patients, forcing administrators to either expand capacity or make the kind of life-and-death decisions about care that Italy has been forced into by the crisis.

"The numbers seem very daunting," said Thomas Tsai, assistant professor at the Harvard Global Health Institute. "Our goal was to motivate collective action so we are not making decisions when the epidemic is hitting individual hospitals."

One scenario presented by the institute paints a grim picture for the Arlington Hospital Referral Region, which includes Fairfax County and Alexandria. Assuming the virus infects 40 percent of the population and social distancing allows for the disease to be spread out over six months, more than 10,000 hospital beds would be needed to handle the crush of new patients. That's about 1,000 percent of available beds. Even if hospital administrators cancel most elective surgeries and double the number of beds available, that's still five patients for every hospital bed.

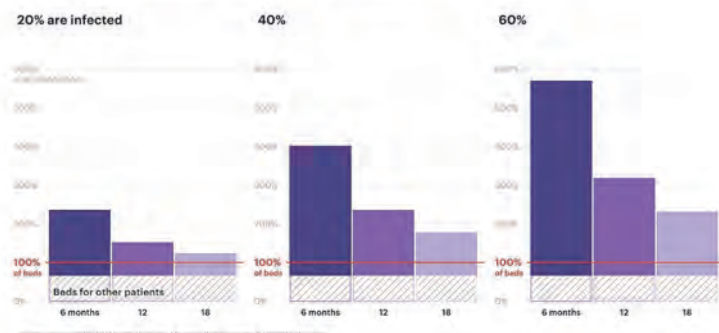
"Nobody really knows what the disease course is going to look like," said Tsai. "So it's important to stay grounded on what we do know, which is our bed supply and our ICU supply."

The data on intensive care unit beds is even more ominous, a particularly unsettling dimension of the projections because these are the patients who would need ventilators because of the intense respiratory problems associated with the disease. Under the scenario where the virus infects 40 percent of the population and social distancing allows for the disease to be spread out over a six-month period, more than 2,000 ICU beds will be needed. Even if most elective surgeries are canceled, according to the Harvard projections, that would still put the the need for ICU beds at 700 percent. That's seven people for every available ICU bed.

"This is looking exclusively at hospital beds based on predictive modeling," said Julian Walker, vice president of communications for the Virginia Hospital and Healthcare Association. "There are also many other healthcare facilities in this state, outpatient surgery centers for example, that are not counted in the hospital bed totals that could also be pressed into service

According to the model, about a fifth of adults who are infected will need to be hospitalized.

This is how many hospital beds will be needed in Arlington, VA if infections are spread out over 6 months, 12 months or 18 months and...



GRAPH COURTESY OF PRO PUBLICA

in the event that there is a real medical surge issue here."

**IF NO STEPS WERE TAKEN** at social distancing, health experts say, the course of the disease would be about one month. That would totally overwhelm the system and create an unworkable crisis. Spreading the course of the disease out over six months would require a sustained effort at social distancing, an effort to flatten the curve that is still in the early stages.

"We are moving into a period of sacrifice," explained Gov. Ralph Northam as he cancelled all Virginia schools for the rest of the academic year. "We all need to take care of each other from afar because social distancing is the only path forward."

Even if the course of the disease is spread out over 18 months, which would require a massive and unprecedented effort at social distancing, the predictive model still shows the system in Northern Virginia does not have enough capacity. Assuming every elective surgery is cancelled, doubling the availability of ICU beds, Northern Virginia will have a 150 percent need for ICU

beds. That's two ICU beds for three patients who need respirators in September 2021.

"We are underprepared for this kind of an event," said Kevin Peach, chairman of the Local Emergency Planning Committee in Alexandria. "That's why people are behaving the way they are and that there's such an elevated panic."

**HOSPITALS ACROSS VIRGINIA** are taking steps to prepare for the potential crush of patients flooding their emergency rooms. Elective surgeries have been postponed or cancelled, placing a financial burden on the industry. Mary Washington Healthcare in Fredericksburg has already set up a field hospital, and other hospitals are exploring the idea of setting up their

SEE HOSPITAL BEDS, PAGE 10

## Distance Learning Begins on April 14

Superintendent's letter to Fairfax County Public Schools' families.

Scott Brabrand, Superintendent, Fairfax County Public Schools, has sent the following letter to the FCPS families on March 26, 2020:



Dear FCPS Families,

Now that the governor has ordered all Virginia schools to remain closed through the end of the academic year, FCPS, with the support of our School Board, is planning to begin distance instruction and learning with our students on April 14.

Launching a distance learning plan to reach 189,000 students that engages nearly 16,000 classroom teachers is a complex challenge. We acknowledge that distance learning cannot reasonably replace daily in-person instructional programs, and we will not be trying to replicate the regular school day. Our Distance Learning Plan provides for students to continue learning in developmentally appropriate ways, while being mindful of their health and wellness. The plan includes paper learning packets, video broadcasts, lessons/assignments and learning materials posted to Blackboard and completed individually or collaboratively, along with scheduled web chats.

Our Instructional Services team held web conferences with elementary and secondary principals last week to communicate the plan for staff training and resuming instruction. Teachers will be returning to work virtually on Monday, March 30 in order to complete their distance learning training. Please be assured that this plan was created with the understanding that some of our staff and families may face challenges participating in distance learning, and we will all need to work together in the best interest of our students.

Here is how the Distance Learning Plan will work:

**High School Distance Learning Plan**  
Students will engage in teacher-led, teacher-supported and independent learning in all courses.

During the week of March 30, teachers will be contacting students to reconnect, provide review material for concepts taught prior to closure, and prepare for classes starting on April 14.

**Elementary School Distance Learning Plan**  
Students will engage in teacher-led and independent learning.

There is also time for teacher check-ins, virtual chats, phone calls and emails with students.

Learning packets will be distributed by mail to all students (PK-6) beginning the week of March 30.

SEE DISTANCE LEARNING, PAGE 10

The FCPS Online Campus will resume operation on March 30. At this time, students registered for the self-directed Economics and Personal Finance course as of March 19, 2020 for either summer session 1 or summer session 2, will also have the ability to begin the course online through Virtual Virginia.

Distribution has begun of a limited number of Mifi devices, or wireless hotspots, to high school students in need who do not have any access to the internet at home. Schools have been contacting families directly to arrange for the pickups, by appointment.

### Middle School Distance Learning Plan

Students will engage in teacher-led, teacher-supported and independent learning.

Learning packets will be distributed by mail to all students in the four core classes: Language Arts, Math, Science, and Social Studies. Distribution will begin the week of March 30.

Middle school students will be engaged in virtual, teacher-directed learning in the four core classes along with world languages (HS credit) beginning the week of April 14. Elective teachers will post learning activities to Blackboard.

Distribution of laptops began this week for students in need who do not have access to a device at home. Schools have been contacting families directly to arrange for the pickups.

### Elementary School Distance Learning Plan

Students will engage in teacher-led and independent learning.

There is also time for teacher check-ins, virtual chats, phone calls and emails with students.

Learning packets will be distributed by mail to all students (PK-6) beginning the week of March 30.

SEE DISTANCE LEARNING, PAGE 10



## Grateful, Scared and Hopeful

On the front lines of the pandemic.

By WINIFRED ALLEN

As I reflect on the last few weeks and the changes that I and my co-workers throughout Fairfax County are navigating, the first word that comes to mind is gratefulness. Difficult times have pushed us together in ways that we could never have imagined, and I'm grateful more than ever for everyone who is coming together to protect our community.

Day in and day out, Fairfax County nurses, social workers, first responders and educators -- along with grocery workers, home care providers, hospital staff, and countless others -- are on the front lines keeping our community safe and healthy. In the middle of this pandemic, I have seen how hard everyone is working to implement changes that seem to occur minute by minute while we maintain services for the community and try to care for our own families. I see co-workers continue to show up every day, despite their fears, because of their dedication and love for what we do.

I see my fellow mental health professionals providing comfort and counseling to our community members with mental illness. I see our housing staff working to ensure that every family has a roof over their heads and that no one loses their homes. I see our community center staff making sure that seniors still get health



Winifred Allen and her daughter: Allen reflects on challenges on front lines of the pandemic.

care, food, and companionship. Their courage and commitment are incredibly inspiring.

As a Board member of the Fairfax County Government Employees Union, SEIU Virginia 512, I also hear my co-workers' concerns regarding safety and health. I hear the fear that some express now that coronavirus is at our

doorstep. We are afraid for our loved ones and for the people we serve. And when we learn of fellow employees directly affected, as we did last week, it hurts us all because we are not just co-workers, we are family. We are bonded by our employer, Fairfax County, but we have banded together in unity to take care of each other.

I am so grateful for my co-workers who support me every day so that I can continue serving those in need. I am so grateful for our union, which is fighting for all working families every day. I am grateful for Chairman Jeff McKay and the Board of Supervisors for listening to and partnering with us to keep our community and our workforce safe.

Now we are standing with working people across the country with urgent demands for our federal government. Every one of us on the front lines need protective equipment such as gloves, masks, and cleaning supplies, as well as expanded opportunities for telework so we can continue to serve our communities. We demand paid leave for all impacted workers so everyone can care for their own families no matter where we are from or what race we are.

While it's clear that many challenges are coming, I know that the gratefulness I have now for the people who make our community a wonderful place can expand. I know that if our elected leaders take action now, all of us can look back at this critical moment with gratitude.

*The writer is Mental Health Therapist and SEIU Virginia 512 member.*

## Foster Dog or Cat

By BARBARA HUTCHERSON

Lost Dog & Cat Rescue Foundation (LDCRF) in Falls Church has pledged to continue taking in animals in need during the COVID-19 crisis, when shelters across the country are facing disrupted operations and the looming likelihood of exceeding capacity. To make room to help overburdened shelters and their animals, LDCRF is asking the community to please step up and host a foster dog or cat in the coming week, and even consider adopting. Fostering is a fantastic way to take advantage of extra time at home, and as an added bonus: isolation is much less stressful with a four-footed friend!

During this anxious time, we are all faced with some difficult decisions. Our shelter partners are feeling the strong effects of significantly decreased adoptions and are quickly running out of space, many of whom have had to close their doors to the public. Many rescue organizations are also at capacity and unable to help municipal



PHOTOS CONTRIBUTED

**Fostering is a fantastic way to take advantage of extra time at home, and as an added bonus: isolation is much less stressful with a four-footed friend!**

shelters by taking in pets. Thanks to our supporters and wonderful community opening their homes to our rescue animals, we're extremely fortunate to currently have

space and are happy to help. We will do what we can to alleviate this recent pressure on our shelter partners. To do so, we'll need even more people to adopt and foster dogs and cats over the coming weeks.

In accordance with guidance from the government and national animal welfare organizations such as American Pets Alive! (AmPA!), Lost Dog & Cat Rescue Foundation is working under enhanced protocols and procedures to promote public health. We've shifted to adoptions by appointment and are now having supporters meet dogs outside where it's easier to maintain social distance whenever possible. "We are taking precautionary recommendations very

seriously, and at the same time, maintaining our commitment to doing everything we can to help animals in need.

Members of the public can pro-

## Local rescue tackles new animal welfare crisis.

vide critical support by adopting, fostering, or donating today. To find out how to adopt or foster a pet, visit [www.lostdogrescue.org](http://www.lostdogrescue.org). To make a contribution to LDCRF's life-saving efforts, visit <https://lostdogrescue.org/donate-now/>. To order supplies from the organization's wishlist, go to <https://amzn.to/2xcdP8I>.

Lost Dog & Cat Rescue Foundation is a nonprofit animal rescue organization in Falls Church, intaking and adopting out nearly 2,000 dogs and cats per year. Its primary focus is on rescuing animals at risk of euthanasia in municipal shelters, where space becomes an issue. LDCRF also participates with national organizations to rescue animals in the wake of natural disasters and in the event of large-scale hoarding cases. LDCRF runs a vibrant "dogventure" program that allows members of the community to take a dog out for a few hours or a day.

*The writer is Executive Director, Lost Dog & Cat Rescue Foundation.*

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# McLEAN COMMUNITY CENTER 2020 GOVERNING BOARD ELECTIONS

## MEET THE CANDIDATES

The Governing Board and staff of the McLean Community Center (MCC) strongly encourage all qualified residents to vote for members of MCC's 2020-2021 Governing Board. Your vote sends a very important message of your support of the Center's programs and services.

### Requirements to Vote:

1. You must be a resident of the MCC's tax district (Dranesville Small District 1A); however, you need not be registered to vote in the general election.
2. You must be at least 18 years old to vote for an adult candidate. Adults may vote for up to three candidates.
3. You must be 15 through 17 years old on McLean Day (May 16, 2020) to vote for Youth candidates. Youth voters have two votes and may vote for one candidate in the McLean High School boundary area, and one candidate in the Langley High School boundary area. Youth voters may not vote for more than one candidate in the same boundary area.

### Absentee Voting:

Vote by absentee ballot now through May 13. Call the Center at **703-744-9348**, or send a request by e-mail to [elections@mcleancenter.org](mailto:elections@mcleancenter.org); or request by regular mail (to McLean Community Center, 1234 Ingleside Avenue, McLean, VA 22101) to have a ballot package sent to your home. You may request individual Adult and/or Youth ballots for those in your household. Completed absentee voting affidavits and ballots must be returned to MCC by 5 p.m. on Wednesday, May 13, in order to be counted.

Write-in candidates are allowed and must have at least 10 votes from 10 residents of the Center's tax district in order to have their votes counted. For youth write-in candidates, the 10 votes must come from teens who live within the same high school boundary area as the candidate.

## ADULT CANDIDATES



**Bill Glikbarg** [bglikbarg@aol.com](mailto:bglikbarg@aol.com)

I have been active for more than 20 years in various community theater groups at the fabulous MCC Alden Theatre. I would like to see that The Alden Theatre continues to support shows from community and professional groups for the McLean audiences. Currently, I am Treasurer of a not-for-profit active community theater group at The Alden. I am also a past president of a homeowners' association in the MCC tax district. Hence, I believe I understand the need to balance the financial constraints of the MCC with the need to provide great services to the McLean community.



**Melanie Sletten** [mel\\_sletten@hotmail.com](mailto:mel_sletten@hotmail.com)

I wish to run for the Board of the McLean Community Center. As a volunteer at many local theaters, including The Alden; at the Arlington Food Assistance Center; at special events for the MCC; and as a Master Gardener, I would like to contribute to the well-being of others, both those living today and those yet unborn. As a Methodist, I'm taught to do all the good I can do wherever, whenever, for whomever, and however I can. I have some ideas I would like to propose which might better support the center and perhaps more residents within the jurisdiction.



**Barbara Zamora-Appel** [bgzamora@gmail.com](mailto:bgzamora@gmail.com)

I am a three-year McLean resident with two children attending Churchill Road Elementary. My family and I love the sense of community and particularly enjoy the programs the MCC offers. I believe that my skills and professional work experience in the private, public, and nonprofit sectors would benefit the MCC. I've held numerous volunteer leadership roles with nonprofits to increase stakeholder interests and participation and to help achieve their mission and goals. I can use this experience to advance the goals of the MCC to drive rewarding experiences and a supportive learning environment for people of all ages and abilities.

## YOUTH CANDIDATES

### McLEAN HIGH SCHOOL BOUNDARY AREA



**Tyler Jensen** [tylair16@gmail.com](mailto:tylair16@gmail.com)

I am running for the McLean Community Center Governing Board because I believe I can best represent the interests of my community and will offer potential to the board. I'm qualified for this position because I serve on the Youth Advisory Council that operates under the Safe Community Coalition, and I was elected by my peers to serve on the Committee on Raising Student Voices at McLean High School. I am deeply invested in leadership roles, such as this one, and I strive to give back to the community in any way that I might. Thank you for your consideration.



**Nyla Marcott** [nkmarcott@gmail.com](mailto:nkmarcott@gmail.com)

I am a student at McLean High School, running for the Board to support the community and serve you. I feel fortunate to live in a diverse city with a vibrant community center. I will listen and make your voice heard. I participate in the Girls' Leadership Committee to strengthen my leadership skills and make positive contributions. As a reporter for The Highlander, I research and write about issues of concern to students and our community. I better McLean by ensuring people are included, have a place in the community, and know they are valued. I'd greatly appreciate your vote.



**Sophia Powell** [spcoburn803@gmail.com](mailto:spcoburn803@gmail.com)

I am seeking a youth seat on the MCC Board because I am passionate about amplifying youth voices. This year, I have been fortunate to be selected for Youth Leadership Greater Washington, a program designed to train future leaders. Additionally, for the last four years, I've been a Leadership Ambassador for She Rocks the World, a local nonprofit focused on empowering girls to use their voices fearlessly. Participation in these programs has inspired me to take a more active role in my community. If elected, I would work hard to represent the concerns of my peers.

## YOUTH CANDIDATES

### LANGLEY HIGH SCHOOL BOUNDARY AREA



**Selina Al-Shihabi** [selina22101@gmail.com](mailto:selina22101@gmail.com)

My name is Selina Al-Shihabi and I'm a student at Langley High School. McLean Community Center has given me countless opportunities. Now, it is my turn to give back to my community. I'm best suited to be your representative because I hold various leadership roles at Langley. Some of my priorities once on the board are: communicating regularly with students; planning exciting new events and trips; and making sure all residents feel part of the McLean community. I would also like to increase student leadership and volunteer opportunities. Allow me to represent you, and I will not let you down.



**Ivy Chen** [ivychen2004@gmail.com](mailto:ivychen2004@gmail.com)

I want to run for the Governing Board because I am profoundly interested in setting policies for the community. I am passionate about overseeing and participating in meetings related to the various programs and discussions that will affect our lives. In other words, I want to give back to our society. Beyond my academic life, I enjoy running and participate in a multitude of extracurricular activities. I want to be involved in beneficially changing our community, so therefore, I am also a member of the Citizen Advisory Committee that focuses on protecting our community and making schools a safer environment.



**Maria Kim** [myk0382@gmail.com](mailto:myk0382@gmail.com)

My name is Maria Kim and I am delighted to be a candidate. I have lived in McLean for most of my life now, and it is time to give back to what this community has given to me. I am currently a freshman at Langley and am a part of the robotics club, business and finance, Model UN and the Wind Ensemble. Joining Model UN has undoubtedly improved my public speaking skills, creating solutions for complex issues and working collaboratively with others. With this, I will put my best foot forward on improving and innovating the McLean community!



**Aidan Nguyen** [ninjackhinjack@gmail.com](mailto:ninjackhinjack@gmail.com)

I remember watching a speech during the 2016 election, and it awoke an interest in politics inside of me. I continued this throughout higher schooling by doing activities like Model UN and joining political discussion clubs. When I learned about the election I'm running for, I turned my attention to McLean. McLean has always been part of my life, ever since I could remember. From the various local events, to the sports teams, McLean has provided me with many experiences, opportunities and friends. I am running because I want to repay this gift and give it back to many others.



**Fay Shuai** [faithcrossok@hotmail.com](mailto:faithcrossok@hotmail.com)

My name is Fay Shuai. I'm a junior at Langley High School and I'm thrilled to be given this opportunity to run for the youth board position. Since I could remember, I've loved public speaking and ambitiously supporting good causes, and I have an insatiable passion for helping my community. I regularly perform chamber music at senior homes. I've spent over 200 hours helping underprivileged kids in Oklahoma and I raised over \$1,000 in less than a week to support Wuhan hospitals in combatting the coronavirus. If I'm elected, I'll do everything in my power to better our wonderful district!



**Emily Siryani** [emily.siryani@gmail.com](mailto:emily.siryani@gmail.com)

I may not be the most well-known person running for the Governing Board, but I promise to listen to each and every one of you. You matter. Your opinions matter. I have been in the SGA position before and I am committed to improve the quality of my community. I am responsible, organized, confident to make decisions and willing to support local students. I have the skill to incorporate the consensus needs and priorities of my community into strong policies. I am dedicated to work towards improving the access to clean drinking water, housing, poverty issues and health disparities.



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## VIEWPOINTS

### Life in Great Falls in the Time of COVID-19

--JENNIFER FLANAGAN

A huge part of my job usually is visiting schools and meeting with school administrators and of course attending public school board meetings. I started a #dayinthelife-program where I was shadowing students at our high schools. I was planning to go on the middle schools and then the elementary schools. Now, like everyone else, I am working from home and doing everything remotely. We just had our first public, remote school board meeting last Friday. We used Blackboard Collaborate and the screen was live streamed. Today, I am listening to two Blackboard Collaborate sessions with McLean HS students to understand what their issues are regarding our FCPS Distance Learning program. I spend more time answering emails from parents and students that have concerns. I will be holding a remote office hour tomorrow and will plan to do more of that. It's going to be different, but I am going to try and be as creative as possible to keep in touch with Dranesville schools-students, parents, administrators, etc.



**Elaine Tholen, School Board Member,  
Dranesville, Great Falls**

When the news first broke about the pandemic my sales plummeted. But when they announced the school closings, my business blew up. I went from being concerned I was going to have to close, to the highest volume I have ever had for one week. Many of my customers commented that they wanted to support all the local small businesses and wanted to make sure I survived. Their support and their words meant a lot to me. There's still huge uncertainty, but I'm going to try to continue operating as long as permitted and/or safe.



**Richard Ashton, Co-owner of Classic  
Wines in Great Falls**

### Herndon Village Network Connects with Senior Citizens

Herndon Village Network (HVN) is key to keeping senior citizens connected to the community, even in today's challenging times. Currently, HVN is offering the following services:

- \* Transportation of healthy HVN members to "must do" doctor appointments, pharmacies, and grocery stores;
- \* Pickup and delivery of ordered prescriptions and groceries, so that HVN members do not have to go into stores; and
- \* Purchase and delivery of shelf-stable food to senior citizens residing at Herndon Harbor House.

Herndon Village Network currently has 100 senior citizen members, who pay only \$20 per year for unlimited access to day and evening transportation on weekdays and weekends. In 2019, volunteer drivers provided members 908 rides, totalling 19,578 miles. This more organized concept of neighbors helping neighbors encourages older residents to age in the Herndon community and allows them to maintain established routines and connections, which results in a higher quality of life.

Senior citizens who reside in Herndon 20170 or in Kendrick Court Apartments may call 703-375-9439 or visit <https://herndonvillagenetwork.org/join/> to become Herndon Village Network (HVN) members.



PHOTO BY CHARLES MARTS

**Judy Ferris, a resident of Herndon Harbor House, thanks Herndon Village Network for helpful shelf-stable foods.**

[herndonvillagenetwork.org/join/](https://herndonvillagenetwork.org/join/) to become Herndon Village Network (HVN) members. Adults interested in helping with HVN's mission may make tax-deductible donations at <https://herndonvillagenetwork.org/donate/> or become volunteers at <https://herndonvillagenetwork.org/volunteer/>.



## NEWS

Geologist Cynde Sears explains natural forces at work on metagraywacke metamorphic rock.

PHOTOS BY  
SUSAN LAUME/  
THE CONNECTION



## Fairfax Naturalists Explore Riverbend Park

BY SUSAN LAUME  
THE CONNECTION

Early wildflowers greeted the Spring class of Fairfax Master Naturalists during their first field trip to Riverbend Park on March 14. The park, located along the Potomac River in Great Falls, provides an opportunity to learn the geology of the Potomac Gorge and to view rocks which are part of the Mather Gorge Formation in the upper reaches.

Geologist and group instructor, Cynde Sears, explained that rock formations visible here likely were formed by the same geologic events that produced the Appalachian Mountains about 480 million years ago. Through woods blanketed with wildflowers, including Virginia bluebells, spring beauties, and bloodroot, the group walked to large metagraywacke formations.

Sears explained the formative forces of the rocks composed of quartz, feldspar and mica. Over millions of years, such rock is broken down into soil by the chemical processes of simple lichen.

Soil composition was part of the morning lecture. Soil scientist Dan Schwartz, with Fairfax County's Soil and Water Conservation District, pulled core samples to illustrate the levels or horizons of soil. Soil is composed of varying amounts of sand, silt and clay present in four soil horizons: an organic rich surface layer, clayey, a layer between soil and rock, and solid bedrock. Master Naturalist students observed the differences in color and composition in layers from core samples taken at river level and higher on the river ridge.



Soil Scientist Dan Schwartz pulls core samples to show soil horizons.

The Virginia Master Naturalists is a community based natural resources program with chapters across the Commonwealth, including the Fairfax group. Volunteer educators, citizen scientists, and stewards help conserve and manage natural resources and public lands. Membership is open to all by application, usually twice per year. Certification requirements include an extensive training course, and 40 volunteer hours and 8 continuing education hours, per year. The initial program typically takes 6 - 12 months to complete. In 2019, approximately 3,350 members logged 191,202 service hours in a variety of education, stewardship, and citizen scientist-monitoring programs.

The current Spring class meetings are impacted by the health crisis. The group will explore online training options going forward; their March 28 field trip to Huntley Meadows to study Ornithology and Herpetology has been postponed due to the limit on gatherings of more than ten people. Park trails, such as those at Huntley Meadows and Riverbend remain open to the public.

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## WELLBEING

# Cooking in the Age of Coronavirus

Turning pantry  
 staples into delicious and  
 nutritious meals.



PHOTOS BY TERRI CARR

A pantry stocked with a carefully planned array of staples can keep meals healthy and interesting.

BY MARILYN CAMPBELL  
 THE CONNECTION

**D**uring this time of social distancing, more time spent indoors and fewer trips to bare-shelf supermarkets, stocking the pantry with a food supply that's meant to last for weeks has become the new normal. No longer is dining out an option. From potato chips washed down by soda to canned tuna paired with frozen broccoli, cooking and eating food that's on hand can throw an entire household into an unhealthy culinary rut.

"This is not a snow storm that will melt in a few days. This isn't the time to eat more brownies, drink more wine and munch continually because you don't have much structure in your life," said licensed nutritionist Janet Zalman, MS, of the Zalman Nutrition Group. "You can't say, 'I'm going to go back to eating healthy when this pandemic is over,' because we don't know how long it's going to last. Eating healthy and keeping our bodies healthy can make a difference in a crisis, especially for preexisting health conditions like heart disease, obesity and diabetes."

With a little creativity, it's possible to turn pantry staples into healthy, but savory dishes that can be soul-soothing during this time of heightened anxiety, says Terri Carr of Terri's Table in Potomac. "Stews, chilies and soups [made with] ground meats, potatoes, canned beans and tomatoes and stock or broth cooking in a slow cooker or on the stovetop for a couple of hours release aromas that are inviting and comforting," she said. "Pasta dishes can be very diverse depending upon what ingredients you have available. They don't have to be limited to typical pasta sauces. Adding lots of onions, a bit of garlic, parmesan and even greens at the end of cooking the pasta can be very tasty and healthy."

The right mixture of herbs and seasonings can turn ho-hum meals into flavorful powerhouses. "Pesto is a terrific change and several types of pesto are easily available at grocery stores," said Carr. "I add leftover

chicken to pasta dishes to provide protein and use up leftovers. Adding sundried tomatoes gives a big flavor boost in pasta dishes."

Even with the limited availability of some foods, it's still possible to find key ingredients to stock a healthy pantry. "Whole-grain pasta such as brown rice or buckwheat is a complete protein and you can add beans and vegetables on top of that for a complete protein ... option," said Teri Cochrane, author of *The Wildatarian Diet* —Living as Nature Intended, and founder of the Global Sustainable Health Institute. "Dried beans or canned, organic beans are very cost-effective. You can get a bag of dried beans for less than two dollars. You can sauté frozen vegetables and when you pair that with brown or wild rice you can have a full protein meal for almost pennies per person."

"There are no frozen vegetables right now, but fresh vegetables are still in the supermarket," said Zalman. "You can wash them with soap and water."

From savory to sweet, ideas for preparing that produce abound, says Zalman. "You can roast carrots," she said. "Apples are around. You can make baked apples if you want something sweet. Have it with yogurt or ice cream or almond milk and you have a dessert."

Instead of reaching for a bag of potato chips, Zalman suggest slicing and baking sweet potatoes that have been brushed with oil and sprinkled with a dash of salt. "You can make popcorn on the stove and add herbs, a drop of salt unless you have high blood pressure," she said.

When the butcher section of the grocery store is low on meat, it's time to think inside the can. "If you want turkey burgers, but don't have turkey use canned salmon and make a salmon burger," said Zalman. "It's delicious inexpensive and healthy. 'If you have kids you can make casseroles like a tuna casserole or a salmon casserole.'"

In fact, healthy cooking is a way to spend the extra family time we're given. "A good way to get families together in the kitchen is [making] things from scratch such as soups and breads or treats," said Cochrane.

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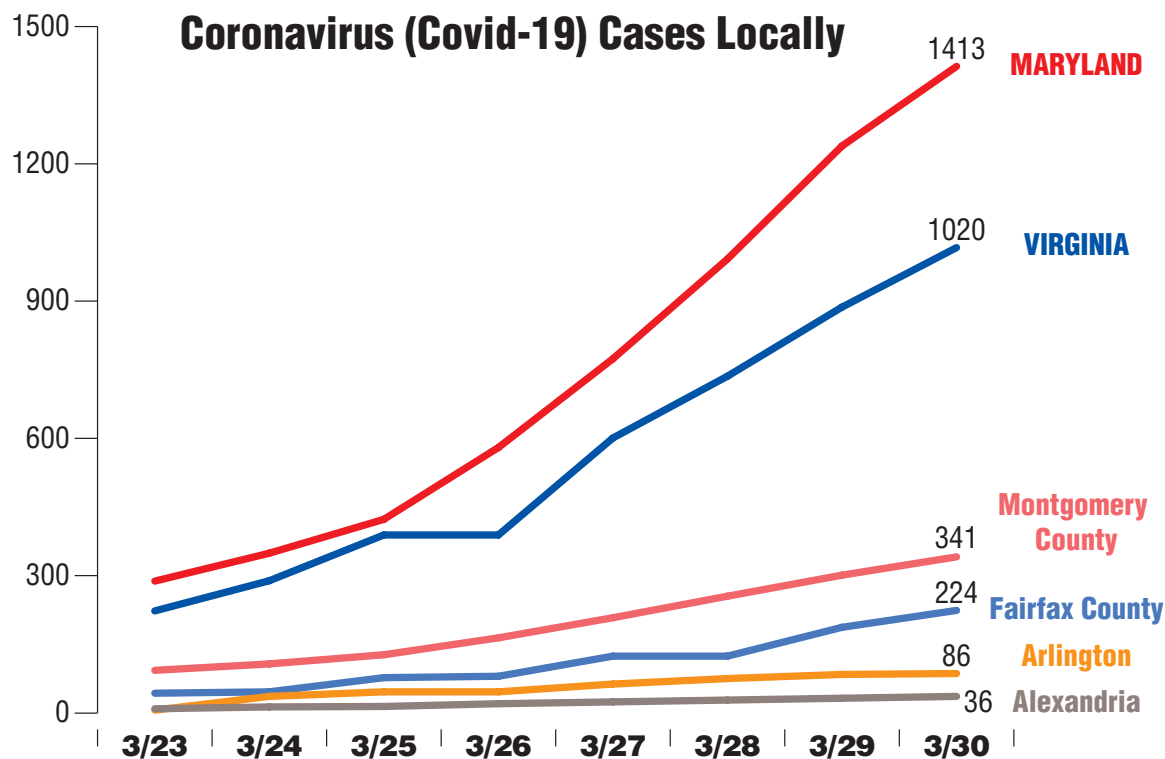
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## NEWS



## Governor Issues Statewide Stay at Home Order for Virginia

On Monday, March 30, Gov. Ralph Northam issued a statewide Stay at Home order to protect the health and safety of Virginians and mitigate the spread of the novel coronavirus, or COVID-19. The executive order takes effect immediately and will remain in place until June 10, 2020, unless amended or rescinded by a further executive order.

The order directs all Virginians to stay home except in extremely limited circumstances. Individuals may leave their residence to seek medical attention, work, care for family or household members, obtain goods and services like groceries, prescriptions, and others as outlined in Executive Order Fifty-Three, and engage in outdoor activity with strict social distancing requirements.

The executive order also directs all Virginia institutions of higher education to stop in-person classes and instruction. Private campgrounds must close for short-term stays, and beaches will be closed statewide except for fishing and exercise.

"We are in a public health crisis, and we need everyone to take this seriously and act responsibly," said Northam. "Our message to Virginians is clear: stay home. We know this virus spreads primarily through human-to-human contact, and that's why it's so important that people follow this order and practice social distancing. I'm deeply grateful to everyone for their cooperation during this unprecedented and difficult time."

Last week, Governor Northam issued Executive Order Fifty-Three closing certain non-essential businesses, prohibiting public gatherings of more than 10 people, and directing all K-12 schools to remain closed for the rest of the academic year.

Frequently Asked Questions about Executive Order Fifty-Three can be found <https://www.governor.virginia.gov/>.

For the latest information about the COVID-19 outbreak, visit [virginia.gov/coronavirus](https://virginia.gov/coronavirus) or [CDC.gov/coronavirus](https://cdc.gov/coronavirus).

## Fairfax County Urges Residents to Stay Home

Fairfax County strongly urges residents to follow the stay-at-home order issued by Virginia Gov. Ralph Northam today.

This order is critical to help slow the spread of the coronavirus as cases continue to climb across the state with 225 confirmed cases in the Fairfax County Health District. Social distancing is the most effective method to limit the disease's transmission.

The governor's action, which remains in effect until June 10, means that residents should stay in homes with only a few exceptions for essential ac-

tivities, including:

- Getting groceries or medicines.
  - Caring for a sick family member or friend.
  - Getting medical care for yourself.
  - Going outside for exercise for yourself or pets (although not in groups larger than 10 people).
  - Getting essential social or government services.
  - Traveling to and from work or place of worship.
  - Do not go out unless you need to go out.
- "To date, this has been a suggestion to Virginians," said Northam. "Today it's an order."
- More details: <https://bit.ly/2yImDtH>

## COVID-19 Call Center Changes Hours

Health Department's Coronavirus (COVID-19) Call Center has changed its hours.

The Call Center, which can be reached at 703-267-3511 with coronavirus questions, is now open 9 a.m. to 7 p.m. weekdays and 9:30 a.m. to 5 p.m. on weekends.

There are several other ways to stay informed and get additional informa-

tion. You may also text FFXCOVID to 888777 to receive updates from Fairfax County about COVID-19 and email questions or concerns to [ffx-covid@fairfaxcounty.gov](mailto:ffx-covid@fairfaxcounty.gov). This email account is staffed Monday through Friday, 8 a.m. through 6 p.m.

Fairfax County also has a web portal for coronavirus that serves as a one-stop online resource for

online information; Coronavirus information can also be found on the Health Department Coronavirus (COVID-19) Webpage and FAQ page.

And on social media, be sure to follow the Fairfax County Government Facebook Page and Health Department Facebook Page as well as follow @fairfaxcounty and @fairfax-health on Twitter.

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- 5/6/2020.....Mother's Day Celebrations, Dining & Gifts II
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## NEWS

# Distance Learning Begins

FROM PAGE 3

Principals will send parents a published schedule of instruction.

Literacy and math content will also be made available on FCPS Cable Channel 21 (check your local listings or stream online) beginning the week of March 30.

Teacher-student virtual connections are encouraged.

Specials teachers will post learning activities to Blackboard.

### Resources for Special Education

FCPS staff is working hard to prepare distance learning materials to ensure that all students have access to educational materials and activities, including our students with Individualized Education Programs and 504 Plans.

Many disability-related modifications and services may be effectively provided online. These may include, for instance, extensions of time for assignments, modifications to assignments, videos with captioning or embedded sign language interpreting, accessible reading materials, and speech or language services through video conferencing. The Office of Special Education Instruction has developed and posted on the FCPS Continuity of Learning webpage, an Accommodations Toolbox that includes strategies and resources on how students may be able to access accommodations at home.

Continuity of Learning resources are also posted in Blackboard as well as on the FCPS public web located at: <https://www.fcps.edu/news/coronavirus-update-academics-distance>. In addition, FCPS is currently reviewing additional online platforms to ensure accessibility for all students and teachers.

### English Language Learners

The Office of ESOL Services is collaborating with the content-area

teams to create accessible resources for English learners. English learners (ELs) will participate in grade-level instruction and activities as well as engage in English Language Development (ELD) activities to simultaneously develop English language proficiency, content understandings, and Portrait of a Graduate attributes. It is important for students to read, write, speak and listen to English every day. FCPS is creating ELD resources that incorporate a variety of reading, writing, listening, and speaking activities.

English Learners and families will receive support from ESOL teachers and school-based Parent Liaisons. Additionally, FCPS provides Parent Information Phone Lines for families who speak a language other than English. Phone responders will answer questions and connect families to resources.

Parent Information Phone Lines:  
Amharic 571-423-4957; Arabic 571-423-4952; Chinese 571-423-4953; Farsi 571-423-4954; Korean 571-423-4951; Spanish 571-423-4950; Urdu 571-423-4955; Vietnamese 571-423-4956.

### 3rd Quarter Update

The third quarter grading book is not closed. We are working to ensure that students will have the opportunity to complete all assignments issued prior to the closing of schools before we close the third quarter. We will provide maximum flexibility for our students to be sure they can get those assignments submitted.

### Distance Learning Timeline

The Virginia Department of Education (VDOE) provided guidance to school systems not to require any new instruction during the past two weeks. As a result, FCPS quickly developed parent resources to support continuity of learning. Tens of thousands of in-

dividuals have utilized the tools in Blackboard, our FCPS website as well as the programming available on our cable channels.

Factors that need to be addressed to begin distance learning include:

Technology infrastructure availability for all students

The diverse learning needs of our students

Appropriate teacher training to ensure fidelity of implementation

Laptop distribution to approximately 15,000 middle school and elementary school students in accordance with health department guidelines, one student at a time

Printing and mailing of 125,000 learning packets weekly to homes across Fairfax County

This distance learning plan also recognizes the challenges of FCPS staff members working from home trying to take care of loved ones while ensuring their own health and safety.

### In Conclusion

We are being challenged in ways that we didn't imagine just a few weeks ago. Our teachers are professionals who are adjusting, adapting and learning to do whatever is necessary to create meaningful learning experiences for your students. Thank you for your support and patience. Our schools and teachers will be connecting with you in the days ahead as we embark on this distance learning mission.

This is the first of several communications you can expect to receive that will provide details and guidance about the distance learning plan.

Please continue to encourage and support one another as we face this unprecedented challenge.

Sincerely,  
**Scott Brabrand,**  
Superintendent

Fairfax County Public Schools

# Critical Lack of Hospital Beds

FROM PAGE 3

own field hospitals. The governor has also relaxed regulation on steps necessary to establish new hospital beds.

"During this public health emergency, government rules about establishing hospital beds are being relaxed," said Walker. "So all of the tools that are available are being explored and leveraged."

Walker also noted that the Virginia Healthcare Emergency Management Program was set up after 9/11 to prepare for a variety of public health emergencies. Participants include

public health officials, state government leaders, the hospital community, first-responders and public-safety personnel. For more than 20 years, these groups have been engaged in strategic planning, operational planning, information sharing and resource coordination.

"The planning and prep work to respond to these situations is something goes on on a regular basis," said Walker. "And that kind of collaboration that has existed for the last 20 years is being brought to bear by assembling all of the stakeholders and assembling the resources to try to combat this head on."



## BULLETIN BOARD

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

### GOVERNOR ORDERS STAY-AT-HOME ORDER

Governor Ralph Northam issued a statewide Stay-at-Home Order this week to protect the health and safety of Virginians and mitigate the spread of the novel coronavirus, or COVID-19. The executive order takes effect immediately and will remain in place until June 10, 2020, unless amended or rescinded by a further executive order. The order directs all Virginians to stay home except in extremely limited circumstances. Individuals may leave their residence for allowable travel, including to seek medical attention, work, care for family or household members, obtain goods and services like groceries, prescriptions, and others as outlined in Executive Order 53, and engage in outdoor activity with strict social distancing requirements. The executive order also directs all Virginia institutions of higher education to stop in-person classes and instruction. Private campgrounds must close for short-term stays, and beaches will be closed statewide except for fishing and exercise.

### GOVERNOR ORDERS STATEWIDE CLOSURES

Governor Ralph Northam last week issued a statewide order to protect the health and safety of Virginians and reduce the spread of the novel coronavirus, or COVID-19. Executive Order 53 orders 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. This order went into effect at 11:59 p.m. on Tuesday, March 24, 2020 and will remain in place until 11:59 p.m. on Thursday, April 23, 2020.

Public Gatherings -- All gatherings of more than 10 people are banned statewide, beginning at 11:59 p.m. on Tuesday, March 24, 2020. This does not include gatherings that involve the provision of health care or medical services, access to essential services for low-income residents, such as food banks; operations of the media; law enforcement agencies; or operations of government.

K-12 Schools -- All schools will remain closed through the end of this academic year. The Virginia Department of Education (VDOE) will issue guidance to help divisions execute plans to continue instruction, while ensuring students are served equitably, regardless of income level, access to technology, English learner status, or special needs.

Recreation and Entertainment Businesses -- The following recreation and entertainment businesses are considered non-essential and must close to the public beginning at 11:59 p.m. on Tuesday, March 24, 2020:

Theaters, performing arts centers, concert venues, museums, and other indoor entertainment centers;

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

Beauty salons, barber shops, 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;

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.

Dining and On-Site Alcohol Establishments -- All dining and congregation areas in the following establishments must close to the public beginning at 11:59 p.m. on Tuesday, March 24, 2020. These establishments may continue to offer delivery and/or takeout services. Establishments include:

Restaurants;

Dining establishments;

Food courts;

Farmers markets;

Breweries;

Microbreweries;

Distilleries;

Wineries; and

Tasting rooms.

Retail Businesses -- The following retail businesses are considered essential and may remain open during normal business hours:

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;

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## Cancer in a Pandemic



By KENNETH B. LOURIE

So far as I can tell, I'm being treated as per usual. Meaning, treatment for my recently diagnosed thyroid cancer is on track. On track meaning multiple hospital visits at two health care facilities (some even on the same day) over five consecutive days to include four radioiodine injections, pre-and post-treatment CT scans, lab work, miscellaneous other medical appointments and a low iodine diet to boot spread out over a nearly six-week interval including one over-night at the hospital.

To say I'm looking forward to the experience would be naive. To say I'm looking forward to killing the remaining thyroid cancer in my body would be more accurate. The thyroidectomy I had in late January was very successful but approximately 15 percent of the cancer remains, embedded under my collarbone and elsewhere. Consequently, treatment of my pre-existing/underlying stage IV non small cell lung cancer will be further delayed while we address the thyroid cancer which the surgeon was unable to remove. And now that I have my schedule, as of March 27, I now know when and where and how the process will play out.

One potential major complication: the coronavirus pandemic. Given the screening questions I have been asked of late when calling for medical information, if I am unlucky and somehow become infected or come in contact with someone who has been diagnosed or travel/have traveled to an area of the country/world particularly hard hit, I am guessing my treatment stops/never gets started. And not to be too paranoid about something which hasn't even happened yet but, I'd just as soon not become another statistic and/or not get my cancer treatment and allow my two types of cancer to live on without any checks or balances. (Generally speaking, if the cancer is left alone, it likely won't spontaneously go into remission. Quite the opposite in fact and therein lies my fear of having 'cancer in a pandemic.'

I imagine that at any time over the next six weeks, a hundred things could change that could adversely affect my treatment/schedule, many of which are beyond my control. And not that I'm a controlling person, but when it comes to medical treatment that might actually be saving/extending my life, I do become a bit preoccupied. And if push does come to shove, so to speak, there's not much that I can say or do about circumstances (staffing issues, medicine shortages, reduced hours, increase in patients, etc.) which might affect the availability of health care. As a cancer patient, you 'd like to have a little predictability given that your normal routine is hardly what you anticipated. However, none of us anticipated a pandemic and now all us patients are waiting for chips to fall and wondering/hoping our names will be on the treatment list.

Unfortunately, cancer treatment is not hit or miss. It mostly needs to hit. And if some of the hits can't happen when protocol says it should, there is reason to be afraid. But being afraid now, before any of these pandemic-related complications have even occurred is a waste of time, energy and emotional wherewithal. I don't need to worry yet. If any of these worse-case scenarios do happen, there will be plenty of time to worry later. At the moment, I'm scheduled, I'm not sick and I'm able to social-distance, self-isolate and shelter-in-place until further notice.

I just wish 'further notice' wasn't a month from now. So much can happen to so many at so many places, most of which I can't prevent. And yet, if these happenings are not prevented, it's possible the powers that most likely be will inform me that circumstances have overtaken their plans and my treatment will have to be delayed. I'm so close. Thirty days however is an eternity for a cancer patient. Somehow, I have to stop watching the calendar. I have to watch my "ps" and "qs" instead and avoid any unnecessary social interactions. I'd like to think that come the end of April, I'll be ready, willing and available. I just hope that I can say the same thing about the medical professionals and hospitals where I'll be getting treatment.

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



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