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# Blue Angels, Thunderbirds Honor Healthcare Heroes

News, Page 6

The Navy's Blue Angels and the Air Force Thunderbirds did a flyover, Saturday morning, May 2, en route to Inova Fair Oaks and Fairfax hospitals to salute healthcare workers and other essential personnel serving on the frontline against COVID-19.

Seven Running for Fairfax City Council News, Page 8

**'Don't Forget About Us'** News, Page 3 . Аттеитіои Розтмазтек: Піме зеизітіуе матекіасі. ОS-8-д эмон иі дэтезираЯ



# **TEACHER** WEEK SM

May 4-8, 2020



During these uncertain times, one thing is certain: Our teachers and staff have gone above and beyond to serve our students, families, and community.



# WE THANK YOU

# for your commitment and dedication!



This ad is sponsored by the Foundation for FCPS, proudly supporting teachers, students, and staff. <a href="https://www.fcpsfoundation.org/">www.fcpsfoundation.org/</a>

Teacher Appreciation Week is a Service Mark (SM) of the National PTA. Since 1984, National PTA has designated one week in May as a special time to honor the men and women who lend their passion and skills to educating our children.



Fairfax County Board of Supervisors.

# <image>

Fairfax County Board of Supervisors and staff meet socially distanced and remotely for the Wednesday, April 29 public hearing on the revised fiscal year (FY) 2021 budget proposal before them.

# 'Don't Forget About Us'

County supervisors hold public budget hearings.

**By Mercia Hobson** The Connection

ne of the ACLU People Power Fairfax lead advocates, Diane Burkley Alejandro testified on the revised fiscal year (FY) 2021 budget proposal before the Fairfax Board of Supervisors. "Let me first say that my heart goes out to all of you. You have difficult choices to make in unchartered territory. The health, welfare and lives of Fairfax residents are in your hands. I urge you to remember that you will never be faulted for overreacting. You will be faulted forever for under-reacting," Alejandro said. The revised budget differed from the one County Executive Bryan Hill presented to the board before the COVID-19 pandemic. Slashed were nearly all new programs, staff positions, compensation increases and more.

FOR THREE DAYS, April 28-30, people testified live by phone, and by video and written testimony. Whether the person represented an organization, like John Cartmill, Faith Alliance for Climate Solutions who advocated Supervisors be fiscally responsible, reduce the County's carbon footprint and purchase electric vehicles or represented a union, like Emily VanDerhoff, Fairfax County Federation of Teachers who advocated for increased numbers of school psychologists, counselors and social workers, a common theme emerged - don't forget us. "We are here, and we are serving. Please, when you are making your decisions, don't forget about us," said Naketa Proctor, a supervisor with Self-Sufficiency in South County in a video submitted by the Fairfax County Government Employees Union SEIU Virginia 512

Individuals testified for current funding to "stay the course." They solicited additional funds to offset increased need or abort program closure, and they offered the fiscal solutions to use reserve funds now, save programs and lives later.

Alison DeCourcey is the executive director of United Community. She said the organization served the largest island of the disadvantaged in Fairfax County, the neighborhoods along Route 1. DeCourcey reported a recent 890 percent increase in the number of clients at its food pantry. "Coronavirus is going to require extra resources... but www.CONNECTIONNEWSPAPERS.COM



SEIU Virginia 512 member, Naketa Proctor is a supervisor with Self-Sufficiency in South County. During her testimony at the County's FY21 budget hearings she asked that Fairfax County Board of Supervisors not forget about them, those who serve the county community "all day, every day."

we cannot lose sight of our goal ...ending multi-generational poverty by turning these islands of disadvantage into communities of opportunity. Just as United Community stays the course, we urge the County to stay the course on its own plans to actualize One Fairfax."

Nancy Scott also urged Supervisors to stay the course. Speaking on behalf of Insight Memory Care Center, a nonprofit adult day health and resource center for individuals with Alzheimer's disease and other memory impairments, Scott said, "Insight was a lifeline for me and my late husband, Jim ... (and) relies on funding from Fairfax County to sustain its programs, and is hopeful it will continue to receive CCFP (Consolidated Community Funding Pool) funds."

Judith Dittman is CEO of Second Story, an organization that provides services to homeless and at-risk young people and families. She said Second Story tried to find other revenue sources to fund increased expenses but failed. She asked the Supervisors for \$190,000. "Without this funding, we will have to close Second Story for Teens in Crisis," Dittman said.

FAIRFAX COUNTY SHERIFF Stacey Kincaid described the extraordinary effort the



Judith Dittman, CEO of Second Story.

men and women in the public safety agency make on the front lines of COVID-19 and its toll. She said,"Front line responders have not been able to get pandemic-related types of leave... We support providing flexible leave...(and) expanding the limits of carryover compensatory time." Kincaid said she hoped Supervisors addressed funding for 2.06 percent of the Market Rate Adjustment during FY 21, considered equitable compensation and focused "on Diversion First, which ensures that our residents with mental illness or substance use disorders receive the care and assistance they need."

Burkley Alejandro testified COVID-19 disproportionately hurt the immigrant community, and they too needed a safety net. She offered a financial solution saying, "Be bold and swift. Use your emergency powers... Feel free to act incrementally... People's lives are more important than the County's credit rating..."

Meanwhile, turning attention to Schools, Fairfax County Council PTA President Jane Miscavage called the earlier budget "forward-looking." However, with the COVID-19 crisis and the economic recovery that lies ahead, she said, "It is with great sadness that we support the county executive's recommendation to defer much of this spending that was originally proposed for Fiscal Year 21."

Fairfax County Federation of Teachers member Lisa Demmel said there was a "huge educational socio-economic divide" especially felt on the Route 1 corridor. She said resources should be increased to elimi-



John Cartmill, Faith Alliance for Climate Solutions.

### Budget Markup Approved

The Fairfax County Board of Supervisors approved the FY 2021 Budget Markup on Tuesday, May 5. The board made no changes to the revised FY 2021 Budget County Executive Bryan Hill proposed in early April. The budget maintains the current Real Estate Tax rate of \$1.15 per \$100 of assessed value. Budget adoption is scheduled for Tuesday, May 12.

FY 2021 General Fund disbursements are \$4.47 billion, and are supported by General Fund revenues held flat compared to the FY 2020 Adopted Budget Plan. The FY 2021 plan provides for equal growth for school and county budgets, which will both increase by just .32 percent over the previous year. This results in a \$7.3 million Schools Operating Fund transfer increase, significantly less than the \$85 million increase proposed in the original budget.

nate the digital divide for students and other needs. She urged the board to increase funding by "using our reserve funds and to aggressively seek federal aid to beef up and improve our educational system."

According to Tiffany Finck-Haynes Lobbyist-Organizer Fairfax County Federation of Teachers, on April 17, the union sent a letter to the School Board concerned that Superintendent Brabrand proposed to increase pay for elementary school principals while simultaneously freezing the pay of nearly all other FCPS staff.

Fairfax Connection 🛠 May 7-13, 2020 🛠 3

# OPINION Make Every Day Mom's Day

Mother's Day and how we used to spend it. I

once took this special day to be a go-hard-or-

go-home shot at proving my love for the woman

who created me. Mother's Day is every day in

my heart now: gone is my yearn to redeem my-

self as a daughter, only to retire from the effort

on Monday. Realizing that love

and devotion cannot be resized

to fit a square on the calendar,

I can finally rest easy. As long as

I remind her daily, my mom al-

ready knows I appreciate her—

Don't get me wrong: I am glad

there is a day set out for female

caregivers all over the world to

feel valued. God knows they

don't get enough of it. But gifts

or even kind words on Mother's

Day cannot stand as placehold-

box of chocolates not required.

### Mother's Day can be every day during quarantine.

**Β**Υ **Σ**ΤΑCIA DATSKOVSKA

hen I go to bed each night, I thank God for how saturated my life is with my mom's presence, especially now that we are together at home: safe and closer than ever. I know this is more than a typical sixteen-yearold girl (at the peak of her rebellious, parent-averse phase, no less) can say for herself, but it has not always been this way.

My mom and I did not share mutual under- ers in the spot where mutual love should reside standing from the get-go— apparent even in if that place is vacant and dusty the rest of the





Sean Corcoran



Ron Kuley



Tina Williams

the difference between how we now spend vear.

> Once my mom and I agreed to seek something deeper in the holiday, beyond material gifts, we realized that what brought us the most happiness was simply sharing experiences and each other's company. This was one gift I could give every day! From then on, I tried (with shortcomings) to make it so my mom just as likely feels special on May 10th as on June 10th or even February 29th-to the point where she wouldn't feel Mother's Day is any different from a lowercase "d" day at all.

> Now is the easiest time to live by this tenet: when all our days seem to blend into an indistinguishable haze of sameness. More time on your hands could not only allow you to rekindle your relationship but also think of a more thoughtful, soulful gift for Mom. Here are some suggestions for how to bolster her spirit this Mother's Day— easy to replicate on any given day you wish to simply reconnect.

> > See Mom's Day, Page 5



**Tammie Wondong** 

# Hazard Pay in Honor of Frontline Workers

# We are putting our lives on the line; Hazard pay honors our sacrifices.

By Kimberly Adams, Fairfax Education Association Sean Corcoran, FCOP Local 5000 Ron Kuley, IAFF Local 2068 TINA WILLIAMS, Fairfax County Federation of Teachers Tammie Wondong, FCGEU - SEIU Virginia 512

s frontline workers and as rank-and-file labor leaders representing Fairfax County firefighters, law enforcement officers, educators, nurses, social workers, trash collectors, and other hard-working county employees, we are proud of the work that our members do every day to keep Fairfax County running.

We keep families safe, care for and educate children, keep our public spaces clean, take care of people who are sick and need support, maintain our community's infrastructure, help people get where they need to go -- and more.

We are Black, White, Latino, Asian, and many of us are immigrants. We are every religion and every kind of family.

Right now, we are responding to the biggest 4 ♦ Fairfax Connection ♦ May 7-13, 2020 crisis we have seen in our lifetimes. In the midst of this global pandemic, we continue to keep Fairfax County moving forward.

We are picking up trash, putting out fires, protecting the community, delivering health care and mental health services, educating children, cleaning and maintaining public spaces -and so many other things that may be invisible to the community because they happen without people thinking about them.

We're also reaching out to our neighbors, raising money for nonprofits, donating food, and supporting those hit hardest by the virus and closures.

We are proud to continue serving our community during this crisis. To do so however, we are risking our health and well-being, and the health and well-being of our loved ones.

In recognition of this reality, neighboring jurisdictions, including Arlington, Alexandria, Washington, DC and the State of Maryland, have all begun offering hazard pay to their workforce.

Hazard pay honors the commitment and sacrifices that frontline workers make every day as we risk exposure to perform essential services. Before coronavirus, when we left the house each day, many of us feared that we might not return to our families. Now, we fear that we might bring this virus home to our families.

Hazard pay offers frontline workers an extra measure of financial security to stay focused on our critical work.

We have been offering ideas, and will continue to work with the Fairfax County Board of Supervisors to pass a county budget that invests in good jobs, quality health care, affordable housing, public education, PPE, and services and supports for every family in Fairfax County.

We believe that budgets are moral documents that must reflect the values of our community, putting people before profits.

Fairfax County has long been a wonderful place to live, work and play. We stand united with elected officials and community leaders who are fighting to support working people throughout our county. Together, we can keep our community safe, healthy, and thriving for years to come.

Kimberly Adams is President of the Fairfax Education Association. Sean Corcoran is President of FCOP Local 5000. Ron Kuley is President of IAFF Local 2068. Tina Williams is President of the Fairfax County Federation of Teachers. Tammie Wondong is President of the FCGEU -SEIU Virginia 512. United together, we advocate for good jobs and quality public services for all people in Fairfax County.



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Opinion Mom's Day

From Page 4

Start a mailbox garden together. You see neighbors walking their dogs by your front yard daily, so why not let Mom's mailbox receive a "spring refresh" and impress the passerby? Buy some flowers and a trellis for an uplifting arrangement, then plant together and catch up on all sorts of things in the process. If you live far away, surprise Mom with a giftcard to a nearby plant nursery or a delivery of fresh, garden-ready botanicals from a local business.

Digitize old photos. Looking at old snapshots is currently keeping my mom and I busy reminiscing on past travels— while also planting a seed of hope for what is still possible in the future. This Mother's Day, sit Mom down and let her pick a few favorite photos, as a start, to scan at home. Ask her about where she was in the photo, what she was doing during its taking, and what she remembers thinking about.

Indulge in a themed night to remember. While wine tours of Tuscany and Vespa-powered adventures around Rome are out of the question, who says you and Mom can't enjoy an evening infused with the culture of a chosen country? Whether it's a place you wish to visit or one you loved traveling to with Mom, pick a few signature recipes, a movie filmed there (or in the country's language, if you're bold!), and a virtual offering that relates to the region, such as a Louvre tour or Canada's own Northern Lights livestream. Savor connecting with your mom over this unprecedented experience.

When you wake up the next Monday, take it as a chance to give your mom the gift of a second Mother's Day. And then a third. And then a fourth. Call her, Zoom her, and, if you are so fortunate, hug her! But don't idolize these simple gestures. Don't give them as much glamour as to say they are fit only for a designated day in spring. No— this Mother's Day, let your celebration of God's best gift last a whole year! Then watch as your quarantined days take on a new meaning.

Stacia Datskovska, 16, is an 11th grader at Langley High and lives in Vienna.



# **Your Health and Safety** Mean the World to Us.

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# Wellbeing

Virtual fitness classes aid in the effort to stay healthy and fit.



Photo courtesy of CHRISTIAN FLUOT

# Virtual Fitness Classes **Offer Options**

Online choices for those who want to get or stay in shape.

> By Marilyn Campbell The Connection

taying physically and mentally fit is proving to be a challenge for some as local gyms, yoga studios and weight management clinics have closed their doors in an effort to prevent the spread of the coronavirus. As a solution, many local health and fitness studios are offering live-streamed and recorded digital classes that can be joined from almost anywhere. From pre-recorded sessions on Facebook to live sessions with an instructor and personal sessions with a physical trainer, instructors are giving the curious and uniniti-

ated a look inside their cyber classrooms.

" I am encouraging people to focus on the mental health benefits from exercise and movement to help deal with the stress of COVID-19," said Rachel Trope, clinical exercise physiologist at the Washington Center for Weight Management and Research in Arlington. "I am also encouraging people to be okay with exercise looking and feeling different right now. Something is better than nothing."

Practicing yoga can offer mental health benefits, says Luann Fulbright, Studio Director of Dream Yoga in McLean. "Yoga means to unite, and hu-

stay well," she said. "The virtual classes enable our community to continue to come together to practice."

A disrupted schedule can lead to increased anxiety during this time of uncertainty. "The crux of regular exercise for many people is routine and familiarity, when that gets interrupted, it can be difficult to establish a new normal with exercise," said Trope. "This is a very tricky time. We are using both live exercise classes and pre-recorded exercise content combined with written workouts."

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Creating as close to a real experience as possible for students, including allowing for teacher-student interaction makes the classes more effective. "We transformed one of our classrooms into a virtual studio with good equipment so our classes look as professionally done as possible," said Fulbright. "We have a good camera, microphone, umbrella lighting, and large monitor screen so teachers can better see their students and alignment."

The students who are joining the classes represent a wide demographic. "Many of our regular students have gone virtual with us," said Fulbright. "The ones that surprised us were our older students in our Yoga for Creaky People and other classes. At first, we wondered if they would want to Zoom, but we were wowed. Most of them are Zooming with us now. They are rocking it."

There are even solutions for who those who are only marginally interested in fitness or need help staying motivated.

"I am encouraging people to focus on the mental health benefits from exercise and movement to help deal with the stress of COVID-19."

-Rachel Trope, **Clinical Exercise Physiologist** at the Washington Center for Weight Management and Research

"I had a former client reach out to me yesterday saying she just couldn't stay motivated doing the free home workouts because no one cared if she did or didn't show up," said Christian Elliot, Health Coach at TRUE Whole Human. "She's finding she prefers an appointment to keep her accountable. The one-to-one personal training with trained eyes watching, although more expensive, often provides the most accountability and bang for the buck, especially if you don't have much equipment to work with."

Classes can be tailored to the abilities and interests of each student. "I've found, probably not surprisingly, that different people prefer different for-

man beings, like other mammals, need to connect to mats," said Elliot. "Not having to think of what to do may be the biggest draw, regardless of the format. Some like the structure of a program and thoughtful movement and a slower pace, others like showing up at a particular time, doing whatever the workout is for the day, and knowing when the workout will be over."

"I'm excited to watch our great, collective, American ingenuity have a new outlet for creativity," added Elliot. "I look forward to seeing how this strange blip in history brings new and better solutions to the market that we otherwise would not have come up with."



The Navy's Blue Angels and the Air Force Thunderbirds did a flyover, Saturday morning, May 2, en route to Inova Fair Oaks and Fairfax hospitals to salute healthcare workers and other essential personnel serving on the frontline against COVID-19.

### **Blue Angels, Thunderbirds Honor Healthcare Heroes**



Photos by Susan Laume/The Connection Crowd gathers on knoll at Burke Center Library to await flyover by US Navy Blue Angels and Air Force Thunderbirds.



Small crowds at locations along flight path throughout the county witnessed Operation America Strong in recognition of health care first responders and essential workers.

# Reston, Mount Vernon and Burke Farmers Markets to Open in May It could pave the way for more as the county gradually reopens.

The Connection

the country heads into the third month of COVID-19 restrictions, the Mount Vernon Farmers Market on Sherwood Hall Lane is one of three markets that are opening in May.

The other two are in Burke and Reston, which are central locations that can cater to a wide scope of the county residents, said Fairfax County Park Authority spokesperson Judy Pederson. "These three are located in different areas of the county which places them within reasonable travel distances for all our residents."

THE FIRST OPENING will be Saturday, May 9 in Reston, followed by Mount Vernon on Wednesday, May 13 and Burke opening day on Saturday, May 16.

This is a step towards normalcy but operations in the markets will not be business as usual, due to the pandemic. Social distancing will be urged, as will face masks. "Face covering strongly recommended," the rules state. Face masks are required at the Reston market.

Throughout the pandemic, grocery stores have been allowed to operate with special rules in place. Most stores have had tape marks on the floor to ensure social distancing. Grocery stores are listed as essential businesses by Governor Ralph Northam (D), but the markets are not. "Because of that, the markets must operate under more stringent safety protocols in order to open," Pederson said.

The governor is currently making other moves that open facilities across the state. For example, he announced that hospitals and dentists will be allowed to resume non-emergency procedures as of midnight Thursday, April 30. On April 15, Governor Northam's office put out a directive for restrictions including extending Executive Order 53 for two weeks, through Friday, May 8, 2020.

Executive Order 53 originally signed on March 24, bans crowds of more than 10 people; closes recreation, entertainment, and personal care businesses; and limits restaurants to offering takeout and delivery services only.

Executive Order Fifty-Five, which www.ConnectionNewspapers.com

BY MIKE SALMON directs Virginians to stay home unless they must leave for essential services, remains in effect until June 10.

#### MARKET MASTERS

According to the Fairfax County Park Authority, there are usually two market managers overseeing each market, and the size of the market, depends on the number of vendors at the site. "As we open the markets this year, because of the extra safety precautions related to the pandemic, we're seeking to place between four and six volunteer market masters and park staff members at each market," Pederson said.

There will be a combination of old and new vendors at the markets, and as with the market standards that have been in place through the years, each vendor has to go through the application and acceptance process.

The Fairfax County Park Authority markets are strictly producer-only, which means that all of the farmers and producers sell only what they grow on their farms or make from scratch. To stick with the "locally-grown" mantra, the vendors must be located within 125 miles of Fairfax County.

"We also encourage value added vendors to use local ingredients," Pederson said.

After evaluating these three market openings, the Park Authority will assess the situation to determine if any changes are needed. The agency is hoping for successful 2020 market debuts that will pave the way for the opening of all FCPA farmers markets, their information said.

Up to date information about COVID-19 can be found at virginia. gov/coronavirus.

#### **COVID-19 RESTRICTIONS**

- Market shoppers are asked to comply with all COVID-19 health and social distancing requirements:
- No more than 2 family members in the market
- ✤ Face covering strongly recommended
- No pets
- Keep a 6-foot distance from others ♦ One customer per stall
- Do not touch surfaces. Let vendors bag purchases. Credit or debit card payments
- preferred No on-site eating of purchases or sampling
- Do not linger. Get in and get out quickly.
- ♦ Leave by Exits only



Fresh air, fruits and vegetables bring out the smiles at the county's Farmers Markets.

# **Opening Schedule**

### **RESTON: SATURDAYS,**

**BEGINNING MAY 9** Reston Farmers Market at Reston Lake Anne Village Center, 1609-A Washington Plaza, 8 a.m. to noon.

**MOUNT VERNON:** WEDNESDAYS, BEGINNING

**MAY 13** Mount Vernon/McCutcheon Farmers

Market, Mount Vernon Sherwood Library, 2501 Sherwood Hall Lane, 8 a.m. to noon.

### BURKE: SATURDAYS,

**BEGINNING MAY 16** Burke Farmers Market at Burke VRE

parking Lot, 5671 Roberts Parkway, 8 a.m. to noon.

















Tom Ross

Jon Stehle

Sang Yi

# Seven Running for Fairfax City Council

## Candidates in their own words.

The incumbents are So Lim, Janice Miller, Jon Stehle and Sang Yi. Challengers are Kate Doyle Feingold, Joe Harmon and Tom Ross

### So Lim

City of Fairfax is where my husband and I raised my family and operated my business for the past 20 years. It has been an honor and a privilege to serve as your Council Member since 2018. I have dedicated my service to improve and enhance our wonderful city. I am seeking re-election to continue my efforts to promote the growth of small businesses, emphasizing smart growth and appropriate land use that retains our unique historical small town charm, ensure affordable and diverse housing options, make our neighborhoods safer and pedestrian-friendly, and ensure City continues to provide excellent city services at the least amount of tax burden to the residents.

As a Council Member, my commitment is to our residents and our community. I believe in resident empowerment — the people of Fairfax should have a voice in matters that are important to them. I will use my leadership experience as an entrepreneur and a problem solver to understand the issues, tackle the challenges and offer practical solutions to keep our local government operating effectively. This is my promise and I hope to earn your vote.

### Janice Miller

Over the past two months, our world has changed dramatically, and COVID-19 has profoundly changed us. Top priorities moving forward: 1. Join together to energize our local economy and to support our small businesses. 2. Continue to work together to encourage reasonable development. 3. Manage the City budget to maximize services.

# Fairfax City Election is May 19 Because of COVID-19 and the ongoing need for social distancing, Fairfax City's

election has been moved to May 19. All ballots already cast for May 5 will still be counted. Voters are encouraged to vote at home. Visit https://vote.elections.virginia. gov/ to complete an application before May 12 at 5 p.m. Ballots must be received by 7 p.m. on May 19 to be counted.

Curbside voting is available at City Hall, Monday through Friday, from 8:30 a.m.-5 p.m., and Saturday, May 16, from 8:30 a.m.-5 p.m. In-person, precinct voting will be available May 19 for those who haven't already cast their ballots. Voters must wear masks and may bring their own blue or black pens, but no gel pens.

I am running because I believe in this community and want to represent residents' views. I bring a strong voice and decades of community experience to City Hall. As an experienced Council member and former School Board member, I value collegial working relationships with other elected officials, thoughtful review and analysis of City business, listening to others and providing outstanding constituent services. I pledge to do my best for City residents and the business community.

# Jon Stehle

The City is where Steph and I chose to start our family, and we are proud that the City of Fairfax is Zoe and Cooper's hometown. I am running for reelection to continue to: ensure our community gets value for our tax dollars with top-notch services, connect with local businesses to move our economy forward, and to work to maintain our City's unique, community feel.

We are facing an unprecedented time and will need a strong team in place to address the physical, mental, social and economic impacts of the COVID-19 pandemic. I bring experience, commitment, and an engaging approach to the City Council. I ask for your vote, by mail or in person, to continue to serve you with integrity on the City Council.

## Sang Yi

I love our City and the people who make it special. I have dedicated my entire, adult life to service and hope to continue serving you on the City Council. If re-elected – especially during the recovery phases of COVID-19 – I will continue to advocate for the preservation of our City's character and family-friendly environment, promote economic development and seek the most efficient and disciplined use of City taxpayer dollars.

Professionally, I also serve as a Lieutenant Commander in the U.S. Navy Reserve and as a senior aide on Capitol Hill, focused on government-oversight issues. I am a graduate of the U.S. Merchant Marine Academy, U.S. Naval War College and George Washington University Law School. Please visit www.SangYiForFairfax.com to learn more about my candidacy.

# Kate Doyle Feingold I am a mother, an attorney, a USMC

veteran and just completed my PhD from GMU in Criminology, Law & Society. I care about Fairfax City and want to preserve its historic, small-town appeal. I have experience writing ordinances and legislation and want to use my critical thinking and research skills to find cost-effective, creative solutions for our City.

My children attend Daniels Run Elementary and we enjoy walking to school every day and walking to visit all the local

businesses. I believe we need to protect our green and open spaces, as well as protect the health of our waterways in the City. I also believe we need to think critically about what development is approved and seek out and listen to residents' opinions.

### Joe Harmon

Development in the City is at an all-time high. It's a good problem to have, but what we build now will determine our future. I am running to renew our sense of community and small-town appeal. I have served on the City of Fairfax Industrial Development Authority (four years), the Parks and Recreation Advisory Board (eight years, four as chairman), and served on the Planning Commission (six years).

I am passionate about making our City a better place for our children and our future. We should encourage policies that welcome everyone and provide for consistent and thoughtful new growth and inclusion. If elected, I will work to ensure livable home neighborhoods, a thriving City economy and vibrant, walkable places to work, shop, and play.

## D.T. "Tom" Ross

As a longtime resident of the City, I have actively served on a variety of boards and commissions, including as Chair of the Planning Commission, the Electoral Board, a member of the Charter Commission and the 2020 Commission. My experience in City affairs, plus my professional background with the National Park Service as an Assistant Director, have provided me with the ability to serve you in a dedicated and experienced manner. Experience matters!

My priorities will be to help us recover from the impacts of the COVID-19 epidemic, support our local businesses and excellent services, and invest in our community for the future. Please visit my Website: www.rossforcitycouncil.com. I welcome your thoughts.

- Compiled by Bonnie Hobbs



**David Meyer** 

"Working with all citizens, I pledge to continue the positive trajectory for our City as a superior community, regionally and globally."

— Mayor David Meyer



Mark Angres

"Only when our elected officials work with each other collaboratively, and truly listen to the voices of our residents, can the City reach its full potential." - Challenger Mark Angres

# Fairfax Mayor's Race is Meyer vs. Angres

### David Meyer

I am running for re-election as Fairfax City Mayor to continue the transformative work we have achieved during the last three years. The current pandemic has challenged our community in unprecedented ways now is the time for experienced, seasoned leadership to ensure that, when our community comes out of this crisis, we will be in a strong position, locally and regionally.

I have served our community for more than 30 years - currently as the City's mayor for the last three years - and as a City Council member for eight years. Previously, I was my civic association's president, the FHS PTA president, a director for Historic Fairfax City Inc., co-authored a history of our City, and led a citizen coalition to save and create Historic Blenheim. Professionally, I am a retired career federal senior executive.

I believe accomplishments matter. While being mayor, we adopted a new Comprehensive Plan, garnered \$650 million in new private-capital investment, and secured \$129 million in new transportation funds, including \$20 million for our City's trails. We have continued our conservative, financial management of citizens' tax dollars by renewing our AAA bond rating, increasing our reserve fund, and maintaining the second-lowest overall tax burden in Northern Virginia. Our City services (curbside trash pick-up, snow and leaf removal, and police and fire/EMS) are unsurpassed in our region, and our schools are nationally ranked. Working with all citizens, I pledge to continue the positive trajectory for our City as a superior community, regionally and globally.

#### www.ConnectionNewspapers.com

### Mark Angres

I am running to be the next Mayor of Fairfax City. The current pandemic has hindered my ability to meet many of you. I felt it was our responsibility as citizens to stay home to protect the health of our entire community. So I welcome this opportunity to tell you about myself.

Fairfax is a wonderful place to call home, and my wife and I are delighted to raise our family here. However, I believe we're in need of a fresh voice. Fairfax deserves a leader who listens. Only when our elected officials work with each other collaboratively, and truly listen to the voices of our residents, can the City reach its full potential. As vice-chair of the City Planning Commission and former chair of our Board of Architectural review, I believe I am uniquely qualified to drive consensus and understand the planning challenges facing the City in the coming years.

We should further invest in the education of our youngest children by establishing a more robust Pre-K for all programs. Imagine if the City, itself, was prepared to help our parents and children return to normalcy after this pandemic. We also need to be thoughtful, yet open-minded, in the further development of the City so that we are in position to be economically successful in the future. Finally, we have an obligation to the entire community to address the serious housing needs in the City and region at large. Please support me so we can work for Fairfax together.

- Compiled by Bonnie Hobbs

# 'None of Us Really Know How this Will Play Out'

Fairfax City continues to grapple with FY 21 budget.

> By Bonnie Hobbs The Connection

ith Fairfax City poised to adopt its FY 21 budget next Wednesday, May 13, City Council held its final public hearing on it, last Tuesday, April 28. City Manager Rob Stalzer also made another presentation to explain the thinking behind his proposals.

"Because of the many unknowns we have – in terms of the health crisis, the economy, the City's revenues and other variables we're dealing with - the process we've laid out to look at our expenditures and revenues, over the next year or so, will be really important," he said. "None of us really know

how this will play out."

Stalzer said how fast the economy returns to normal "will depend on how safe people feel returning to public life. And a lot of things are in play – the amount of testing, contact tracing, the immunity in the general society and the availability of a vaccine. These factors were all taken into consideration when recommending a zero real-estate tax increase in FY 2021."

"We built the revised budget on a 12-month downturn duration, with recovery beginning in July 2021," he continued. "But it could take three months or so to gain traction. So we figure the downturn

will include three months in FY 20, 12 months in FY 21 and three months in FY 22. So we anticipate 18 months to get back to normal. I hope this isn't overly optimistic, but time will tell - we just don't know."

**STALZER** said he believes the City can generate savings in its procurement process and that FCPS' estimated tuition recommendation for FY 21 is about \$500,000 more than the City will actually need. And, he added, "Whenever Parks and Recreation opens up and can charge fees again, we'll bring back the staff and materials to operate those programs."

He said the City is already monitoring its revenues and expenditures weekly, and additional quarterly budget reviews "will help inform our decisions when the economy improves. Then we'll have to prioritize what to [return to the budget for funding]. These dollars will be driven by what our revenues look like."

Regarding Fairfax's General Fund contributions to various entities including The Lamb Center, Volunteer Fairfax, Commission on the Arts and the City Band, Stalzer suggested keeping these amounts at their FY 20 level. And although a hiring freeze is recommended for now, "As vacancies open, each will be reviewed and considered," he said.

> That's why he stressed that the quarterly reviews will "let us keep tabs on what we need to do and how we need to adjust."

NO RESIDENTS called in to comment, but Councilman Jon Stehle encouraged anyone with any budget concerns to send them to the City. And Mayor David Meyer expressed appreciation "for all the continued hard work" Stalzer and his staff

BONNIE HOBBS/

The Connection

**Rob Stalzer** 

"We built the revised

budget on a 12-month

downturn duration,

with recovery begin-

— City Manager Rob Stalzer

ning in July 2021."

are doing.

"When I see things held in reserve, I'm not sure I'm comfortable holding a penny's worth of the [real estate] tax rate to eventually fund a 3.5-percent merit-pay raise," said Councilman Sang Yi. "Some residents may be

living in a home assessed at \$500,000 - but may also be living on unemployment. Even [reducing] a half penny of the tax rate would make a big difference to people."

However, said Meyer, "Finding that sweet spot is making the best judgments we can, based on the data we have, plus each [Council] member's priorities and values."

Noting that Fairfax's Economic Development Authority recently sent out COVID-19 business-impact surveys, Yi encouraged all City business owners to fill them out and submit them. Having that information, he said, "will help guide the Council's decisions."

Mac McConnell is appreciative, even behind the sliding glass door.





The parade of cars went right in front of the McConnell's house, which is right around the corner from Herrity's office.

Photos contributed

# Parade for Mac McConnell's 99th Birthday Social distancing in

By Mike Salmon The Connection

he weekend of April 25, Supervisor Pat Herrity (R-Springfield) and his dog Rex joined the Fairfax County Police Department to help longtime Springfield resident Mac Mc-Connell celebrate his 99th Birthday.

McConnell is a longtime leader of the West Springfield Community and the husband of former Springfield District Supervisor Elaine McConnell. He is a veteran of the United States Navy who served during World War II. He was also the Deputy Director for the

# Social distancing in place, but the smiles prevailed.

Bureau of Alcohol, Tobacco, Firearms and Explosives in Washington, DC for many years. He retired from his job with ATF to Fherp Elaine start her school, Accotink Academy, and manage her political campaigns. Mac and Elaine also volunteered their time helping churches, non-profits, and small businesses become established in Northern Virginia.

Elaine passed in 2016 but Mac remains in good health at their home, working on a book recounting his amazing life, from farm boy to fly boy, from ATF agent to beloved local businessman, father, grandfather and great grandfather.



Springfield Supervisor Pat Herrity and his Labrador Retriever Rex.

# NoVA Legislators Lasso Outdoor Tethering Law

## New tethering restrictions go in effect on July 1.

By Susan Laume The Connection

ompanion animal advocates are among those with reason to celebrate the 2020s Virginia's General Assembly. This year, grassroots progressives saw nearly a dozen bills pass related to animal care and humane treatment. New laws will include restrictions on outdoor animal tethering; puppy stores: creating care criteria; consumer protections; annual inspections by the State veterinarian; and to recognize December as Virginia puppy mill awareness month.

ANIMAL WELFARE is an issue where "two Virginias" are often evidenced in citizen viewpoints: rural and urban. Many in urban Virginia tend to see pets as members of the family who reside inside the home and are treated like furry children. Many in rural Virginia may see animals more traditionally; often kept outside for security, sport or agriculture. Perhaps nowhere has the difference in views of what constitutes humane treatment been seen as acutely as in the multi-year legislative debate over tethering: confining a dog outside on a chain or rope. On this issue lawmakers have been at odds, literally over 60 inches, and degrees of temperature for several years.

This year new restrictions on tethering go into effect on July 1.

The new requirements raise the minimum tether length to the greater of 15 feet or four times the length of the animal, measured tip of nose to base of tail. If inspected, an animal control officer may determine if a shorter length of no less than ten feet or three times the animal's length is better suited. The tether material itself must not cause injury or pain, nor weigh more than one-tenth the animal's body weight.

The new law recognizes the dangers to animals left tied outside during certain conditions including extreme temperatures and severe weather events. Outside animal tethering is not considered adequate shelter:

✤ unless the animal is safe from predators;

 unless animal is well suited/well equipped to tolerate its environment;

during the effective period for a hurricane warning/tropical storm warning issued for the area by the National Weather Service;

during a heat advisory issued by a local

or state authority;

 when the actual or effective outdoor temperature is 85 degrees Fahrenheit or higher;

♦ when the actual or effective outdoor temperature is 32 degrees Fahrenheit or lower;

during the effective period for a severe weather warning issued for the area by the National Weather Service, including a winter storm, tornado, or severe thunderstorm warning.

**SHELTERING EXEMPTIONS** may be allowed in situations, only if an animal control officer, having inspected an animal's individual circumstances, has determined the animal to be safe from predators and well suited and well equipped to tolerate its environment, i.e. a thick furred husky in 31 degree snowy weather versus a short-haired chihuahua in the same circumstances. No exemptions may be made during issued hurricane/tropical storm warnings.

House bill provisions that would have prohibited outdoor tethering between 10 p.m. and 6 a.m., and allowing localities to adopt more stringent ordinances than the state provisions were not accepted. Leash walking a dog is not considered tethering.



PHOTO COURTESY HUMANE DOMINION & HOMEWARD TRAILS Dogs tied outside in Virginia await new weather and tethering protections effective July 1.

Readers may find the full language of the bills at www.lis.virginia.gov by searching HB 1552 or SB 272 Tethering animals; adequate shelter and space.

The author is Director of the VA Dog Army, a companion animal law enforcement and legislation advocacy group.

# Local Small Business Owners — We're Here for You

(D-Mount Vernon District)

he COVID-19 pandemic is taking a huge toll on our economy and we will feel its impact for many months and years to come. As small business owners, we know this economic crisis may be unlike anything we have ever weathered before. The Fairfax Economic Development Authority (EDA) reports that approximately 200,000 people are employed by small businesses in the County and our office has identified almost 1,100 small businesses along the Richmond Highway corridor. I know from the Mount Vernon-Lee Chamber of Commerce, individual business owners and many residents that our local small businesses need our help now more than ever.

As a fellow small business owner, I have been looking for and evaluating any and all resources available to my company, including applying for the Federal PPP Loan, as I'm sure many of you have. I understand the angst and frustration that you're feeling.

As your Mount Vernon District Supervisor, I have pushed hard on the Board and County staff to find ways to assist small businesses. As a first step, we have created a MicroLoan Program, consisting of \$2.5 million to provide up to \$20,000 each to qualified applicants. I encourage you to apply for this program starting on April 28 and closing at midnight on

BY SUPERVISOR DAN STORCK April 30. I am also committed to increasing this application time and providing millions more in support.

> For County construction permitting, we have approved the extension of the validity of all expiring Director-approved land development items until 60 days after the Board mandated COVID-19 emergency ends. I see these actions as a valuable and necessary start, but we need to do more and quickly.

> As soon as the Embark Richmond Highway Comprehensive Plan improvements were approved, I launched the Strategic Economic Development Team with Supervisor McKay to proactively grow businesses; we also established a Business Retention and Expansion (BRE) team to focus on businesses along the corridor. That team now consists of myself and Supervisor Lusk, Fairfax County EDA, Mount Vernon-Lee Chamber of Commerce (MVLCC), South Fairfax Development Corporation (SFDC), and the County's Department of Economic Initiatives. During this crisis, we have been convening the BRE weekly to coordinate our efforts to best support you.

> SFDC has developed a COVID-19 Business Directory webpage to rally the community around our local businesses to buy local and help them survive. All businesses in the southern portion of Fairfax County have been asked to input their information, with questions like: Are vou open for business? What type of business? What are you current

ly offering? This page is growing by the day and we expect the community's use of it for shopping will, as well.

MVLCC has developed a similar webpage, "Open for Business". This page lists the local businesses open during the COVID-19 pandemic. The Chamber has also spoken with their members and several of their business consultants have graciously offered to provide free business counseling to other small business owners. Contact the Chamber at 703-360-6925.

In addition, the Fairfax County EDA has been focused on employment, by identifying companies out who are hiring at this time. Through their webpage, you can find open positions for companies who are hiring immediately. They are also working with companies who have furloughed employees to direct those employees straight to businesses with job openings.

Together, we are working hard to be innovative and to bring additional resources to our local small businesses and will continue to do so until we get through this together. I am here to help you! If you're in need of any type of assistance, please reach out to my office at 703-780-7518. If you are a resident reading this and are looking for ways to help those in our community, check out our "Get Help, Give Help" webpage for ways to support our small businesses and not-forprofit service providers during this critical time.





Photos contributed

Supervisor Dan Stork visiting businesses in Belle View Tuesday, April 28 – Primo's and Bread and Water.

### **Helpful Links**

SFCD has released a video designed to encourage support of our local businesses. Please share if you are able: https://drive.google.com/ file/d/1utDpotBd67rAWi1NvGokkMSbg7u2A3K5/view?usp=sharing

Helpful links for print publications: MicroLoan Program: https://www.fairfaxcounty.gov/economic-success/

county-small-business-covid-19-recovery-fund SFDC COVID-19 Business Directory: https://sfdc.org/directory/

MVLCC Open for Business https://cca.mountvernonleechamber.org/PromoListing.aspx

Get Help, Give Help: https://www.fairfaxcounty.gov/mountvernon/gethelp-give-help

### League of Women Voters Thanks Fairfax Delegation of the General Assembly

The League of Women Voters of the Fairfax Area thanks the Fairfax Delegation of the General Assembly for its historic legislative session. The League appreciates its leadership during the pandemic. The League also honors its volunteers who have been members for 50+ years and advocated tirelessly for these reforms.

"The General Assembly adopted the League's highest priority issues, many of which the League has advocated for several decades," said Anu Sahai, LWV-Fairfax co-president. The League of Women Voters is a nonprofit, nonpartisan volunteer organization that just celebrated its 100-year anniversary.

"We thank our state legislators for keeping their promises to the electorate," added Sahai. They passed important new reforms on redistricting, women's rights, voting rights, and gun violence prevention:

Redistricting Reform: The constitutional amendment that was passed during the last legislative session will now go to voters on the November ballot. We thank the General Assembly for adopting this reform in time for the new Congressional and General Assembly maps to be drawn based on the 2020 census numbers.

Equal Rights Amendment: We are proud of our delegation for passing the ERA to guarantee equal legal rights for all American citizens regardless of gender, making Virginia the 38th state to pass the amendment.

✤ Voting rights: The General Assembly took big steps toward guaranteeing voting rights for all citizens ages 18 and older. We thank our legislators for supporting participation in elections by allowing for no-excuse absentee voting and automatic voting registration as well as making election day a

holiday and no longer requiring photo identification. ·

✤ Gun Violence Prevention: We support the newly enacted legislation that addresses gun violence including universal background checks, extreme risk protection orders, child access prevention laws, stronger protection orders, and state and local authority to regulate firearms in public spaces. We are proud of our legislators who stood strong during armed threats and protests.

The League commends our Fairfax delegation by acting on these human rights. However, our job is never done. During COVID-19, voter safety and elections' security are now human rights' concerns — voters need to be able to exercise their right to vote in a safe environment, and their votes need to be secure. "The League is strongly encouraging people to vote at home by absentee ballot this November to ensure voters'

and election workers' health and safety during COVID-19," said Nancy Roodberg, LWV-Fairfax co-president.

We owe a debt of gratitude to our 400+ Fairfax area members and especially to our long time, dedicated members. "Amazingly, 28 members have been volunteering for our Fairfax League for more than 50 years," said Roodberg.

We thank the League of Women Voters of Virginia for its leadership as well as our members who volunteer countless hours to stand up for what they believe. Since the 1970s, our members have protested, written postcards and emails, and made hundreds of phone calls for ratification of the ERA. Since the 1980s, our League has advocated for redistricting reform for fair elections. Finally, voting rights have been a rallying cry for the past 71 years our League has been in Fairfax County.

# News South County Junior Elected to School Board

athan Onibudo, a junior at South County High School, has been elected by the countywide Student Advisory Council (SAC) to serve a one-year term as student representative to the Fairfax County School Board, beginning July 1. Onibudo will participate in School Board meetings as a nonvoting member, filling the position currently held by Kimberly Boateng, a junior at Lee High School. He will be the 50th student representative to the School Board.

Onibudo entered Fairfax County Public Schools after attending private schools in grades preK-4. "I have had an overwhelmingly positive experience growing up a student in FCPS and I want to do what I can to make sure that that is the case for all current and future FCPS students," he states.

Onibudo cites a spirit week several years ago at South County where a student wore a confederate flag as part of a costume. To counter the fracture that resulted among students, administrators held a series of student-led town halls, enabling students to voice



Photo courtesy of FCPS Nathan Onibudo

their opinions and grievances. The South County Student Council was born from these town halls and brought together representatives from each class that reflected the diversity of the student body. "The student council has had a profoundly positive effect on school culture as a whole and has given the student body a new and accessible mouthpiece-voice," explains Onibudo. "As a three-year member of the South County Student Council, I have witnessed firsthand the impact that students can have on

their school, community, and education. We provide a new perspective...as students, (we) are best positioned to relay information on how policies and directives are impacting the individual lives of students in the county. Students, when given the opportunity, can influence positive change."

AMONG THE ISSUES Onibudo wants to focus on as student representative are working to properly serve the increasing number of students in FCPS that are struggling with mental health issues and increasing student awareness about how to access mental health care, finding responsible and sensible ways to deal with the lasting effects of the COVID-19, technology inequity, increasing student exposure to postsecondary opportunities in addition to college, and ensuring that the increasingly diverse FCPS student body feels included in their school community. "The last issue mentioned is extremely important to me because I have witnessed what a broken school community can do to the educational environment of a school," says Onibudo, who cites increasing numbers of

students identifying as LGBTQ+ community and a growing number of ethnicities. "Mr. (Gary) Morris, the new principal at South County, made his 'big' thing this year at our school about family; he even printed T-shirts that read, 'It's a family thing.' As corny as it sounds, seeing signs all around the school that remind us that we are in a building with people that we can turn to when we need help is a stabilizing feeling." Onibudo also wants to encourage all students to reach out to him with their ideas, concerns, and comments on how he can help make FCPS more inclusive via email or on his website, that will also include updates on projects he is working on.

AT SOUTH COUNTY, Onibudo has taken (or plans to take) Advanced

Placement (AP) English Composition; AP U.S. Government and Politics; AP Environmental Science; AP English Literature, AP U.S. and Comparative Government; AP Micro and Macro Economics; AP Biology; AP Psychology; AP World History; Latin 1-5; Pre-Calculus and Trigonometry; Leadership; Photography; and honors classes in algebra, English, geometry, and biology. At South County, Onibudo has been a member of the varsity cross county, indoor track, outdoor track, and soccer teams; a member of the National Honor Society, National English Honor Society, and National Latin Honor Society; a member of the school's Model Judiciary and Quiz Bowl-It's Academic teams; and Class of 2021 Student Council representative.

FCPS News



Keely Ochs accepting the scholarship.

# Springfield Girl Scout Selected for Scholarship

Girl Scout Keely Ochs, a member of Ambassador Troop 6117 and a Senior at Lake Braddock High School, has been awarded a scholarship from Girl Scout Service Unit 52-11. Ochs plans to attend Arcadia University in Pennsylvania this fall, majoring in Elementary Education.

She is an active member of Ambassador Troop 6117, led by Carol Ochs and Trinity Edwards. She has actively participated in badge work, service projects, camping, and travel.

Her Silver Trefoil award involved more than 500 hours of service (100 required), including three summers volunteering for the Fairfax County Park Authority, many Service Unit activ-Thinking Day, Cosmic Bowling, etc.), Teachers for Tomorrow,

several Honor Societies, and more.

Keely's extensive community service - especially Service Unit service - led to her selection for the scholarship.

Service Unit 52-11 is located in Springfield and serves approximately 550 Girl Scouts in grades K-12.

Girl Scouts provides girls in grades K-12 with opportunities to learn new skills, explore STEM, discover the outdoors, and become entrepreneurs, while making new friends and having fun. Girl Scouts Nation's Capital serves the Greater Washington Region, with 87,254 members-60,469 girls and 26,785 adult volunteers ities (Encampment, Hike Day, and lifetime members. To volunteer, reconnect, donate, or join, visit www.gscnc.org.

# Same Company, Same Employees, Same Great Value - Now Celebrating 20 Years! TWO POOR TEACHERS **Kitchen and Bathroom Remodeling**





Photos contributed

the park.



### BULLETIN BOARD

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

#### FRESHFARM MARKETS OPEN

Local FRESHFARM Markets are opened. Residents are encouraged to pre-order as much as possible, but graband-go and prepackaged options will be available for

purchase at all of the markets listed below. Saturday Market

Oakton, 9 a.m. - 1 p.m. -- 2854 Hunter Mill Rd., Oakton. Sunday Market

Mosaic, 9 a.m - 2 p.m. -- 2910 District Ave., Fairfax

#### BURKE FARMERS MARKET TO OPEN

The Fairfax County Park Authority will open its Burke Farmers Market on Saturday, May 16 from 8 a.m. to noon at the Burke VRE Parking Lot in Burke. It will again offer delicious, locally grown, farm-fresh products. The market will be different than in the past, as the Park Authority complies with Virginia Gov. Ralph Northam's social distancing orders and safety guidelines. Visit www.fairfaxcounty.gov/parks/farmersmarkets

#### SPRINGFIELD FARMERS MARKET OPENS

The Springfield Farmers Market operated by FRESHFARM is now opened on Saturdays from 10 a.m. to 2 p.m. at Spring Valley Mall in Springfield. There will be some procedural changes to help ensure everyone's safety, so read the safety guidelines as you head out to the market. Shoppers are encouraged to pre-order for pickup at the market as much as possible (although you will still

forget those masks. JOB SEEKERS WEBINAR

#### FREE ONLINE COMPUTER SCIENCE WOR

	Legals	Employment
	ABC LICENSE EAD Entertainment, LLC trading as Muse Paintbar, 2920 District Avenue, Suite 100, Fairfax, VA 22031. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEV- ERAGE CONTROL (ABC) for a Wine and Beer On Premises-Restaurant license to sell or manufacture alcoholic beverages. Brian Reynolds, LLC Manager. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www. abc.virginia.gov or 800-552-3200. An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg	Forget Daily Commuting Print and digital media sales consultant for area's most popular and trusted local news source Manage your own hours from home Enjoy flexible schedule plus no daily commute Help local businesses grow Unique opportunity to be a voice in your community Competitive compensation Call Jerry Vernon 703-549-0004
		IGITAL RIPTION
apers.com/Calendar. Photos and artwork welcome. be able to purchase pre-packaged items). And don't forget those masks. <b>OB SEEKERS WEBINAR</b> manuel Bible Church will be hosting a Job Seekers Webinar on Saturday, May 9 from 9 a.m12 p.m. via Zoom. The Webinar is free and open to the public. The Job Seekers Webinar offers practical advice on all of the basic muscle movements for a successful job search. Interested persons can read more about Job Seekers and register at the following web site: https://ibc.church/ iobcoakers		PAPERS.COM/SUBSCRIBE
jobseekers <b>REE ONLINE COMPUTER SCIENCE WORKSHOPS</b> AVHacks, founded by Lucy Chen and Anaum Khan, is conducting free online computer science workshops to increase interest in STEM throughout the community. The DMVHacks team strives to provide students with opportunities to learn more about computer science and		TELL US WHAT YOU THINK
coding, regardless of their grade or age. These work- shops occur from 3 – 4 p.m. on Wednesdays and Fridays through Zoom. If you would like more information about these workshops, email Lucy Chen at lchen888@ gmail.com or the DMVHacks team at dmvhacksteam@ gmail.com. SEE BULLETIN, PAGE 14	SUBMIT YOUR LETTER www.ConnectionNewspa	TO THE EDITOR HERE

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www.ConnectionNewspapers.com

### Hair Today, Not **Gone Tomorrow**

#### By KENNETH B. LOURIE

Sheltering in place while isolating at home, like so many others are, in a state, Maryland, where non-essential businesses remain closed, life has mostly come to a screeching halt. And unlike Georgia and nearly 30 other common-sense offenders, salons - among many other trying-to-getgoing concerns, are not open. Moreover, given the social-distancing guidelines and the stay-at-home mandate, it's unlikely I'll be receiving any service providers in my home either. And considering that I'm not running a bowling alley in my basement. the chance that my hair stylist is going to unexpectedly knock on my front door is fairly slim. As a non result, what's continuing to happen then is my hair is continuing to grow. Despite my year of immunotherapy, I have a full head of hair; now more than ever, in fact. So what did I dream about last night? Getting a haircut.

As it was dreamt, I was in Virginia (I live in Maryland) doing non-barbershop/salon things when quite unintentionally I walked by a salon that was open and operating. Since I wasn't on a schedule and I needed a haircut, to quote Bob Seeger: "I tucked my hair up under my hat," (sort of) and went inside to make inquiries. I remember asking, as I have previously in real life, if anyone there knew how to cut curly hair. One stylist/operator, who was not familiar to me, offered his services for the task at hand. That's all I remember except feeling pleased with myself when I woke up this morning as if I had accomplished something overnight. Which of course, I hadn't. Oh, how the mighty have fallen.

Of all the things I've dreamt about: interacting with my deceased parents, flying through the air with the greatest of ease, sex, the past, the future, adventures, etc., I dreamt about getting a haircut. How pathetic is that?

One week into my low iodine diet (as preparation for my thyroid cancer treatment), when I haven't had any salt, any dairy, any bread, any most especially, no chocolate or sweets of any kind (jelly beans are on back order), I would have thought that if there was a dream to be dreamt, it would involve food at the very general and chocolate at the very specific, like being in an endless dessert buffet line (social distancing and limiting crown size notwithstanding). But no. What my subconscious focused on was yours truly getting a stupid haircut. There was no special occasion or event for which I was needing my hair cut, it was simply, maintenance. All the more disappointing given the endless possibilities to dream that exist in our heads. What a waste of a deep sleep.

What makes the dream even worse is that for the past month or so I've had very poor sleep, lying in bed for hours with very little to show for it. Specifically, rest, relaxation and dreams; not dreaming at all in fact. Then, in the midst of this poor sleep pattern I awake this morning with the recollection of having dreamt (meaning a deep sleep) about getting my curly locks cut. Mundane minutiae if there ever was such a combination.

Granted, getting my hair cut was a very important part of my life, particularly so for my mother. For my mother, her sons getting a proper haircut was paramount and once she found a barber, Rocky Spirazzo, who cut hair with a scissors instead of a clipper, she was smitten, so to speak. As such, we followed Rocky to whatever barbershop/salon he worked at, including some of the finest hotel barber shops in Boston. We even occasionally went to his home in Roslindale, where he had a barber chair set up in his unfinished basement. I can still that lone bulb above my head attached to a chord hanging from the ceiling.

And so it was, throughout my life when my mother had control of my hair-cutting, that hair cuts were not nearly so arbitrary as they might have otherwise been. Without really admitting it, I guess I would say that getting my hair cut is of some importance, dat ing back to my "yout," to quote Joe Pesci from "My Cousin Vinny." Like it or not, my mother's influence persists. Now in the midst of a pandemic, with so many other potential problems impacting our life, apparently my subconscious still has its priorities. Kenny Lourie is an Advertising Representative for

The Potomac Almanac & The Connection Newspapers.





BULLETIN

FROM PAGE 13

#### WORKHOUSE ARTS CENTER CREATES VIRTUAL CAMPUS

- The Workhouse Arts Center in Lorton, known for its exhibitions and artist talks, Second Saturday artwalks, live performances and classes in everything from painting and ceramics to cooking and yoga, has created a virtual campus.
- With the campus closed due to Covid-19 restrictions, the Workhouse has quickly pivoted into offering more online content. Live stream class registration is currently open offering classes in Visual Arts, Art of Movement, Performing Arts and Private Music Lessons with classes beginning the week of May 4, 2020. Online recorded class registration opens the week of May 4, 2020 with classes in Visual Arts beginning the week of May 11. All of the Workhouse Arts Center online offerings can be found at http://www.workhousearts.org/ virtual-workhouse/.

#### TELL YOUR PANDEMIC STORY

The Fairfax County Public Library's Virginia Room is collecting materials that will help future generations understand what it was like to live in Fairfax during the COVID-19 pandemic. Submit your stories, photographs, journal entries, short video clips, art images, or other digital files by June 10, 2020, using this online form: bit.ly/34HZvS8. (If you don't have a Google account, you can email the Virginia Room with your stories at va room@fairfaxcounty.gov.) Virginia Room COVID-19 Project.png

#### COMMUNITY FOUNDATION AWARDS \$715,000

- The Community Foundation for Northern Virginia awarded \$715,000 in Round 3 grants from the COVID-19 Response Fund for Northern Virginia.
- Organizations offering access to health care, mental health care, and dental health care for low income, uninsured and underinsured residents, and organizations offering direct services to victims of domestic violence which are soaring under stay at home orders across our region, were invited to apply. And while they originally estimated that approximately \$350,000 would be awarded in Round 3, strong contributions to the COVID-19 Response Fund and a phenomenal demand for support has resulted in grants totaling \$715,000 to 35 organizations on the front line of the pandemic.

### **COX FOUNDATION AWARDS \$25,000**

Cox Communications is helping feed families in Fairfax through Fairfax County Meals on Wheels with a \$25,000 donation from The James M. Cox Foundation. This is in addition to the \$10,000 awarded on behalf of Cox Charities to Fairfax County Meals on Wheels in March. The grant will support local families in need during the COVID-19 pan-demic. The James M. Cox Foundation is the charitable arm of Cox Enterprises, the parent company of Cox Communications and Cox Automotive. In response to the growing strain on feeding the community, the foundation announced \$25,000 grants to support people in need where we live and work.

#### HOPE FOR THE WARRIORS SCHOLAR-SHIPS

From now through May 31, applications are being accepted for the Fall 2020 semester for the Hope For The Warriors Military Spouse and Caregiver Scholarship program. Since 2006, Hope For The Warriors has awarded Military Spouse and Caregiver Scholarships twice a year. The program recognizes and rewards post-9/11 spouses and caregivers for their strength, fidelity and resolve despite adversity as they assume critical roles in the financial well-being of their families. Scholarships vary from \$1,500 to \$2,500 and applied toward higher education at an U.S. accredited university, college or trade school.

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