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CONNECTION McLean ♦ Vienna ^{and Oakton}

College Students Prevail Despite Coronavirus Impacts

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Bailey Shannon, of Vienna, (bottom left) with a group of friends tailgating at an Appalachian State University football game this past fall. McLean, Vienna area college students reflect on how the health crisis affects their lives, studies.

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VIENNA POLICE HIGHLIGHTS

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna, Virginia Police Department from May 8 – May 14, 2020.

INCIDENTS

Grand Larceny -- Vienna Baptist Church 541 Marshall Road, SW Between Oct. 8, 2019, at 8 a.m. and October 20, 2019, at 8 a.m. An employee reported that an unknown person took a charitable check that was given to the Church.

Fraud -- 500 Block John Marshall Drive, NE Between Feb. 1 at 12 p.m. and May 10

at 9:06 p.m. A resident reported that an unknown person used his personal information to open several bank accounts.

Police Service -- Suntrust Bank 515 Maple Avenue, East May 8, 1:45 p.m. A maintenance worker expressed concern to the bank's security company about a man sitting in a vehicle in the rear parking lot. An officer spoke to the branch manager of the bank who advised they know the man and he has permission to be on the property.


Assault -- Beirut Butchery & Café 407 Maple Avenue, West May 8, 3 p.m. An employee reported that she was assaulted by a co-worker. The employee was advised of

the warrant process if she decides to pursue charges.

Petit Larceny -- 7-11, 427 Maple Avenue, East May 8, 3:31 p.m. An employee reported that a man left the store without paying for a cup of ice. When an employee confronted the man, he returned to the store and paid for the ice. The man then took another cup of ice and fled the area in a vehicle. An officer contacted the owner of the vehicle. The owner came to the store and made restitution for her son's actions.

Arrest -- Driving While Intoxicated -- Cottage Street near Cedar Lane, SW May 8, 6:01 p.m. Vehicle-2 was southbound on Cot-

tage Street at the traffic light for Cedar Lane. Vehicle-1 turned from Cedar Lane onto Cottage and side-swiped Vehicle-2. Upon the officers' interaction with Driver-1, they detected signs of impairment. Driver-1 failed to complete a series of field sobriety tests and was placed under arrest. Ofc. Colligan transported the 45-year-old man from Muskogee Street in Adelphi, Md. to the Vienna Police Station, where he failed to provide a sample of his breath for analysis. The man was then transported to the Fairfax County Adult Detention Center and charged with Driving While Intoxicated, Refusal, and No Operator's License.



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NEWS

College Students Prevail Despite Coronavirus Impacts

McLean, Vienna area college students reflect on how the health crisis affects their lives, studies.

BY MALLORY CULHANE
THE CONNECTION

Part one in a series.

The coronavirus pandemic forced in-person education to come to a halt in March across the country. College students not only had in-person courses moved online, but many had to travel back home for the remainder of the semester, and faced a number of new difficulties.

With the pandemic accelerating quickly around the time of many schools' spring breaks, some students left campus expecting to only be gone for the break, until it turned into the remainder of the semester.

"I basically left for spring break assuming I'd be back in a week, and then never came back," said Bailey Shannon from Vienna, a sophomore at Appalachian State University studying environmental science. "Everything changed in a week."

"Florida State University (FSU) only told us that we were not to come back the two weeks after our spring break so that people could quarantine," said Heather Colbert, from Vienna, a rising sophomore at FSU studying English education. "At this point I wasn't upset about it, [but] halfway through spring break they told us we couldn't return."

SOME STUDENTS – such as Grace Yang from McLean, a rising junior at the University of Virginia studying biology and entrepreneurship, had the opportunity to stay at school.

"I decided to go back to my apartment to quarantine with my roommates," said Yang. "This was mostly for the sake of my mental health, because of the lack of privacy and autonomy I have back home [and] I knew I would also be more academically motivated surrounded by my roommates."

Once classes did go online, professors handled the transition differently. Some gave more work, others lightened the course load and some courses became difficult to handle without face-to-face instruction.

"School became more difficult almost immediately as I have multiple science labs that require – and were built for – hands on experience," said Shannon.

Aside from variations in course load and adjusting to online classes, being in a different environment from students' dorm rooms, campus libraries and classrooms while trying to complete schoolwork became difficult for some.

WWW.CONNECTIONNEWSPAPERS.COM



Heather Colbert (middle), of Vienna, celebrating getting a bid from Delta Zeta Sorority last fall at Florida State University.

PHOTOS CONTRIBUTED



Bailey Shannon, from Vienna, a sophomore at Appalachian State University studying environmental science, says 'Everything changed in a week.'

"The lack of face-to-face interactions with classmates, professors and friends felt somewhat isolating."

— Grace Yang, a rising junior at the University of Virginia

"Online classes were frustrating because it's hard for me to [stay] motivated at home and not in a study environment," said Caroline Salwen from Oakton, a rising sophomore at the University of Pittsburgh studying psychology and film and media studies.



Grace Yang of McLean plays the bass clarinet in the Charlottesville Symphony Orchestra, which includes professors, community members and students. Several upcoming concerts have been cancelled due to COVID-19 and have been rescheduled for next year.



Caroline Salwen graduated from James Madison High School in Vienna last year and has lived in the Vienna-Oakton area since 2008.

is back to normal by then."

"It was just overall a hard situation for everyone to adjust to."

Students also had to leave behind friends and organizations. Attempting to stay connected, even for Yang who was still in Charlottesville, was challenging.

"Staying in Charlottesville didn't make me feel more connected to the UVA community overall," said Yang. "The lack of face-to-face interactions with classmates, professors and friends felt somewhat isolating."

"What was the most upsetting about leaving is that I felt like I had finally settled in and was really happy at school," said Colbert.

Many students got by with the support of their parents, professors, their university and staying connected with friends from school.

"My family was very supportive and I made sure to keep in contact with close friends via Zoom and phone calls," said Shannon. "My friends are all located in North Carolina, so I won't see them again until August if school

THE PANDEMIC itself has also weighed on college students. Shannon is a type I diabetic, considered immunocompromised.

"It's definitely been a lot harder on me because it's hard to think of the fact that the chances of me dying from this illness are a lot higher than the average person," said Shannon. "I don't think many people my age ever really stop to think about their own mortality."

Although finals are over and college students have an opportunity to take a breather from school, with the coronavirus still being a prevalent issue across the country, students are concerned about what could happen in the fall with classes and campus life.

"I'm worried about how fall semester will look," said Salwen. "I'm staying positive and think we have a good chance of going back, but I know even if we go back, campus is not going to be the same because of social distancing."

Beyond Equality to Equitable Funding of Our Schools

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



COMMENTARY

Passing by the elementary and high schools I attended as a youngster was a small yellow bus carrying about six children to a school 12 miles away in Luray. They were black children who by the constitution of the Commonwealth of Virginia were prohibited from attending school with white children. I was reminded of that experience this past Sunday which was the 66th anniversary of the Brown v. Board of Education of Topeka, Kansas, decision by the United States Supreme Court. In this landmark 1954 Supreme Court case, the justices ruled unanimously that racial segregation in public schools was unconstitutional. They ruled that separate facilities were inherently unequal in public education. Among the cases that were heard along with the Brown case was a case coming out of Prince Edward County, Virginia, challenging racial segregation of public schools that I had seen as a young person.

It took more than a decade for black and white children to start attending school together

in Virginia and throughout the Nation as state and local government actions and numerous lawsuits sought to reverse the Brown decision. Massive Resistance was the term applied in Virginia to the efforts over a decade of state legislation and court challenges to keep schools segregated.

The Brown decision 66 years ago was as critically important a step in moving towards equality in access to public educational opportunities as it was in helping to ignite the civil rights movement in the United States. Clearly it was a beginning and not a conclusion to the challenges of combating racial inequities in public schools. The concept it helped to foster was that there should be equality in funding among public schools regardless of the zip code in which they might be located.

Performance outcomes by minority students over decades demonstrate that equality of funding is not sufficient. Equal funding suggests that all students start at the same point and given the same support will progress equally. There

are many social and economic factors as well as individual differences that affect student performance.

A depiction that has become popular recently demonstrates the differences among equality, equity and justice. Three children of different heights are shown looking over a fence at a sports game. With equality, the three children are given the same height box on which to stand; two children can see the game, but the shortest child cannot see over the fence. With equity the children are given the height box each needs to see over the fence. With justice, the fence barrier to seeing the game is removed.

More than six decades after the Brown decision there are real efforts to move forward on equity funding of our schools. The most recent General Assembly session did more in introducing equity concepts into school funding than ever before. School funding is to be divided along principles that more schools would get the funding they need and not the same as every other school. We cannot let the current economic depression take away that important step in supporting our schools. We have come too far in seeking to achieve equity to let it slip away. With equity in place we can move on to justice!

LETTERS TO THE EDITOR

Keeping Nursing Home Residents Safe

To the Editor

On behalf of the Centers for Medicare & Medicaid Services (CMS), I'd like to thank all those who work in nursing facilities -- doctors, nurses, food preparers, housekeepers, and others -- for their unwavering dedication to compassionately caring for the vulnerable residents who are relying on them during the COVID-19 pandemic. These facilities have been on the front lines

of the pandemic, and our hearts are with all of those who have been affected by this virus and their families.

We at CMS share the goal of keeping nursing facility residents safe and healthy. Under President Trump's leadership, we are using CMS's regulatory authority to facilitate residents' care and ensure that long-term care facilities have the guidance they need to prevent the spread of COVID-19.

The best thing nursing facilities can do to keep residents and themselves safe is to ensure they're following effective infection-control practices. These are outlined in our guidance and include recommendations that employees wash their hands properly; separate ill residents from well residents; use personal protective equipment correctly; get screened for illness; and stay home if they're sick.

By employing effective infection

control and prevention, coordinating with local and state health authorities, and showing patience and kindness to others, we can beat the virus, reopen America, and keep our nursing home residents safe and healthy.

Seema Verma
Administrator,
Centers for Medicare &
Medicaid Services
Washington, D.C.

VIEWPOINTS

What would you like to see happen before the area opens for business?

Virginia Senator Barbara A. Favola (D-31)



"I completely understand the need for businesses to reopen and workers to be rehired. But we must balance the economic benefits of reopening with the need to keep workers, patrons and the general public healthy. This is a crisis where every individual must act responsibly so we can all be safe. When we enter Phase-I, businesses and patrons will have to demonstrate a commitment to cleanliness

and social distancing. Moreover, the health status of our communities will have to be continually evaluated.

Until a vaccine is developed and widely available, 'business as usual' will be a thing

of the past. Three things need to happen as we prepare NoVA for a Phase-I reopening. 1) Social distancing, the wearing of masks, washing your hands and avoid-

ing groups of 10 or more people must become the norm. 2) NoVA will have to implement a more expansive testing and contact tracing program. Ideally, 3 percent of the 2.5 million residents of NoVA should be tested by the time NoVA reopens. This target is a CDC recommendation and it will give us a more accurate picture of the spread of the disease; and 3) NoVAs rate of increase in positive COVID-19 tests must begin to level off or decrease. Right now, 25 percent of all cases tested in NoVA show signs of COVID-19. The state average is 10 percent. I am confident we

can meet these benchmarks, but it will take the actions of everyone to make it happen.

It is heart-warming to see the compassion and acts of kindness that have come forth to help those who are struggling to feed their families, pay their rent and care for their children. We owe a big 'thank-you' to our first responders, health care workers, delivery drivers and grocery store clerks. They are here for us and we must do everything we can to lighten their load and keep them as safe as possible. We are all in this together and we will get through this together."

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Vienna Teen Helps 'Heroes of COVID'

High School junior organizes national initiative to feed frontline COVID-19 health care workers.

BY CAROLINE WATKINS
THE CONNECTION

Like many of us, Arul Nigam, 17, of Vienna, was looking for a way to help his community during the coronavirus crisis.

"I wanted to see what I could do to give back to the community and help as many people as I could," Nigam said.

After researching and brainstorming, the Thomas Jefferson High School student came up with the idea to start a national initiative for COVID-19 relief.

Nigam's initiative, called "Heroes of COVID," delivers curbside meals from local restaurants to health care workers in COVID-19 hot spots around the country.

"I was doing a bit of research and I realized there are these two struggling groups, which are hospitals and a lot of small local businesses like restaurants," Nigam said. "And I thought that there must be some way that I can use both of these groups to help each other."

Word about the initiative quickly spread online. On March 20, Nigam started a Go-FundMe page, where he was able to raise nearly \$5,000 to purchase meals for frontline workers.

Now, just over a month later, Nigam has raised nearly \$9,000 to serve over 1,000 meals to health care professionals in COVID-19 hot spots around the country. Through the initiative, meals have been delivered in cities such as Washington D.C., New York, Boston, Baltimore and Chicago.

Thus far, 21 hospitals in 12 states have benefitted from the Heroes of COVID program.

LOCALLY, Heroes of COVID has delivered meals to Fairfax INOVA Hospital, George Washington University Hospital, Johns Hopkins Hospital and Washington Hospital Center.

Deliveries to hospitals in Virginia and Washington D.C. were made in cooperation with Rasa, a fast-casual Indian restaurant based in Washington D.C.

"It's really amazing to see someone his age coming up with this kind of initiative," Rahul Vinod, co-founder of Rasa, said. "We've seen a few of these 'fuel the frontlines' and 'fuel the fight' kind of organizations popping up and they've been really helpful for local small businesses, like myself, where sales are down so dramatically."

Like Nigam, Vinod was also excited for the opportunity to give back to his community.

"We're looking for ways that we can not only stay in business, but also, be a part of the solution and help people who are putting their lives on the line," Vinod said.

Through the project's Instagram and Facebook accounts, followers can see photos of the meal deliveries to hospitals. Many photos in the project's social media feeds feature health care workers in their hospital



Arul Nigam dropping off food for 'Heroes of COVID' at the Johns Hopkins Hospital.

PHOTOS CONTRIBUTED



Arul Nigam, 17, of Vienna, came up with the idea to start a national initiative for COVID-19 relief.

"It's really amazing to see someone his age coming up with this kind of initiative."

— Rahul Vinod, co-founder of Rasa

scrubs, smiling with meal donations in hand.

In addition to spreading word about Heroes of COVID through social media, Nigam uses his platforms to give medical professionals a voice. Nigam hopes that his initiative can also inform others about how they can stay safe during the pandemic, by featuring stories and advice from frontline health care workers.

"People are getting direct information about what they should be doing in terms of social distancing to protect themselves, their loved ones and everyone in the community," Nigam said.

And although some states across the U.S. are beginning to slowly lift their stay-at-home orders, Nigam has no plans of slowing down anytime soon. He will continue to reach out to COVID-19 hot spots to help underserved communities around the country.

AS NIGAM CONTINUES to expand Heroes of COVID, he remains grateful for the donors and individuals whose support of the initiative is making a difference.

"We're just really, really, thankful for all the frontline workers, especially in health care, but also in the restaurants, delivery and everyone who's contributing to this and risking their lives to help everyone get over this and get through this," Nigam said.

The Alden in McLean Announces 'Drive-Thru Drama'

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The Alden in McLean presents "Drive-Thru Drama," a new model of live theater in the era of COVID-19.

"Drive-Thru Drama" is a social-distancing theater format that allows people to enjoy a live theater performance from the safety and comfort of their own cars.

Scheduled performances are from 6-8 p.m. over two weekends, Friday-Sunday, July 3-5 and July 9-11. A limited number of timed tickets will be available through The Alden's website two-weeks prior to the show's opening. The Alden is a division of the McLean Community Center (MCC) and is located at 1234 Ingleside Ave. Please note: Performance dates may change if Virginia Governor Northam's Stay at Home Order is not lifted by early-June; check the theater's website, www.aldentheatre.org for updates.

"Drive-Thru Drama" is the brainchild of The Alden's Director of Youth Theatre Programs Danielle Van Hook. "Like so many, I was missing live performance and knew there had to be a way to safely produce a non-virtual show," said Van Hook. "Nothing replaces the feeling of sitting with your neighbors in The Alden, but I hope this helps bring a little respite away from the screens and returns a level of normalcy to people's lives."

The show will be the debut performance of "Small Change," a play written and directed by Andrew Scott Zimmer. Commissioned by The Alden, "Small Change" follows the travels of a \$1 bill as it journeys through time and space, interacting with different people's lives and leaving its mark on the world. Actors will perform one, cohesive story through short monologues at various stations in the



center's parking lot. Audience members will be directed to drive the route from actor to actor.

The Alden is looking for a diverse group of actors to perform in the show. Priority will be given to actors who live, go to school or work in the MCC tax district (Small District 1A-Dranesville). There are no age or gender requirements in the script, but all actors must be 14 years old or older. To audition, they must submit their casting form and a recorded video monologue from the show on Instagram using the hashtag: #thealdendrive-thrudrama. The casting form and monologue for auditionees to perform will be provided on www.aldentheatre.org. Actors must upload and tag their audition videos and submit the casting form by Monday, June 15.

The Alden is placing several safety precautions into place to adhere to the Centers for Disease Control and Preventions' COVID-19 guidelines such as requiring the actors to wear personal protective equipment and setting up the route so that actors are positioned six feet away from the cars and passengers.

For more information visit: www.aldentheatre.org or call 703-790-0123, TTY: 711. For ADA accommodations, contact Patron Services Manager Evelyn Hill at evelyn.hill@fairfaxcounty.gov or call 571-296-8385.

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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

BULLETIN

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

GREAT FALLS MEMORIAL DAY CANCELLED

The Memorial Day Ceremony at the Great Falls Freedom Memorial will not be held this year due to the Covid-19 pandemic.

CALL FOR ELECTION: MYA BOARD POSITION

McLean Youth Athletics (MYA) provides organized sports programs, such as basketball, field hockey, football, lacrosse, track & field, rugby, squash, volleyball, fencing, and wrestling for all children in the McLean community. MYA's vision is that any child in the McLean Community, from kindergarten through high school, interested in a sport can play a sport.

MYA is looking for new candidates to serve two-year terms on its board of directors. They're looking for local leaders with skills in areas like PR, lobbying, marketing, and accounting as well as good, old-fashioned community-types who just want to get involved. Applications/letters of interest are due May 24, 2020.

MYA's board serves an integral role in ensuring that all MYA programs provide a positive sports experience for all children. From field space to player safety to charitable initiatives, MYA has its hands in everything.

Elections for the MYA Board of Directors will be held at the MYA Annual Meeting on May 28, 2020. The following positions are open this election cycle and the slate of candidates are as follows:

President, 1st Vice President, 2nd Vice President, Treasurer, Members-At-Large, Youth Board Members (they encourage high school Juniors from the McLean and Langley school districts to apply). If you'd like to be considered for any of the above positions, send a statement of interest to Reza Golezorkhi at rgolezorkhi4@gmail.com by May 24, 2020. That communication should include:

1. A statement of interest (50-100 words) on why you are interested in serving on the Board; and,
2. For high school students, a brief resumé providing contact information; identifying the high school you attend, and the school district (McLean or Langley) where you live; your GPA; your school activities; and your activities outside of school, including your involvement in sports.

GOVERNOR DELAYS PHASE ONE FOR NORTHERN VIRGINIA

Gov. Ralph Northam issued Executive Order Sixty-Two, allowing specific localities in Northern Virginia to delay entering Phase One of the "Forward Virginia" plan to ease restrictions on certain business operations that were put in place in response to the novel coronavirus, or COVID-19. Northam has said that Virginia as a whole may enter Phase One on Friday, May 15, as outlined in Executive Order Sixty-One, based on achieving certain health metrics. Executive Order Sixty-Two allows the Northern Virginia localities to delay implementation of Phase One until midnight on Thursday, May 28, to allow those localities more time to meet the health metrics.

FACE COVERINGS REQUIRED ON TRANSIT

Fairfax Connector buses, as well as Metro buses, trains and MetroAccess vehicles, are joining VRE and Amtrak in requiring face coverings and masks to be worn by riders, beginning May 18. This also includes stations and facilities. This enhanced safety measure will help protect other riders as well as the bus/train operators and follows guidelines from the Centers for Disease Control and Prevention.

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Time Will Tell



By KENNETH B. LOURIE

Nearly three weeks into my low iodine diet, in preparation for my hospital overnight on May 28 when I will get my radioactive iodine therapy to be followed immediately by a medical quarantine at home for a week, I wouldn't say I'm thriving. More like persevering. I can't really satiate eating "rabbit" food and what culinary pleasures I can enjoy, I can only have them in small quantities and infrequently at that. I won't give you a list, but just consider what any 10-year-old likes to eat.

As you might imagine, I've lost some weight. Granted, it was weight I could afford to lose. And though I'm not exactly a shell of my former self, I am hardly the man I once was. Nevertheless, as my friend Frank would say: "I'm in pretty good shape for the shape I'm in." And the shape I'm in, and the diet I'm following and all the medical appointments I'm going on is to find and kill my remaining papillary thyroid cancer, the 15% or so the otolaryngologist was unable to get to on my Jan. 29th thyroidectomy.

The purpose of this treatment/activity is to locate and simultaneously eradicate the papillary thyroid cancer tumors still in my body. And since papillary thyroid cancer is called the "friendly cancer" because it is generally curable, I'm not worried about the outcome of all that I've described. However, there is an associated element to this treatment which is more important and potentially life changing.

It's possible, according to my oncologist, that my lung cancer tumors may in medical fact, be thyroid cancer tumors. Not unusual since cancer often moves throughout the body. So on paper, one can have thyroid cancer in the lungs. The thyroid cancer treatment I'm presently undergoing will be the final determination on whether the tumors in my lungs are actually thyroid cancer which migrated or still lung cancer. If the tumors are identified as lung cancer then all goes along much as it has for the past 11 years. However, if the tumors are identified as thyroid cancer, and they are all eliminated by this procedure, then a new day has dawned and life will indeed go on, much as it hasn't since late February, 2009 when I was first diagnosed.

And though I've just written it, it's really too much to consider. After living on an emotional precipice since receiving a "13 month to two year" prognosis 11-plus years ago, the thought of living a non-cancer-centric life/return to normal life expectancy is disorienting almost. To say it would change everything minimizes the word 'change.' 'Change would barely describe the effect. I'd be reborn almost with an entirely new lease on life.

It's what all "terminal" patients dare not dream: the miracle cure, the medical mix-up, the you're-free-to-go sendoff.

It's early days though and premature until I'm told otherwise. And 'otherwise will be told sometime in early June when I will have had my post-thyroid-treatment CT scan and then the follow-up appointment with my endocrinologist who will explain the findings. Only after learning these details and then discussing them with my oncologist will I know what the future holds.

Right now, my future is a cut-up apple, a four-ounce burger for dinner with no bread or cheese, some kind of vegetable, unsalted kettle potato chips, (thank God for them) and no dessert. To say this list compares favorably to my pre-low-iodine diet is the understatement of the year. The overstatement of the year is come early June I'm likely to be cancer free.

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



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JD wishes you and your loved ones a happy and meaningful Memorial Day weekend!



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**ABSOLUTELY GORGEOUS* expanded 3BR/3 BA* brick Cape in sought-after McLean location! Hardwood floors; inviting and elegant living room with fireplace and bay window; formal dining room with chair rail and crown molding; gourmet kitchen with stainless steel appliances, quartz counters, backsplash and island; family room off kitchen; upstairs includes large owner's suite with hardwood floors and walk-in closet; plus large 2nd BR with built-ins and a full bath; LL boasts large rec room, exercise space, gorgeous sun room, laundry, storage and full bath! Not to be missed!



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