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Community Rallies to Help Save Mylo's Grill

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Curbside service has replaced restaurant dining as Chris Mylonas stands outside Mylo's Grill with patio tables piled high.

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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 Police Department from April 17 – April 23, 2020.

INCIDENTS

Police Service -- Meadow Lane, SW April 14, 10:44 a.m. A social worker requested a welfare check on a resident who was making concerning statements to her on the phone. After officers spoke to the resident, they transported her to an area health facility for evalu-

ation and treatment.

Police Service -- 100 Block Locust Street, SW April 16, 5 p.m. A resident found mouthpieces to a vaping device and vaping cartridges in her home and turned them over to the police department for destruction.

Found Property -- 200 Block Marian Circle, SW Between April 17 at 12 p.m. and April 20 at 1 p.m. A resident reported a bicycle that was left abandoned on the side of the road.

Fraud -- 700 Block Ninovan

Road, SE April 17 between 12:30 p.m. and 1 p.m. A resident reported that an unknown person used her personal information to purchase an iPhone and set up an account.

Grand Larceny -- 400 Block Pine Street, SE Between April 17 at 6 p.m. and April 19 at 5 p.m. A citizen reported that someone broke into a trailer where he stores his tools and stole a leaf blower and two weed trimmers.

SEE POLICE, PAGE 6

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NEWS

County's Sparse Budget Proposal

Supervisor Alcorn holds the second budget town hall.

BY MERCIA HOBSON
THE CONNECTION

Hunter Mill District Supervisor Walter Alcorn (D) hosted his second virtual town hall on the FY 2021 Revised Budget Proposal April 24, 12:30 to 1:30 p.m. "This is one we wanted to do... to give the most opportunity for folks with different job arrangements and other arrangements... We're obviously looking at a very different budget for next fiscal year than we were just two short months ago," said Alcorn.

Melanie Meren, Fairfax County School Board member representing Hunter Mill District, and Christina Jackson, Director, Department of Management and Budget, joined Alcorn. According to Meren, significant need changes in the student population were occurring. Special education needs were projected to go up 3.5 percent, English as a Second Language up 2 percent and the most significant increase, children living in poverty, up 7 percent. Meren said, "We actually have a third of our students in Fairfax County living in poverty," Meren said she was looking in the budget to ease "teacher overwhelm" through limitations on class size, training, social and emotional behavioral supports, robust learning programs to meet the needs of all learners and "taking care of our facilities." Added to her concern were overcrowding issues related to boundaries.

Jackson provided an overview of the proposal released on April 7. No increases in tax and fees, including sewer and solid waste fees. "We're projecting holding revenues flat... unfortunately, there's a lag in the data... The school operating transfer is proposed to be increased by about \$7.3 million... a drop from the \$85 million that we had initially." Jackson said they also eliminated increases in pay for county employees, market-rate adjustments, and performance and



Hunter Mill District Supervisor Walter Alcorn (D) hosts his second virtual town hall on the FY 2021 Revised Budget Proposal significantly changed in two months because of the COVID-19 pandemic.

longevity. "This updated proposal focuses on maintaining existing service levels," she said. According to Jackson, they anticipated revisiting the FY 2021 budget as more data became available.

Jackson said the County received more than \$200M from the Cares Act, and as of Wednesday, guidance was released by the Treasury Department in regards to allowable expenses. The County would try to maximize funding to the fullest extent. Unfortunately, those funds could not be used to offset revenue losses. "We anticipate setting aside a substantial portion of funding to help our nonprofits provide basic needs to our residents such as rental assistance, utility assistance, food, also funds to help sustain some of them as nonprofits," she said. The County had also started a Microloan project for its for-profit businesses.

The budget was, Alcorn said, "in an effective freeze into at least FY21."

"As we work through this year, I believe it will give us an opportunity to adjust as we can, and as we must," he said referencing previous priorities.



PHOTO BY AMANDA MULLET

Nolan English, Graham Cole, and Rachel Kulp, students at McLean High School, working on their knitting projects.

McLean Student Teaches Knitting in the Age of Social Distancing

McLean High School Senior Amanda Mullet is working hard to bring both stress relief and a new hobby to her neighbors and friends through her Girl Scout Gold Award Project. As someone who has often struggled with stress and anxiety, Amanda felt that she wanted her 80-hour service project to help others dealing with these difficulties, particularly in her high school. She set about teaching her friends and peers how to knit, a hobby which has been found to provide serious relaxation and anti-stress benefits, teaching a healthy coping mechanism as well as a fun new hobby.

Even during this time of social distancing, she continues to work over video-communication platforms to check in on the progress of her students, and is offering free yarn to those interested in learning to knit during the mandatory quarantine.

She hopes that any knitters in the community would consider helping with her project by knitting some smaller projects such as hats for her to donate to ASPAN, the Arlington Street People's Assistance Network, which provides a great deal of services, including donated clothing, to those dealing with homelessness in the community. Those interested in learning how to knit can access her Google Classroom page (with classroom code hkapgxr) which provides detailed videos, instructions, and recommends supplies (which can be ordered off of Amazon) to those interested in picking up a new hobby during these stressful times. She just asks that those who decide to work towards learning to knit consider donating some of their finished projects to her Gold Award collection, which she will then count, process, and donate on to ASPAN.



PHOTO BY AMANDA MULLET

Donated yarn from the McLean community.

Q & A Highlights

Q: How will you remain committed to building and preserving affordable housing in the Hunter Mill District during and following this time of economic crisis? (Amanda)

A: We need to make sure we continue doing the things that we have been doing for affordable housing... continue to fund those programs (and) go through to fruition... I believe in the federal CARES Act,... a one-time stimulus program, there is some housing-related assistance that we will be able to do... some of the more critical needs of sheltering people that are at high risk...our homeless population. (Alcorn)

Q: Can you give us any updates on impacts to the library based upon the revised budget... Do we have any updates regarding plans for new library construction in Reston? (Rob)

A: We did have in... the initial Advertised Budget, expanded library hours... That is put on hold. We actually have two library projects either underway or planned. The first one is the Patrick Henry Library in the Town of Vienna. That project is moving forward. The Reston project has been tied

up with the larger Reston Town Center North project, something that frankly, I'm looking to kind of hit the reset button. We've got a number of critical public service facilities in that area. It's time for us to sit down and get serious about moving forward and addressing some of those needs. (Alcorn)

Q: How will the next year's curriculum be affected by this new budget? (Phil, age 12)

A: The state has given us options on whether we want to adjust the full calendar... We do need to understand how the curriculum will be different, since some of the state testing is going to happen this year. We don't know the answer just yet (Meren).

Q: Will you work with county employee unions to use federal funds to cover hazard pay for front-line workers? (David Broder)

A: I think that's something we can look into. (Alcorn)

Q: Will the update of the Bike and Trail Plans be impacted by the budget shortfall? (Bruce)

A: I don't think so. This is a project that has already begun. (Alcorn)

Return to Normalcy

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

Warren G. Harding was elected president by a landslide in 1920. He promised in his campaign speeches that he would deliver, in a phrase that he reportedly coined, "a return to normalcy" that people eagerly sought after World War I. Harding had a scandal-plagued administration and marital affairs that contributed to rumors that his wife poisoned him leading to the heart attack that killed him before the end of his term. But Harding liked to be liked, and his "normalcy" phrase captured the mood of the people.

Today there is certainly a desire to return to life as normal from the quarantine existence we are experiencing during the pandemic. There are politicians who suggest that a quick return to life as we knew it before the coronavirus is possible, and that people should be "liberated" to live without the restrictions that governors have had to impose for public health and safety. At the reconvened session of the General Assem-



COMMENTARY

bly last week there was a background blare of horns soundings as cars and trucks circled Capitol Square driven by protestors who wanted to let us know that they wanted restrictions lifted.

It would be a tragic mistake to lift health and safety restrictions too early based on politics rather than reliable scientific evidence. Every individual needs to act in a responsible way with social distancing, hand washing, and face masks, and we need to encourage others to do the same. There is no constitutional right to spread your germs around.

The economic crisis brought on in part by the pandemic is another issue that will be addressed in future columns.

An activity that I believe would be helpful to undertake while we are hunkered down is to review the old "normalcy" under which we grew accustomed to living and to ask ourselves if we have learned things over the past several weeks that might be applied to life in the future. Re-

cently there has been a significant reduction in air pollution. We drive our vehicles less. Could we continue to make a list of what we need and make fewer vehicular trips to get those items. Walking and bicycling are on the increase that will contribute to better health in the community.

There has been a strengthening of community as neighbors support each other more, and there has been a wonderful outpouring of contributions and help to those in need. Many are looking at entertainment differently as there is a need to be more inventive and creative in entertaining ourselves.

Technology is being used more frequently to deliver information and services that should be continued into the future. Do not simply go back to the old way if we have been forced to recognize better ways to accomplish a purpose. Certainly teachers and public education have gained support by those who have had to teach their children at home!

I share the desire that a life without restrictions return as soon as medical science says it is safe to do so. In the meantime, let's think about what we have learned through all of this that might make our life be even better in the future. Share your ideas with me at kenplum@aol.com.

Respecting Thy Neighbor

BY NASIF AZHER

Swoosh! I shifted to the other side of the road for the fourth time in the approximately 1000 feet I had run from the house in the last 8 minutes. Followed a slight wave of appreciation from the elderly gentleman across the road. I waved back and continued my sprint. I had run this path numerous times as warmups for track meets over the last year but never had to practice this switching road sides every few minutes. Fellow bikers and strollers in the neighborhood seemed to practice the same. Without any verbal exchange or any new road signs, people had accepted "staying away from each other" as an act of respect and love for thy neighbor. The ruthlessness of COVID-19 is the driver of this newly accepted etiquette.

My mother, brother, and I relocated from San Francisco just to be near extended family and within a year I am told "not seeing the family" was the right thing to do – the only way to en-

sure that we all make it. With the state of our world today, many are unable to visit friends and family, which can cause one to feel lonely and isolated. I have noticed friends behaving "awkward" virtually from loneliness and boredom. But if one reflects on the fact that we are all in the same boat for the basic cause of "life," perhaps it will help us get through this crisis in a smoother manner. As cliché as it may sound, we have to stay united as we fight to defeat this "invisible enemy."

If we don't unite and cooperate, then problems will only intensify. For example, all it takes is one person disregarding physical distancing guidelines for this virus to spread to multiple others. One slight cough from someone not wearing a mask while browsing fruits, and tens of apples become dangerous to consume. A kind gesture like a hug can produce devastating results. In all these cases, there is a common theme - the actions of one person can put countless others at risk.

Luckily, the majority seems to have stepped up to the plate and embraced the role of a responsible citizen. Those knowing smiles when I clear off a fellow runner's space is evidence to this. Although paramount progress in the medical field is needed for the pandemic to be resolved, the little things like this add up and can truly have an impact.

Finally, it is crucial for us to be considerate of the needs of others and the environment during this time. For example, if we all purchased only the toilet paper or hand soap that we actually need, then perhaps those essential items would still be in stock regularly. By hoarding, we are making other people's lives more difficult. If we hold ourselves and family members accountable during these tumultuous times, then we can place our faith on the old maxim; this too will pass.

The writer is an 11th grader at Langley High School.

LETTERS TO THE EDITOR

Selflessness and Compassion

To the Editor:

Right now the world is being brought to its knees by this "novel" Coronavirus. I was completing my surgery rotation in Brooklyn, the current epicenter of this virus, when I was sent home. I saw, first hand, the impact that this monster had on the community. Trust me, coming

back to my quiet home in northern Virginia and being stuck indoors for 14 days drove me crazy too. But not because I wanted to hang out with my friends or go out to eat, but because I had seen how the world was suffering and would continue to suffer and there was nothing I could do about it. This virus was about to show the world how being ignorant may not be as bliss as we all thought. It doesn't discriminate between races, age, gender or wealth. To be hon-

est, this was the most equity I had seen in the 27 years of my existence.

Being an Ahamdi Muslim, I was listening to a sermon by the head of our community on Friday and he stressed the importance of abiding by the rules placed by one's country. Honestly, as a doctor-to-be, it saddens me how ignorant we as a nation are. Wake up America. You won't die if you don't play basketball for a couple of weeks or get your nails done for a month. But

you will put many others around you at risk. And if that risk is greater than your love for one another, then what a shame.

I hope that this virus teaches us the importance of selflessness and compassion and I hope that once this pandemic ceases to exist, that we as humans don't forget these important lessons.

Aneela Wadan
Fairfax

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Community Rallies to Help Save Mylo's Grill

BY SHIRLEY RUHE
THE CONNECTION

Chris Mylonas says when the pandemic was announced March 13, "It was devastating." March 10 had been the ten-year anniversary of when he and his father, Damon, established Mylo's Grill at Chesterbrook Shopping Center. Several days later the Governor's order closed restaurants for in-dining business.

He says the first thing he did was have a meeting with the employees telling them he hoped they could get through this sooner rather than later. He told them if they didn't feel comfortable with working that they would still have a job when they returned. "Only one waiter out of 28 employees was afraid to work. He lives with his parents. Mylonas adds all of the part-time employees did the honorable thing and gave their shifts to the full-time employees with families and kids.

Then it was crunch time so, "I said, 'dad, go home.' I haven't seen him in five weeks. He is going stir crazy. He has worked his whole life." Chris and Damon have more than 60 years of experience between them in the restaurant business. Mylonas says his dad told him yesterday he was just going to get in the car and come to work.



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Curbside service has replaced restaurant dining as Chris Mylonas stands outside Milo's Grill with patio tables piled high.

BUSINESS is down 50-70 percent depending on the day, "and we are barely making it. Business is crawling, not walking. But people still order everything. They will ask me the special of the day." And he still makes prime rib on Friday nights, and it still sells out. The best seller is the chicken souvlaki. "We still use the same amount of chicken. I think people want comfort food."

Mylonas says they immediately did lots of mass marketing on the internet, and he signed up for Door Dash delivery service as well as offering home delivery. Still the most popular is the curbside delivery where people call in orders and then pick them up outside the restaurant. "We run out with gloves and masks on. But there are some people who just want to walk in anyway and say hi.

"There have been a lot of very generous people who tip the carry out orders in the same way as they would for in restaurant dining." Others have bought large gift certificates because they know they will use them later. The neighborhood has kept them going.

Mylonas says they applied for an SBA Paycheck Protection Program loan but didn't hear back from their bank. "When all is said and done, it is very obvious what happened." He explains all of the big businesses got their loans, and the small ones didn't. "It's reprehensible." He says when this is over he is going to change to a small community bank.

"We're lucky to be in McLean. There are a lot of good hearts here."

--Chris Mylonas


THE BIGGEST CHALLENGE is not knowing how long this is going to last. "The employees are scared. They don't know what's going to happen next." Rent is still due; bills keep coming in. The restaurant is still using the same amount of gas and electricity. He says, "I know it is going to end but then what next.


And for my part the challenge is working 12 hours a day for 6 weeks straight and then taking measures at home where I do not come in close contact with the family due to possible daily exposure. I just want things to get back to normal where I'll be able to hug and kiss my kids again."

Mylonas bought an infrared thermometer to test his employees for fever each day. "Actually I bought two." He is looking for more. "You never know. There might be a rule someday that everyone in a public place has to have their temperature taken, and there could be a run on thermometers."

Mylonas says the community has shown how much they care. "We're lucky to be in McLean. There are a lot of good hearts here."

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One Resident Dies, 15 Test Positive on COVID-19 at Vinson Hall

On Friday, April 24, the Vinson Hall Retirement Community has issued the following press release:

"It is with great sadness that we share that we lost one of our residents who had tested positive for the COVID-19 virus and had other underlying medical issues. The resident died this afternoon at our campus. The resident's daughter was at the bedside. This resident lived at Arleigh Burke Pavilion, in our skilled nursing area, receiving 24-hour care and support prior to COVID-19. Eleven days ago, after exhibiting symptoms of the COVID-19 virus, the resident was tested and confirmed positive. Our resident was immediately placed on isolation protocol, moved to our isolation area, and closely monitored and cared for by our nursing team.

Vinson Hall Retirement Community had its first staff case of COVID-19 on April 10, 2020, and its first resident case on April 11, 2020. Since then, 15 additional residents have tested positive. All residents live in Arleigh Burke Pavilion, assisted living and skilled nursing care. Nine staff members have tested positive to date for the virus: two in Dining Services at Vinson Hall and seven in Arleigh Burke Pavilion.

Senior leadership and other relevant staff, led by a full-time RN Infection Preventionist, have created all infection control measures and action steps to prepare for and now contain COVID-19. Major moments

of this process include:

- ❖ In February, we started sharing educational information about COVID-19 with residents and staff.
- ❖ Starting in early March, a COVID-19 Emergency Operations Team was established, which has taken progressive and responsive strides to enhance infection control measures, including:
 - ❖ On March 8, all visitors and staff, upon entry into VHRC, were screened regarding travel and health.
 - ❖ On March 14, campus visitation was restricted.
 - ❖ All written communication, since March 6, outlining COVID-19 focused efforts is posted on our Vinson Hall Retirement Community website.

"Despite our extensive preparations, and our nursing team's tireless efforts and care, we find ourselves here today. It's always a deep loss when one of our residents dies. COVID-19 has created an additional layer of trauma that our residents, staff, and families have been forced to confront," said Libby Bush, CEO, Vinson Hall Retirement Community.

Vinson Hall Retirement Community continues to work closely with the Fairfax County Health Department, and is taking all measures possible to contain the outbreak.

At this time, we have no resident confirmed cases of COVID-19 at Vinson Hall, Willow Oak, or The Sylvestery.

VIENNA POLICE HIGHLIGHTS

FROM PAGE 2

Grand Larceny -- 1100 Block Lakewood Drive, SW Between April 17 at 9 p.m. and April 18 at 8 a.m. A resident reported that their vehicle was stolen. The vehicle was left unlocked with the keys inside it, parked on the roadway.

Petit Larceny -- 100 Block Elm Street, SW Between April 17 at 9 p.m. and April 18 at 3:30 p.m. A resident reported that someone entered his unlocked vehicle and stole two gift cards and a pair of sunglasses. The resident also found a lighter outside his vehicle that did not belong to him

Vehicle Tampering -- 100 Block Elm Street, SW Between April 17 at 10 p.m. and April 18 at 4:38 a.m. An officer was searching the area for the man involved in Incident

when he found an unoccupied vehicle with the lights on. The officer notified the owner of the vehicle who came out to check his car and found that an unknown person had rummaged through the vehicle and had taken U.S. currency.

Vehicle Tampering -- 100 Block Hickory Circle, SW Between April 17 at 11 p.m. and April 18 at 10 a.m. A resident reported that someone entered his unlocked vehicle and rummaged through it. Nothing appeared to have been taken.

Petit Larceny -- 200 Block Elm Street, SW Between April 17 at 11 p.m. and April 18 at 10:36 a.m. A resident reported that someone entered their unlocked vehicle, rummaged through it and took U.S. currency.

Grand Larceny -- 700 Block Hill-

crest Drive, SW April 18 between 1 a.m. and 3 a.m. A resident reported that their vehicle was stolen from their residence. The vehicle was left unlocked with the keys inside.

Grand Larceny -- 100 Block Elm Street, SW April 18 between 1 a.m. and 4 a.m. A resident reported that someone rummaged through two of their unlocked vehicles. Nothing was missing from one of the vehicles. Paper prescriptions were taken from the other vehicle.

Grand Larceny -- School of Rock 111 Center Street, South April 18, 4:22 a.m. An employee was at work when he saw his vehicle was moving in the rear parking lot. The employee ran out to the lot and confronted a man who was in his vehicle. The man got out of the vehicle and fled on foot southbound on Center Street.

BULLETIN BOARD

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

CLOSURE OF SILVER AND ORANGE STATIONS

The Washington Metropolitan Transit Authority (WMATA) announced a new plan for construction activities for the summer of 2020 with a full closure of all Metrorail Orange and Silver Line stations in Fairfax County. These adjustments to WMATA's current construction efforts on the Silver Line and the up-coming platform reconstruction efforts on the Orange Line address the health and safety of WMATA's workers operating the rail system and the contractors working on these two major capital projects. It

also considers the low ridership on Metrorail related to the impacts of COVID-19 and the current Stay-at-Home Orders in place across the National Capital Region

The expanded station closures will advance the two largest capital projects in Virginia -- the demolition and reconstruction of the station platforms at four Metrorail Orange Line stations and work to connect the five new Metrorail Silver Line stations to the existing transit network. The closures begin Memorial Day weekend 2020 and are expected to continue through the fall.

Impacts on Orange and Silver Line Service -- All stations west of Ballston Metrorail Station on the Orange and Silver Lines will be closed beginning Saturday, May 23, 2020. The stations to be closed are: Orange Line -- East Falls Church, West Falls Church, Dunn Loring, Vienna Silver Line -- McLean, Tysons, Greensboro, Spring Hill, Wiehle-Reston East

All Orange Line trains will begin and end service at Ballston. Service will operate from Ballston to New Carrollton. There will be no Silver

SEE BULLETIN, PAGE 7



PHOTO CONTRIBUTED

Kay Rollins, a junior at The Potomac School in McLean.

Potomac School Debater Wins Two National Championships

Kay Rollins, a junior on The Potomac School's speech and debate team, won two individual national championships at the 2020 Tournament of Champions (TOC), hosted virtually by the University of Kentucky on the weekend of April 18. To be eligible to compete in the TOC, a student must have placed in the final rounds at two national circuit qualifying events during the regular season. Potomac had eight students qualify in nine events as part of the tournament's 1,100-student field.

Rollins ranked first in the nation in extemporaneous speaking and original oratory. Last year, she ranked first in extemporaneous speaking at the same tournament. Additionally, as an eighth grader, Rollins won the extemporaneous speaking category at the NSDA Middle School Championship and achieved a dual win in the TOC Middle School Championship. Thus, her extraordinary career now includes six individual national titles. She is the only person ever to win national championships in the same event (extemporaneous speaking) two years in a row, and the second-ever to win two TOC championships in a single year.

Rollins reflects, "My big goal this year was to do as well in extemp as I did last year -- I was really proud of last year's championship-round speech, and I wanted to do that well again. Meanwhile, my oratory is very special to me; it expresses what I wish someone had told me as a middle schooler and as a freshman." Harry Strong, the head coach of Potomac's team, observes, "Kay is one of those special students who are both talented and driven to succeed.

No one is going to outwork her; she is always very well prepared!"

Competing alongside Rollins in the original oratory category were two Potomac quarterfinalists: Samira Abbasi and Christian Herald. Maryam Abbasi (public forum debate), Sara Abbasi (public forum debate), and Valentina Raghieb (original oratory) also gave strong performances. In addition, Potomac junior Kaitlyn Maher ranked third in the nation in congressional debate. Her teammate Alex Joel was a semifinalist in the same event.

As a result of the COVID-19 pandemic, this year's Tournament of Champions was held online, through the Zoom platform. Rollins notes that the change gave the event a different "feel" than past tournaments: "For the original oratory, I sent in a video of myself giving the speech. That was a big change from speaking in front of a live audience. Extemp, meanwhile, was almost the same as in the past: I had 30 minutes to prepare a seven-minute speech, then presented it to a panel of judges; what was interesting was that we were all in different places, rather than the same room."

Coach Strong observes, "All of the participants in this tournament had to pivot rapidly, adjusting to speaking in front of a camera rather than an audience. Making that kind of adjustment while competing at the national championship level requires tremendous flexibility and focus. Given our team's success at the TOC, I can say with confidence that Potomac's debaters have made the adjustment successfully."

FROM PAGE 6

Line service for the duration of the station closures.

Free Shuttle Bus Service -- WMATA will be offering free express and local shuttle bus service to provide alternative travel options for those who must travel and use the Metrorail system. The shuttle buses will operate seven days a week during the operating hours of the Metrorail system, currently 5 a.m. – 9 p.m. on weekdays and 8 a.m. – 9 p.m. on weekends. They will operate approximately every 10 minutes on weekdays and approximately every 15 minutes on weekends. Buses will not stop at stations that are currently closed due to WAMTA's response to COVID-19.

Free Orange and Silver Line Shuttle Service Orange Line Express -- Direct service between Vienna and Ballston Metrorail Stations.

Orange Line Local -- Service between Vienna, Dunn Loring, West Falls Church and Ballston Metrorail Stations.

Silver Line Local - Service between Wiehle-Reston East, Spring Hill, Tysons Corner and Ballston Metrorail Stations.

VIRTUAL MOVING, DOWNSIZING, DE-CLUTTER SUMMIT

JK Moving Services, ProAging Network, and Positive Aging Sourcebook are partnering to host the virtual Moving Downsizing, Declutter & Rightsizing Summit on Thursday, May 7 from 12-1 p.m. The event is geared toward senior-serving professionals to provide insights to help clients make good relocation decisions. The free event will feature a panel of experts from leading move management associations: National Association of Senior Move Managers, Senior Real Estate Specialists, National Association of Professional Organizers, and National Estate Sales Association. The summit will take place virtually by Zoom. Pre-registration required. To register, visit: <https://www.retirementlivingsourcebook.com/events/moving-downsizing-decluttering-rightsizing-covid-19-and-beyond>.

GOVERNOR POSTPONES MAY ELECTIONS

Gov. Ralph Northam invoked his statutory authority to postpone the May General and Special Elections by two weeks, from May 5 to May 19, 2020. Elections are scheduled in 56 localities across the Commonwealth. The Governor also moved the June primary elections from June 9 to June 23, 2020. Earlier this month, Governor Northam recommended moving the May elections to November, which required action by the General Assembly. While the House of Delegates approved the measure, the Senate failed to do so. The Governor has directed the Department of Elections to provide the latest Centers for Disease Control and Prevention (CDC) guidance to General Registrars on best practices to maintain social distancing and sanitization standards at polling locations.

GOVERNOR NAMES BUSINESS TASK FORCE

Gov. Ralph Northam announced a diverse group of leaders participating in the Commonwealth's COVID-19 Business Task Force, which will continue to provide advice and guidance to the Cabinet on a safe, responsible strategy for easing restrictions on businesses and individuals. The task force consists of representatives from a variety of Virginia industries, scales, geographies, and backgrounds across the Commonwealth, including restaurants, breweries, wineries, small and large retailers, fitness centers, hair salons, barber shops, spas and estheticians, museums, hospitality groups, campgrounds, and entertainment venues. Local members include:

Brian Moore, Amazon, Arlington/Alexandria;
Jon Norton, Great American Restaurants, Arlington/Fairfax;
Warren Thompson, Thompson Hospitality, Reston.

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And So It Begins



By KENNETH B. LOURIE

The six-week schedule/treatment for my stage II papillary thyroid cancer began on Thursday, April 23 with an hour-long telephone appointment with one of the doctors from the Nuclear Medicine department. He was confirming, clarifying and preparing yours truly for the arduous task at hand: a commitment to a month-long, low iodine diet beginning April 27 (no salt, no sugar, no dairy, no normal-type bread and a bunch of other less impactful nos) and 15 on-site hospital-related visits (in lab, in doctor's office and in scan area) followed by an overnight in late May when I receive my final treatment. After which, for the following week, I am to be quarantined at home (unsafe for children, pregnant woman and pets) with miscellaneous other quarantine-associated behaviors/advisories (changing bed sheets every other day, using one bathroom exclusively, flushing toilets twice, using plastic silverware and paper plates, among others) with the fun and games ending June 5th when the quarantine period ends. Then I can resume my normal/familiar routine for the treatment of my underlying/pre-existing stage IV non small cell lung cancer. Treatment for which will likely begin again in mid July after I've had a CT scan to assess the damage/success of my thyroid cancer treatment.

By then, it will have been about six months that I've actually had any current treatment/medicine for my lung cancer. Once given a clean bill of health (so far as the thyroid cancer is concerned), I'll likely restart my bi-weekly treatments for my non-small cell lung cancer (which as my oncologist said; he could treat but never cure). Treatment which began in early March, 2009 and has continued for nearly 11 years. Pending the results of that July CT scan, my life will likely return to abnormal. Still, it's way too early to speculate on life going forward. Six months (dating back to my last treatment in Jan., 2020) is an eternity in the cancer world (heck six days is an eternity).

And aside from the obvious, that planning for or even predicting scenarios two to three months hence, it has never been my oncologist's style. Then consider, as he said during our most recent phone appointment (April 17), that he's no longer certain if the tumors in my lungs are non small cell lung cancer, papillary thyroid cancer which has moved and/or, wait for it, that my lung cancer tumors have gone into remission. Can you quote the late Phil Rizzuto: "Holy cow!" None of which will be known until a week or so after my July CT scan. And not that wondering/waiting isn't already the hardest part but before I will have learned the status of my tumors, I will have been in and out of hospitals being treated for thyroid cancer right smack in the middle of the coronavirus pandemic when I'm supposed to do the exact opposite: isolate at home and stay away from hospitals. I couldn't be looking for more trouble if I planned it. Nevertheless, I just hope the old adage applies: "Time flies when you're having fun." (And I suppose I should add: flies safely.)

I don't really feel the fun? Maybe it's the needles you feel, or the fear/anxiety associated with being in and out of hospitals multiple times in a comparatively short period of time? Or maybe you feel the worry and difficulty I'll have maintaining a low iodine diet for 31 or so days, and the hunger pains and chocolate withdrawal I'll experience during that month. I'd like to think that the time/treatment will pass quickly, but I'm guessing that the demands of the diet will slow me down to a crawl and that the experience will be an extremely challenging transition/return to normal. (Particularly so for me since food has always been the bane of my existence.)

But so what? My health status, which originally had been a terminal one: "13 months to two years" has improved dramatically. I'm still likely to die from cancer but instead of the two years maximum I had anticipated (been "prognosed"), I am now living and breathing two months into year 12, post diagnosis. And depending upon what is interpreted from my upcoming CT scan, I may yet have a bit more life to live.

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



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