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Senior Pastor Robert Wallace prepares for a streamed Wednesday night Bible study from his house for the McLean Baptist Church congregation.

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NEWS



Members of the clergy gather at Lewinsville Presbyterian Church to record service to be uploaded on Facebook, Youtube, and their website for the community to watch remotely.



PHOTOS CONTRIBUTED

McLean Presbyterian Church, which usually welcomes around 1,800 worshipers across two sites on Sundays, has moved all services and programs online. Senior Pastor James Forsyth preaches during the online service.

Staying Connected Spiritually During COVID-19

Area churches are adapting to serve their communities during social distancing and continuing to support those in need.

BY JESSICA FENG
THE CONNECTION

With the outbreak of Coronavirus pushing Governor Ralph Northam to close Virginia public schools, his decision to close all nonessential businesses and ban public gatherings came as no surprise. Now, a week before Easter Sunday, many church communities are overcoming obstacles to connect with church members while adapting to the social distancing requirements.

At McLean Presbyterian Church, Senior Pastor James Forsyth emphasized the difference between the end of in-person activities and the end of the community.

"We have canceled activities at the church but we have not stopped being the church! We're worshipping online, posting daily devotionals, meeting in smaller groups for an online community, and seeking out ways to serve our neighbors and communities. God knew this was going to happen. Now we get to participate in Kingdom work in new and creative ways."

TO COPE with the lack of interaction, programs have been put in place to foster the same tight-knit atmosphere as before in churches such as Lewinsville Presbyterian Church.

"Every Monday, one of our Pastors does a short video blog which is posted on our Facebook page, our YouTube channel, and our website. Every Tuesday, our congregation receives our current Prayer List via email. Every Wednesday, we invite our folks to our Weekly Bible Study, now via Zoom video conference. Every Thursday, we send out information about our upcoming Sunday Worship Service online, our Christian Education classes, and any announcements we may have. Every Friday, our Director of Music Ministries provides a music video we post on Facebook, YouTube, and the website. On Saturdays, as the need arises, we make our folks aware of any mission outreach needs such as SHARE, Second Story, and Christ House."

Pastor Sandy Kessinger of the Lutheran Church of the Redeemer describes the ways



Senior Pastor Robert Wallace prepares for a streamed Wednesday night Bible study from his house for the McLean Baptist Church congregation.

members of the clergy are working to produce services remotely.

"We are videotaping our services right now. Our musicians tape the music part of our liturgy from home. I tape the spoken parts of the liturgy and sermon and then we have someone who puts it all together. On Fridays, we email everyone the link to the videos (traditional service and contemporary service) along with the bulletins for people to follow the written word."

IN THIS TIME OF NEED, Senior Pastor Dr. Robert Cheeks, Jr of the Shiloh Baptist

Church leads the community in helping others.

"Recently, we've created the COVID-19 response team specifically to assist with transportation, shopping, pickup and delivery needs for all of those at high-risk and the elderly. We've even asked Shiloh, and the Friends of Shiloh, to contribute financially to aid the unemployed."

McLean Baptist Church along with Senior Pastor Robert Wallace has turned the focus onto the meaning of the holidays.

"The 'mandate' Jesus gave which gives Maundy Thursday its name is to 'love one another.' We have asked the congregation to put together short videos that show ways they have 'loved one another' during this time of separation. Some have been baking for the family. Some have been sewing medical masks."

Although these conditions may not be ideal, Pastor Joy Majied of Garfield Memorial Christian Church urges congregation members to use this time to reflect on the restoration of humanity.

"It is my hope and prayer that when it [social distancing] is all said and done and we rush to return to normal, that we have spent some time examining and deciding which parts of normal are worth rushing back to, or what we truly desire our 'new' normal to look like."

Langley High Students Win STEM Excellence Award

Emily Sun and Abigail Xu, students at Langley High School, have been selected as the 2020 recipients of the AAUW McLean Area Branch's STEM Excellence Award. The STEM (Science, Technology, Engineering, and Math) Excellence Award is given to a female student or team from a high school in the McLean area with an outstanding project in the field of Engineering entered in the Fairfax County Regional Science Fair. This year the students participated in a Virtual Science Fair by submitting three-minute videos for the judges to review.

The AAUW award recognizes the work done by Emily and Abigail on the project, "Flashlight Powered by Heat of Human Hand." Abigail and Emily developed and tested a flashlight that uses Peltier tiles to transfer body heat from a hand into electrical energy. They expanded on earlier work to develop a flashlight that works in a large range of temperatures. For the award, Emily and Abigail each received a Certificate of Merit and a check for \$100. The students will also be recognized by AAUW at a branch program in the Fall.

In addition to receiving the AAUW STEM



PHOTO CONTRIBUTED

From left -- Abigail Xu and Emily Sun, students at Langley High School, are shown in a video clip that they prepared for the Virtual Fairfax County Regional Science Fair.

Excellence Award, Abigail and Emily were recognized at the Virtual Science Fair with a Certificate of Merit from the Armed Forces Communications and Electronics Association, Northern VA Chapter (AFCEA), and an award from Hunton Andrews Kurth, LLP for preparation, filing, and prosecution of a US Patent Application.

For more information on the American Association of University Women and the McLean Area Branch, visit the AAUW McLean Area website at <http://mclean-va.aauw.net>.

Community Helping the Hungry

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



At a critical time in our history when our federal administration is displaying a level of ineptness that is head-shakingly unbelievable, the importance of community becomes more evident to us. Whether that community is at the state level as we live-stream on Mondays, Wednesdays and Fridays at 2 p.m. the quiet bed-side manner of our physician now Governor Ralph Northam as he tells us the steps we need to get through the COVID-19 crisis as best as humanly possible or whether it is the neighbors on the street who emerge to the stoops of their homes at noon one day to sing happy birthday to a young person who is celebrating a mile-marking 18th birthday, we as members of multiple communities are facing a history-changing crisis. The way we emerge on the other side is likely to be dependent more

COMMENTARY

on our community support system than on government action.

The federal Congress has already passed legislation of historic proportions that at any other time in our history would have been called socialism. There seems to be wide-spread agreement that it is not enough and that further federal assistance will be required both for individuals and families as well as the economy. To ensure that you are aware of the various programs of assistance that might be available to you and your family, visit my website at www.kenplum.com for a description of programs.

The General Assembly is required by the state Constitution to meet in a reconvened session after the Governor has reviewed and signed, vetoed or proposed amendments to bills passed in the recent regular session. The reconvened session is scheduled for April 22 this year, but there are serious questions as to whether it is a good idea to have 100 delegates and staff meeting in one room while 40 senators and staff meet in another room. However the issue is re-

solved we will be ploughing new legal ground. Whenever the General Assembly meets it will not bring good news; the sharp decline in revenue will wreck what was an historically good budget. The reductions will be many, and they will be deep.

What can we as a community do while we are hunkered down? As people are demonstrating in communities throughout the country, there are many life-saving and useful things we can do. First, we can, and we must respond to the needs of people who are hungry. On my website, www.kenplum.com, is a directory of food banks and pantries that are responding to the needs of the hungry. Congratulations and thank you to all who have put together these wonderful efforts. All of the rest of us can help them. Without leav-

ing your home you can donate online to the food banks that can use your contribution to buy food. You can buy groceries online and have them shipped to the local food bank. Or if you choose you can buy extra when you are doing your own shopping and contribute it to a food pantry. We are community, and we can help our neighbors who are hungry.

Japanese Experience: Distancing Ingrained in Culture

BY LUCY CHEN



Lucy Chen, 17, is a junior at Langley High School. She is interested in current events, public health, and technology. She is also an avid debater and enjoys having cultivated discussions.

You have seen the statistics. More than twenty-thousand dead worldwide as of today. You have seen China, you have seen Italy. I weep for them.

People are dying in their homes and no one is coming to help them. Doctors and nurses are exhausted from treating the sick. The impact is devastating.

Now it's in America. The US now has the most number of cases in the world. Hospitals are running out of much-needed masks, ventilators, and hospital beds. Healthcare professionals are now re-using protective gear. Is it too late, or can we still stop Covid-19 from spreading?

I was looking through the statistics to try to find an answer. One thing caught my eye. It's Japan. Japan used to have the 3rd most number of Covid-19 cases, but it has since dropped to number 31. How? After all, Japan was one of the first countries to get the virus. It has an aging population and high population density. It hasn't put in any strict regulations until recently. Shouldn't Japan be the epicenter of this virus? Yet, only 1866 people got the virus, and only 54 have died.

Perhaps the Japanese government hasn't carried out enough tests. But if Japan was just under-reporting, then its hospitals would have been overrun with sick patients weeks ago, regardless of the number of cases confirmed. This

means that the Japanese people are doing something against the coronavirus that is working. So what is it?

I decided to call my uncle in Japan, and I asked him, what is Japan doing that other countries are not? He didn't know. He told me that the coronavirus hadn't changed much in Japan. But people also continue to go to work on a daily basis and they still commute on crowded trains. Shouldn't the virus spread faster with crowded public transportation? I was confused.

After scrupulously comparing my life to my uncle's, I found a couple of important differences between the strategy of the US and

Japanese to combat the virus. Here are the two key takeaways:

1. Social Distancing

We hear this phrase all the time. Maintain a 6-foot distance away from everyone.

That's because it's important.

The social distancing already ingrained in Japanese culture has allowed the Japanese to naturally mitigate the spread of the coronavirus. They do not hug, shake hands, or kiss in greeting. Instead, they bow to each other. They also refrain from touching each other and even family members socially. It's working.

It's hard to stay cooped up in your own home. But it's just something you have to do temporarily. Stay at home. Avoid contact with others. It's not easy, but everyone needs to do it together. Don't be selfish. Don't endanger the lives of other people.

Unfortunately, there's one problem with social distancing. It's not fool-proof. For social distancing to work, you also need to practice good hygiene.

2. Good Hygiene

The Japanese practice a "combination of wearing masks when sick, regular doctor's visits, and a willingness to follow the advice of health officials, among others," says Dr. Matthieu Felt, a professor of Japanese culture at the University of Florida. Good hygiene has been very effective for Japan in combating the coronavirus. We should learn from them.

If you are sick, or frequently

come in contact with someone who is sick, wear a mask. It is very disrespectful in Japanese culture to disregard good hygiene habits because doing so could endanger other people.

"Wash your hands with soap and water." We hear this from doctors all the time, but we don't take it seriously. At least, not as serious as people in Japan do. My uncle washes his hands before he goes to bed, after he wakes up, before and after he eats, after he goes to the store or to the bank, after using the restroom, after he touches money, or a doorknob...you get the point. Now he does it even more. It's just the cultural norm in Japan.

You absolutely can not ignore this. Hand washing is the last barrier between you and the virus. Even if you self-quarantine, you will still get in contact with the outside world; whether it be through shopping at the store or online. Because of the coronavirus, we must treat every surface as unsanitary.

These actions will dramatically decrease the spread of the coronavirus and reduce the pressure on our healthcare system. We are now at a critical moment, and everyone needs to do their part. So please. I don't care if you're young or old, sick or not, but I ask you to do yourself, your family, your friends, and your country a favor. Practice social distancing. Wash your hands with soap regularly. Remember, that the killer is in your hands, and it is in your hands to stop it.

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VIENNA POLICE HIGHLIGHTS

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna, Virginia Police Department from March 27 – April 2, 2020.

INCIDENTS Fraud -- 300 Block Lawyers Road, NW Sept. 23, 2019 at 12 p.m. A resident reported that someone has been fraudulently accessing her credit bureau accounts and disputing her credit accounts.

Suspicious Event -- 600 Block Valley Drive, SE Between Feb. 1 at 7 a.m. and March 31 at 10 p.m. A citizen advised he sold his vehicle to an acquaintance in February. The citizen stated his license plates are now missing and he believes the acquaintance may have taken them.

Suspicious Event -- 900 Block Fairway Drive, NE March 16 between 12 and 5:00 p.m. On March 30, a resident reported the possible larceny of her lawnmower. The resident advised she was mowing her lawn when her lawnmower broke down. Two men stopped and offered to assist her in repairing the lawnmower. She allowed them to take the equipment, but has not heard back from them.

Found Property -- Dunkin Donuts 314 Maple Avenue, West March 27, 1:42 a.m. A sanitation worker was emptying the garbage can in front of Dunkin Donuts when he found a backpack that contained a handgun and ammunition.

Grand Larceny -- 225 Maple Avenue, East March 27 between 10 a.m. and 2 p.m. An employee left her purse in the employee break room. When she returned to the break room, she found someone had stolen

her driver's license, bank cards, and US currency from her purse. She discovered one of the cards was used to make unauthorized purchases.

Juvenile Case -- 500 Block Mashie Drive, SE March 27, 5:56 p.m. A resident reported that they located two young juveniles. The juveniles had been playing at a nearby park with their parents when they ran off. The parents, who had been searching for the children, were notified of their location, and the children were reunited with them.

Found Property -- Patrick Henry Library 101 Maple Avenue, East March 28, 4:09 p.m. A citizen found a keyfob and an identification card at the library.

Arrest -- Drunk in Public -- 700 Block Marshall Road, SW March 28, 11:15 p.m. Officers responded to the area for the report of a man banging on the door of residents. They located the man, and upon the officer's interaction with him, they detected signs of impairment. Ofc. Colligan arrested the 61-year-old man from Meath Driver in Fairfax. He was transported to the Fairfax County Adult Detention Center and charged with Drunk in Public.

Arrest -- Drunk in Public and Obstruction of Justice -- Maple Avenue and Mill Street, NE March 29, 12:57 a.m. Officers heard a man yelling in the 200 block of Maple Avenue, East. They located the man near Whole Foods where he began walking in the middle of Maple Avenue and continued to act belligerent. Upon the officers' interaction with the man, they detected signs of impairment. Rescue personnel responded to evaluate the

man. Once the man was medically cleared by rescue personnel, he was placed under arrest. Ofc. Farr transported the 33-year-old man with no fixed address to the Fairfax County Adult Detention Center. While the man was being transported he began to make threatening statements to the officer. The man was charged with Drunk in Public and Obstruction of Justice. He was held without bond.

Suspicious Event -- 200 Block Park Terrace Court, SE March 29, 10 a.m. A resident reported that windows had been removed from the laundry room. It did not appear that anything was missing or damaged in the laundry room.

Suspicious Event -- Highland

Street, NW March 29, 11:50 p.m. A resident reported that he found a man in his step-daughter's room after the man entered the home through a window. The juvenile reported that the man was her boyfriend and she permitted him to enter the home. An officer arrested the man for Contributing to the Delinquency of Minor and transported him to the Fairfax County Adult Detention Center. However, the magistrate would not issue a warrant for the man. The man was released with no charges placed against him. At the resident's request, the man was advised that he may be charged with Trespass if he returns to the home.

Juvenile Case -- Highland Street, NW March 30, 1:39 a.m. A resident

reported that his step-daughter became upset regarding a prior incident (Reference Incident and began yelling at her mother. When her older sister attempted to intervene, she was assaulted by the juvenile. The juvenile then left the residence. Officers located the juvenile in the area of Ayrhill Avenue and Dominion Road. The juvenile stated she got into an argument with her family, and her sister assaulted her. Her step-father then told her to leave the house. Both the juvenile and her sister showed signs of minor injury, and both declined to pursue charges against the other. Officers contacted a social worker who was able to provide a temporary teen shelter for the juvenile to stay for the night.



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HOME LIFESTYLE

Home Office Design

Creating a professional backdrop for video conferencing.

BY MARILYN CAMPBELL
THE CONNECTION

In the age of coronavirus, working from home and connecting with colleagues using video conferencing platforms like Zoom has become the new normal. From staff meetings to happy hours, virtual connectedness is keeping offices linked in a world of social distancing. For some, however, this means scrambling to give their home office a sense of professionalism moments before a meeting. Now that mad dash can become a thing of the past.

Create a dedicated work zone away from other distractions, suggests Keira St. Claire of Anthony Wilder Design/Build. "You will feel more at ease if your space is set up to work for you," she said. "It will also in turn make you feel more calm and prepared to be productive."

Organization is the first step in creating that space. "Start by cleaning up clutter," said St. Claire. "But before you start purging, set goals. What would you like to accomplish?"

A part of this thought process should include envisioning the look and feel of the space. "What type of spaces make you feel the most calm?" asks St. Claire. "A zen-inspired minimalistic retreat? A library-like space to display your favorite collectibles, art work and precious things? A lush, soft room? Each of these goals will require different items in different quantities."

In fact, incorporating decorative objects from other parts of one's home can add an air of professionalism to a workspace. "Nothing puts the 'home' into home office better than antiques," said Annie Elliott, Annie Elliott Design. "An antique desk or table topped with beautifully framed drawings and photographs adds such character to a space."

"When your home office is a desk out in the open, it's critical that you tuck your work out of sight at the end of the day," continued Elliott. "Every desk should have drawers not only for pens and pencils, but also for your papers, notebooks, and ideally your laptop."

An aesthetically appealing workspace can offer a sense of serenity that can be enjoyed even when not on a video conference. "Working at home with the kids and pets can be overwhelming right now," said Pamela Harvey of Pamela Harvey Interiors. "Create an inviting work area by adding good task lighting and fresh flowers."

In fact, lighting is key when creating office-worthy backdrops for a video conference. "Lighting is everything," says St. Claire. "Natural light is the best, especially northern light. 'Open up and let the light shine in. If natural light is scarce, decide on the right artificial lighting. Is cozy warm lighting or brighter whiter lighting better for your daily work? Dimmers are great as they help to control the amount of light you may need throughout the day as the natural light changes.'"

Desk lamp lighting shouldn't be overlooked, added Tracy Morris, of Tracy Morris Design. "Leave behind the harsh fluorescents of a traditional office and add



PHOTO BY GREG POWERS

Create a clean and uncluttered home office environment, says interior designer Tracy Morris.



PHOTOS BY JENN VERRIER

Every desk should have drawers, not only for pens and pencils, but also for your papers, notebooks and ideally your laptop, advises interior designer Annie Elliott.



Create an inviting work area by adding good task lighting and fresh flowers, advises Pamela Harvey.

in warm light from a lamp," he said. "This will also better illuminate your desk than overhead light and help prevent eye strain."

"Just because you're doing real work doesn't mean your desk can't be attractive," said Elliott.

BULLETIN

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

CHANGES TO THE COURTS

The Fairfax County courts are making new changes to their schedules and procedures in response to the coronavirus, including further postponing dockets. While the Fairfax County Courthouse remains open to the public, the Circuit Court, General District Court and Juvenile and Domestic Relations District Court have changed their bond and arraignment schedule until further notice:

General District Court: Bonds and Arraignments — 8:30 a.m. and 9:30 a.m.
 Circuit Court: Bonds and Arraignments — 10:30 a.m. and 11:30 a.m.
 Juvenile and Domestic Relations District Court: Bonds and Arraignments — 2:30 p.m.

The Circuit Court introduced a temporary process to waive oral argument for motions in an effort to encourage social distancing. To be eligible, the waiver must meet certain conditions, including that all parties agree and evidence is not required. The Circuit Court continues to postpone non-essential, non-emergency proceedings through Monday, April 27.

The General District Courts have now postponed most dockets through Thursday, April 30, except for bonds, arraignments, emergency motions, protective orders and attorney court. Regular court hearings for incarcerated individuals are expected to begin Monday, April 13, as technology permits.

For people who aren't in jail, any civil, criminal and traffic court cases that were previously scheduled for this month will be continued. Look up the specific status of your case using the Online Case Information System.

DULLES TOLL ROAD CHANGES

The Dulles Toll Road will suspend manual cash-exchange toll collecting until further notice beginning Monday, April 6 due to COVID-19; toll booths will be unattended. Only electronic and exact change coin payments will be accepted. Motorists without E-ZPass, other electronic forms of payment or exact change will receive bills through the mail. All lanes and toll booths on the Dulles Toll Road are equipped with electronic tolling features. Any lane can be used with a valid E-ZPass account or other form of electronic tolling. Customers can visit <https://www.ezpassva.com/> for information on how to obtain an E-ZPass, or the GoToll mobile phone app at <https://www.gotoll.com/>. Customers are encouraged to visit <https://www.tollroadsinva.com/ViolationToll/PayViolation> for information on paying toll violations.

FIRE STATIONS CLOSED TO THE PUBLIC

In order to protect the health of firefighters and medics, Fairfax County Fire and Rescue is closing all fire stations to the public, effective March 27. These closures are in coordination with Fairfax County government's decision to close county government buildings to the public. Notices will be posted to the front door of each station directing visitors to call the station for any inquiries. Exceptions will be made for any emergency that would require members of the public to enter the station for treatment.

DMVS ARE CLOSED

Until at least April 23, all 75 DMV customer service centers are closed and all DMV 2 Go and DMV Connect services postponed in response to the continued spread of the coronavirus (COVID-19). DMV weigh stations have also suspended operations for the same duration. Driver's licenses and identification cards set to expire between March 15 and May 15 are extended 60 days from the original date of expiration. This includes credentials for individuals aged 75 and older who are typically required to make an in-person visit to renew. Vehicle registrations that expire in March and April are extended for 60 days.

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Manual Labor



By KENNETH B. LOURIE

Having recently received in the mail the three-ring binder/manual on the dos, don'ts and what-fors concerning the upcoming treatment for my stage II papillary thyroid cancer; and information as well (including a cookbook) about the low iodine diet I am instructed to start two weeks before my actual treatment begins, my takeaway is that it is going to be long and hard six weeks from start to post-quarantine finish.

The reason for my apprehension is twofold. First and foremost is that I am an extremely picky/limited eater. There's only a handful of foods that I will eat on my best day ('best day' meaning completely normal circumstances where cancer is not involved), let alone on my worst day ('worst day' meaning in the midst of cancer treatment where what I eat is restricted). As a direct anticipated result, I fear there may be some heavy lifting - metaphorically speaking, ahead, specifically between April 27 and June 4.

The second reason which compounds the problem referred to in the previous paragraph is that we happen to be in the midst of a pandemic. Accordingly, the pandemic and the associated stay-at-home directives will minimize casual visits to the supermarket, restrictions intended to prevent the spread of the virus. Moreover, due to panic buying and the likely employee/staffing shortages at the supermarkets as the virus continues to take its toll, there may be more and more food shortages which will further eliminate what few food choices I had in the first place, before I even start this specialized diet.

This second reason is made even problematic because I am very much in an at-risk category: over 60, underlying medical condition with a compromised immune system, which prevents me or rather empowers my wife to prevent me from doing what I have done (the shopping) primarily, for the entirety of our marriage. That process never suited my wife, but it has always suited me. Consequently, I have become dependent on my wife to perform many of the tasks I have spent a lifetime perfecting: what to buy where, and when, and how to save some money doing it. Let's just say I am, as Sy Sims and his daughter Marci used to say, "an educated consumer." In our marriage, I have always described my role as the one taking care of the "business side," whereas my wife has always been the one taking care of the "social side." However, as we all try to navigate this pandemic, she is fulfilling both roles.

Now, as I roll the dice, so to speak, and plan/purchase for the present and the low iodine diet in the very near future, I am, to a certain degree, at her mercy. Given that the shopping process is hardly the adventure for her that it has always been for me, I have to rely, a little bit, on her benevolence and hope she keeps an open mind while in-store on the various indulgences that I require. Indulgences which, unfortunately, are very different from hers. As but one example, she loves a tuna fish sandwich whereas all I ever need is a cheese sandwich (and let's not even discuss the chocolate issue which is likewise not her priority as it is mine); and to quote my father: "the twain will never meet on the twack."

What many of us in this country have long taken for granted: 100 percent availability of food, medicine, health and miscellaneous household products is presently not so true anymore. Not purchasing some of these products until they go on sale is a pattern I likely won't be able to follow. If I do, their purchase may be too little, too late. The last thing my future diet/medical treatment can tolerate is 'too little, too late.' And I would imagine that unless I stay on track, the "twain" will be the least of my problems.

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



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