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CONNECTION McLean ♦ Vienna and Oakton

SENIOR LIVING

PAGE 9



Elana Ellington (left), from McLean, at McLean High School's 2019 homecoming football game, along with her triplet sisters, Elisa Ellington (middle) and Errin Ellington (right).

Area Teens Weigh In on Reopening The Region

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New Mayor to Work for #OneVienna

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Shepherd's Center Helps Combat Loneliness

NEWS, PAGE 7

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Fairfax County Week in COVID-19

Northern Virginia will open into Phase 1 on Thursday, May 28.

Monday, May 25

Fairfax County Cases: 9,482
Virginia Cases: 37,727
United States Cases: 1,612,114
Fairfax County Deaths: 331
Virginia Deaths: 1,208
United States Deaths: 97,049

OPENING NOW: Northern Virginia will open into Phase 1 on Thursday, May 28.

Fairfax Board of Supervisors Chairman Jeff McKay released the following statement on Monday: "Northern Virginia's Health Directors tell me that we have met four of the critical criteria required to move forward to Phase I of Governor Northam's plan to reopen. One of the two areas we don't meet is contact tracing, but we are finalizing a contract hopefully this week to provide recruitment and staffing for the hundreds of contact tracers and investigators that we will need to increase our capacity of contact tracing. The other is PPE and we have sufficient supply for hospitals, but are working to increase in other areas and hope the Governor will be able to help us do that. My colleagues and I have provided this information to the Governor and look forward to hearing his decision based on that data. I share our community's desire to reopen our businesses in the safest way possible. Fairfax County has made significant preparations should the Governor decide that Northern Virginia has met his criteria to reopen this Friday. Regardless, we will continue to monitor our local statistics to ensure Fairfax County doesn't see spikes in cases and be transparent with the public on our progress."

McKay and the mayors and chairman of towns, cities and counties of Northern Virginia, wrote Gov. Ralph Northam on Memorial Day.

"Each of our jurisdictions have been making preparations to support a transition into Phase 1 at

midnight on May 28th. We do have two requests for your consideration:

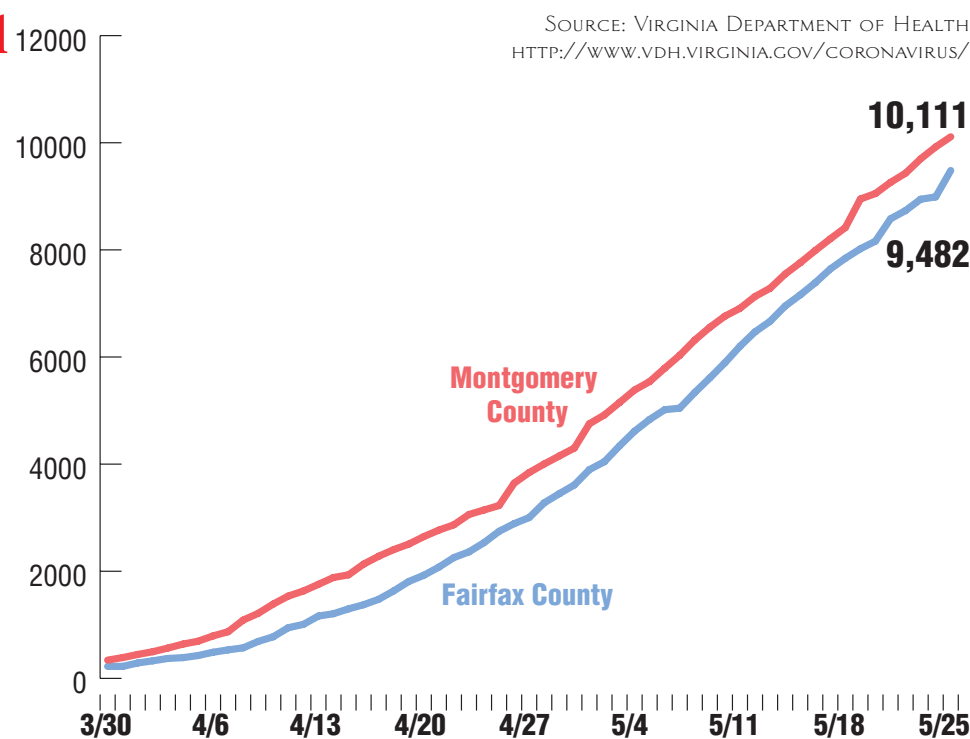
"1) As you have stated, we believe there is value for the Commonwealth moving forward

together. If the data supports it, we would like the Northern Virginia region to move to Phase 2 in concert with the rest of the Commonwealth when that date is established.

"2) The "Stay-at-Home" phase has been especially hard on Virginians with Mental Health

Diagnoses, particularly veterans. We ask that you establish distinct, accelerated availability of those services immediately for this group."

The letter was signed by Libby Garvey, Chair, Arlington County Board of Supervisors; Jeff McKay, Chair, Fairfax County Board of Supervisors; Phyllis J. Randall, Chair,



Loudoun County Board of Supervisors; Ann B. Wheeler, Chair; Prince William County Board of Supervisors; Justin Wilson, Mayor; Alexandria City Council; David L. Meyer, Mayor; City of Fairfax; Derrick Wood, Mayor; Town of Dumfries; Lisa Merkel, Mayor; Town of Herndon; Bridge Littleton, Mayor; Town of Middleburg; and Laurie A. DiRocco, Mayor, Town of Vienna.

PARKS OPENED: The Park Authority reopened all 427 parks for Memorial Day weekend. Visitors should adhere to physical distancing and small group guidelines (do not exceed ten people). All facilities and restrooms remain closed.

The Park Authority will not open outdoor water parks and pools this summer. This includes the Water Mine in Reston, Our Special Harbor Spray Ground at Lee District Family Recreation, and Martin Luther King Jr. pool.

County farmers markets and golf courses have begun a phased reopening.

All Fairfax County 2020 summer camp programs are cancelled this summer.

Sunday, May 24

Fairfax County Cases: 8,989
Virginia Cases: 36,244
Fairfax County Deaths: 327
Virginia Deaths: 1,171

Saturday May 23

Fairfax County Cases: 8,945
Virginia Cases: 35,749
Fairfax County Deaths: 326
Virginia Deaths: 1,159

Friday, May 22

Fairfax County Cases: 8,734
Virginia Cases: 34,950
Fairfax County Deaths: 321
Virginia Deaths: 1,136

816 HOUSEHOLDS HELPED: Between March 1 and today, 816 households have received assistance from the County and partner nonprofits, totaling more than \$686,000, according to Chairman Jeff McKay. Those who need services varying from financial assistance to food assistance to health care, call Coordinated Services Planning at 703-222-0880.

SELF CHECK: COVIDCheck, a new online risk-assessment tool for Virginians to check their symptoms and connect with health care resources, is available. COVIDCheck can help individuals displaying symptoms associated with COVID-19 self-assess their risk and determine the best next steps, such as self-isolation, seeing a doctor, or seeking emergency care. See <https://www.vdh.virginia.gov/coronavirus/covidcheck/>

SNAP ONLINE: More than 740,000 Virginians who receive Supplemental Nutrition Assistance Program (SNAP) benefits will be able to pay for their groceries online and have them delivered, after the United States Department of Agriculture (USDA) approved Virginia to participate in an innovative online purchasing pilot program. The program will launch statewide in Virginia on Friday, May 29 with online shopping access available through Amazon and Walmart online.

HELP RESOURCES: The Fairfax-Falls Church Community Services Board offers a number of mental health services:

A suicide prevention text line in Fairfax: text "CONNECT" to 855-11 and a volunteer will respond within minutes, or call 703-527-4077.

If it is not an emergency situation, but you are in need of mental health services, call Entry & Referral Services Monday-Friday, 9am-5pm, at 703-383-8500, TTY 711.

Telehealth services for therapy, counseling, case management, and prescribing are also available.

The Fairfax County Spiritual Support

Team is offering spiritual support for adults age 60 and over. 703-324-5185.

Recovery Program Solutions of Virginia provides free mental health, substance abuse, and homelessness recovery support programs for adults online. Programs start daily at 10:30am. They also have a phone line for those who need someone to talk to, 703-817-6124.

HUNGRY PETS: Fairfax County Animal Shelter offers dog or cat food (canned and/or dry) for those with animals who need assistance. The Animal Shelter has created a temporary pet food pantry. Contact to arrange a day and time for pick up. Email: animalshelter@fairfaxcounty.gov or call 703-830-1100. The Animal Shelter is still assisting with pet adoptions, but through a virtual process.

FLAGS LOWERED: Flags of the United States of America and the Commonwealth of Virginia were flown at half-staff over the state Capitol and all local, state and federal buildings and grounds in the Commonwealth of Virginia to honor the victims of the Novel Coronavirus Pandemic.

NICKEL AND DIMING: U.S. Sen. Mark R. Warner (D-VA) and Sen. Tammy Duckworth (D-IL) introduced legislation to ensure that all National Guard troops activated in response to the COVID-19 pandemic receive full benefits. "While the Trump Administration gave an extension, it cynically chose a peculiar date that was later revealed to result in a hard deployment stop at 89 days for thousands of National Guard members – one day short of the 90-day threshold to receive additional federal benefits, like access to Post-9/11 GI Bill benefits," according to Warner.

NEW FIREFIGHTERS: Fairfax County Fire and Rescue Department (FCFRD) accelerated the timeline of its experienced recruit class to augment the department's pandemic response. Fairfax County Fire and Rescue Department Chief John Butler presided over a swearing in ceremony of the seven new firefighters and paramedics at the department's Fire and Rescue Training Academy. The members of Recruit Class 147 graduated as fully certified firefighters and EMTs. They began working at their fire stations on Saturday, May 23.

Thursday, May 21, 2020

Fairfax County Cases: 34,137
Virginia Cases: 8,580
Fairfax County Deaths: 1,099
Virginia Deaths: 309

40 PERCENT HURTING: U.S. Sens. Mark R. Warner (D-VA), Bernie Sanders (I-VT), Doug Jones (D-AL) and Richard Blumenthal (D-CT) today introduced the Paycheck Security Act to cover the wages and benefits of employees of affected businesses and non-profits until the economic and public health crisis is resolved.

NEWS

New Mayor to Work for #OneVienna

Linda Jane Colbert grew up in Vienna and looks at her new position as an opportunity for all.

BY MIKE SALMON
THE CONNECTION

In a local election last week, Vienna now has a new mayor, Linda Colbert, who has deep roots in the town and a few goals in mind that surround her campaign slogan of “#OneVienna.”

“I really want to unite Vienna,” Colbert said, and that will start with good communications, she said. “One of the cornerstones of my campaign was communication,” she said.

In her past position on the town council, Colbert started with a weekly video show and hopes to continue that, but possibly move it to monthly instead of weekly. Colbert got a good response from her video show and found that to be a good medium. “I just started doing it to reach out,” she said.

Colbert is looking at the commercial situation in Vienna, and is working with Natalie Mankou, the new economic development manager the town recently hired. Colbert is a member of the Vienna Business Association, and hopes to keep the momentum that the past mayor had established. “We have things in place so we can hit the ground running,” she said.

Parking is one area that Colbert has got on her radar. With Main Street and the shops on Church Street, a centrally-located garage would be a plus to the businesses. “That’s a huge goal of mine,” Colbert said.

Of course, things are hampered from moving forward by the coronavirus. Colbert is following the developments on that, seeing the cooperation of residents, and wears her mask on a regular basis. “People are trying to be respectful of others,” she said.

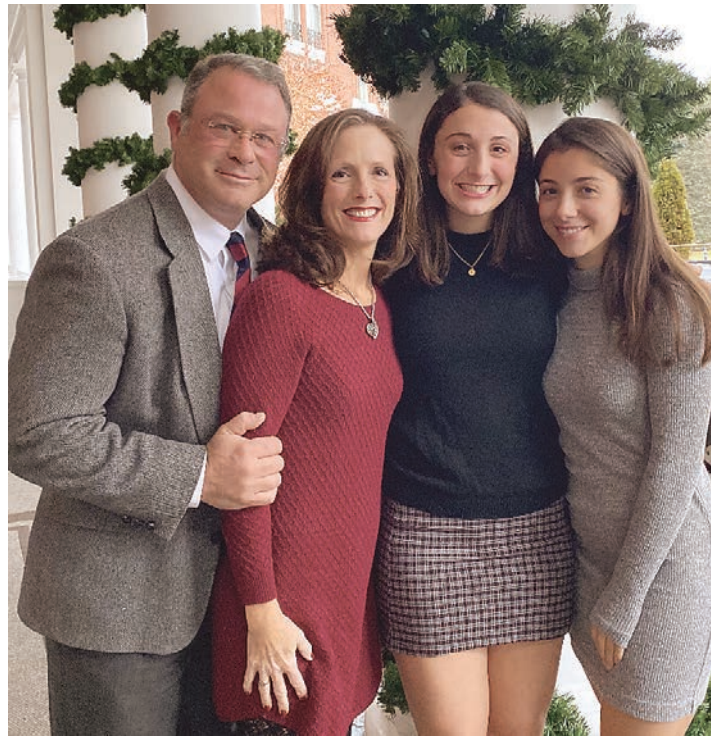
The Town of Vienna recently got over \$2 million from the Coronavirus Aid, Relief, & Economic Security Act and Colbert is working on using that according to the guidelines from the federal government. “It must be used for actions to respond to the public health emergency,” she noted.

Colbert has a good relationship with the current mayor, Laurie DiRocco, and hopes to keep the cordial town atmosphere that DiRocco established since she was elected in 2014. In Vienna, there are no term limits, but DiRocco occupied the office for a few terms and just decided not to run again.

“She really cares about the Town of Vienna,” DiRocco said.

Growing Up in Vienna

Linda Jane Colbert grew up in Vienna in the 1960s, graduating from Madison High School where she met her husband before going on to University of Virginia where she got a degree in mathematics, and then Virginia Tech for her masters in education. She was elected to town council in 2014, and valued the accomplishments of the former



The Colbert family - Mike, Linda, Heather and Hannah.

PHOTOS CONTRIBUTED

mayor, but when the election came this year, “I just saw this was the time,” she said.

She and her husband Mike were involved in Vienna sports, and she was on the tennis team, and was a Girl Scout leader. She’s now on the rotary club and the movers and shakers in the Vienna art community.

She was on the safety commission in Vienna, and the Tysons Transportation Committee, where she’s concerned about other transportation systems besides cars on the road. Vienna has a large pedestrian and bicycle presence, and the Main Street is bisected by the W&OD Bike Trail, one of the larger bike trails in the area, so everything needs to be looked at as a factor. “More than just vehicles,” she said. “Keeping the traffic moving on 123 safely,” is one of her concerns, she said.

Vienna Town Elections Results

Linda Colbert is the Town of Vienna’s new mayor. She will take office July 1.

Colbert was elected mayor in May 19, 2020 Town of Vienna elections, which also brought three new members to Town Council: Ed Somers, Ray Brill, and Chuck Anderson were elected to Council from a slate of seven candidates.

The unofficial vote count for mayor is provided below:

Linda Colbert	1,545
Pasha Majdi	1,172
Howard Springsteen	869

Springsteen will continue to serve on Town Council as his term has not expired.

Each voter could cast a vote for three Councilmembers. Unofficial vote totals for Council

positions were:

Chuck Anderson	1,420
Roy Baldwin	1,256
Ray Brill	1,472
Andrea Dahl	1,336
David Patariu	1,214
Ed Somers	1,545
Chris Wright	1,265

In an unprecedented election – in that the Town’s election date was delayed two weeks by order of the governor due to concerns related to the coronavirus health crisis and the extraordinary number of absentee ballots that were cast – the unofficial voter total was 4,195, including both absentee ballots requested (not necessarily returned and counted) and in-person voters, or 36.5% of active registered voters.

Madison High Junior Elected National Delegate

Christina Luckett, a junior at Madison High School, was elected as a National Delegate at the recent Girl Scout Board of Directors meeting. As one of six Teen Girl Scouts, she will represent the Girl Scout Council of the Nation’s Capital—which serves Girl Scouts in the Washington DC, VA, MD, and West VA areas-- at the National Girl Scouts USA (GSUSA) Convention to be held in October 2020. The Girl Scout Council of the Nation’s Capital (GSCNC) is the largest GS Council in the United States.

Luckett has earned the GS Silver and Silver Trefoil Awards and is current-

ly working on her Gold Award. The Silver Trefoil Award required her to do at least 100 hours of community service, doing volunteer service work locally, nationally, and internationally for multicultural causes. Luckett’s volunteer efforts also included her organizing a public health workshop about the misuse and consequences of opioids and e-cigarettes with the US Public Health Service Corps that benefitted the general public.

In addition to being a Girl Scout Ambassador, Luckett is a Madison Mentor, President of the Madison Robotics Team, and Editor-in-Chief of the Madison Student Newspaper.



PHOTO CONTRIBUTED

Christina Luckett

Hate Has No Place Here

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

The outpouring of generosity in our community during the COVID-19 pandemic has been incredible. I continue to learn of people who have responded in remarkable ways to the needs that have been brought on by the quarantine or that have been recognized as a result of our having to stay home. The lack of face masks resulted in dozens of persons working alone or as part of groups to sew face masks and make them available to first responders, medical staff and others. Access to food has been a major concern, and numerous food pantries and distribution centers have been expanded or established to make food available to those in need. Food donations have come pouring in. For a list of places where you can respond to the food crisis, my website, kenplum.com, includes a Food Resources Directory. I am so pleased and honored to live in such a caring community.

Just as I am celebrating the goodness of our



COMMENTARY

community, some misguided individual or individuals show up and for whatever their motivation decide to spray paint hate symbols on the sidewalks and buildings in one of our shopping centers. For whatever has happened in their lives to fill them with the hate they express, they are unable to

exist in an open society that so many worked hard to establish. Graffiti with the worst of the hate words and symbols is bad enough, but in our state and throughout the country there are too many acts of bullying and violence. The Southern Poverty Law Center tracks more than a thousand hate groups with 36 of them located in Virginia. That is why in the last session of the legislature I introduced a bill that the Governor has signed into law to strengthen our hate crime penalties.

I thank Rabbi Michael G. Holzman of the Northern Virginia Hebrew Congregation for his "Call for Courage" after the recent hate event in Reston for providing me a meaningful perspec-

tive: "The solution is to call these symbols what they are, marks of cowardice. While they claim to communicate hate and fear, they really belie the underlying weakness and loneliness of the perpetrator. We are all afraid, and courage is the ability to face a fear and carry on despite it. Cowards allow fear to drive their decisions and actions, undermining one's duties and purpose." (Full statement at www.nvhcreston.org.)

I concur with Rabbi Holzman's recommendation as to what we should do: "The moment calls for courage. We invite everyone to drown these cowardly messages with the message "Hate has No Home Here." Write this on sidewalks, take photos, use the hashtag, and post it online. Let us show Reston, Herndon, Vienna, Northern Virginia, the Commonwealth and the Country that we go forward together." And I would add, let us continue to show through our acts of generosity and support for our neighbors and those in need in this time of a pandemic that we are a caring and compassionate community. Hate has no place here! (Hate Has No Home Here yard signs available for purchase at <https://hatehasnohome.org/index.html>)

Swastikas Amidst Pandemic

Cowardice feeds hate crime.

BY MERCIA HOBSON
THE CONNECTION

"Hate is contagious," said Rabbi Michael G. Holzman of Northern Virginia Hebrew Congregation in Reston. "We have to address it before it spreads."

According to Fairfax County Police, shortly after 6 a.m. on May 20, 2020, officers responded to the North Point Village Center in Reston, for a report of graffiti. They found several swastikas spray-painted on the sidewalk and nearby areas. The report called it a "bias incident." Swastikas, often called symbols of hate, are a sign of Nazi tyranny and intimidation. The Village Center is slightly less than two miles from Northern Virginia Hebrew Congregation.

"They (swastikas), along with zoombombers shouting the n-word or posting images of pornography, demonstrate the dark path that seduces too many of our fellow citizens during this pandemic," said Holzman in an email he sent to clergy and friends. He signed it, as did Cantor Susan Caro and Rabbi Jessica Wainer. "Whether one promotes the hatred of Jews, people of color or women, I believe these symbols are less shouts of fear and loathing and more whimpers of cowardice," said Holzman.

"We barely understand the scope of the virus and our economy is fragile, while our political leadership contributes to the sense of chaos," Holzman added. Leadership, he said, had been slow to respond to the upsurge in COVID cases.



PHOTO CONTRIBUTED

A HATE HAS NO HOME HERE sign is installed at the North Point Village Center in Reston, site of a recent graffiti of swastika.

Two days after the swastika incident, in a briefing on Friday, May 22, Coronavirus Response Coordinator for the White House Coronavirus Task Force, Dr. Deborah Birx, said that nationwide, Washington D.C. and its suburbs, including Northern Virginia, where Reston and neighboring Herndon were located, had the highest rate of positive coronavirus tests in the country, hot spots.

"We are afraid, and the quickest analgesic is to project the fear onto an enemy. Our minds



PHOTO COURTESY OF PASTOR SEAN ROBERDS, FIRST BAPTIST CHURCH HERNDON

HATE HAS NO HOME HERE is marked in chalk outside of First Baptist Church Herndon supporting A Stand Against Cowardice.

are wired to find a target when threatened, and the easiest target is some marginalized group in society. This eases our mental tension...until fear swells again within, and we seek another hit of mental relief in greater acts of villainization of the other. Hate is the opiate of a terrified society," said Holtzman.

SEE GRAFFITI, PAGE 11

CONNECTION

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NEWS

McLean Sidewalk Repair and Replacement Underway

Fairfax County has begun repairing and replacing more than 13,000 square feet of sidewalk at 250 locations throughout the McLean Community Revitalization District (CRD).

The following criteria were used to compile the list of locations for demolition and replacement:

- ❖ Missing section 1" or greater
- ❖ Excessive cracking
- ❖ Significant spalling
- ❖ Unstable, shifting sections, hollow underneath
- ❖ Severe cross slopes
- ❖ Marked for replacement or ADA upgrade by Fairfax County

The McLean CRD is centered at the intersection of Old Dominion Drive and Chain Bridge Road. Over the last few years, several other infrastructure improvements have been made in the area to make McLean a more walkable and bikeable

community. These projects included the installation of brick pavers, landscaping, pedestrian median improvements, undergrounding of utilities, installation of gateway signs, upgrading of traffic signals to mast arms, and installation of approximately 80 bicycle wayfinding signs along bicycle routes in McLean.


Supervisor John Foust (D-Dranesville) said, "Making McLean a pedestrian and bike friendly community is a priority of mine because I know it is important to our residents. These repairs will extend the useful life of our infrastructure and make it safer for our community to conduct business, run errands, recreate, and enjoy exploring downtown McLean."

Work began at the end of April and is expected to be completed in late June, weather permitting.



PHOTO CONTRIBUTED

A sidewalk in front of 1340 Old Chain Bridge Road which will be replaced as part of this project.



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The Platform Improvement Project is hitting Vienna this summer.

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AUTHORITY



Orange Line Stations Closing All Summer

Metro's platform project continues, riders urged to seek other routes.

BY MIKE SALMON
THE CONNECTION

Last summer it was the blue line's turn, this summer it's the orange line stations closing part of WMATA's Platform Improvement Project. The Vienna, Dunn Loring, and both East and West Falls Church Metro Stations, as well as all Silver Line service will be closed from May 23 through Sept. 7, WMATA said. West Falls Church Metro Station will remain open as both Silver and Orange Line trains can pass through the closed stations but will not stop at them.

The Metro system has 45 outdoor rail stations constructed with concrete platforms. These platforms were designed and built over four decades ago to safely accommodate customers waiting for trains and boarding Metro railcars. Over the years, many of the platforms have begun to deteriorate due to routine wear and tear combined with exposure to weather and de-icing agents. Metro identified 20 additional stations in need of platform reconstruction, with the first six stations completed in Summer 2019 (Braddock Rd, King St-Old Town, Eisenhower Ave, Huntington, Van Dorn St and Franconia-Springfield).

As the station platforms are reconstructed, Metro is using the shutdown time to make improvements that enhance the customer experience with a higher level of safety, convenience and communication, WMATA said.

Key renovations include new slip-resistant tiles throughout the stations, brighter energy-efficient LED lighting and illuminated handrails. Additionally, new stainless-steel platform shelters will include charging ports and digital map/information displays. More Passenger Information Displays (PIDS) will be installed along the platforms, with larger digital screens to improve visibility. The new screens will display train arrival times continuously, while service alerts scroll



Metro map shows the closed stations starting last Saturday.

along the bottom of the screen. Station improvements also include new surveillance systems (CCTV), clearer speakers for important announcements, and safety call buttons with direct contact to station managers and the operations control center.

<mh>Capital Improvement Program

<bt>Metro is investing in system safety, reliability and the region's economy through its 10-year, \$15 billion capital program. For the first time in Metro's history, the capital program is bolstered by dedicated funding from Maryland, Virginia, and the District of Columbia. The capital program will improve the customer experience and keep the region's infrastructure in a state of good repair by investing in new railcars and buses, improving stations and platforms, upgrading fire-suppression and emergency response systems, replacing and repairing tracks, tunnels, bridges, signals, and communications systems, rebuilding decades-old bus garages and providing modern customer amenities such as passenger information systems. In spending local taxpayer dollars for capital projects, Metro is seeking to reinvest in our hometown economy, creating jobs and encouraging participation from disadvantaged, minority-owned, and small businesses in the region.



Alden Theatre Surveys Patrons

McLean Community Center survey addresses COVID-19 health and safety concerns.

BY DAVID SIEGEL
THE CONNECTION

What will performing arts venues be like once they are permitted to re-open? How will venues meet the safety and health concerns of patrons and performers given the COVID-19 virus?

The Alden Theatre in the McLean Community Center is surveying its patrons, seeking out their views and guidance related to reopening. "Audience feedback has always been important to the way The Alden does business," said Sarah Schallern Treff, Director, Performing Arts, Alden Theatre, McLean Community Center (MCC). "Now that we're all creating new blueprints for how we live life, community input is even more vital. We are public servants, and we strive to serve the public the way they need to be served and not presume to know what our community wants and needs."

So the MCC created a survey to ask what people are thinking. "The survey <https://www.surveymonkey.com/r/AldenCOVIDresponse> results will guide our programming through this pandemic," said Schallern Treff. "It will help determine when and in what way we resume in-person programming, what types of virtual/distance programming we pursue, and how we communicate these offerings."

"We're prepared to be nimble and responsive to patron



COURTESY MCLEAN COMMUNITY CENTER

Sarah Schallern Treff, Director, Performing Arts, McLean Community Center.

"We've had a great deal of feedback so far. We're grateful."

— Sarah Schallern Treff, Director, Performing Arts, Alden Theatre

needs, which we anticipate will evolve," added Schallern Treff. "We've had a great deal of feedback so far. We're grateful."

Asked what patrons might expect at the 383 seat Alden Theatre when it does reopen, Schallern Treff noted, "We are evaluating all available options to develop a workable plan. The health and safety of our patrons are at the forefront of our decisions. We are going to comply with what the CDC, the Governor's office and the County Health Department recommend."

NEWS

Helping Combat Loneliness

Shepherd's Center of Oakton-Vienna-Reston-Herndon adjusts its services to continue serving the elderly from a distance.

BY KARINA SOLIS
THE CONNECTION

Despite COVID-19 related closures and social distancing measures, Shepherd's Center of Oakton-Vienna-Reston-Herndon continues to serve the elderly community through a new no-contact food delivery program and virtual classes. The center's vision to create A World Without Loneliness remains intact, even from a distance.

With the SC Food Delivery Drivers program, volunteers pick up online orders or shop for groceries with prepaid gift cards, later dropping items off at seniors' front doorsteps. Executive Director of the Oakton-Vienna-Reston-Herndon center, Susan Garvey, said maintaining connections with the elderly has been challenging during this time of isolation.

"Everyone has felt lonely during COVID-19," she said. "That theme of loneliness is weaved through everything we do and we're really trying to combat it."

The nonprofit is part of a national network of centers dedicated to providing social and educational services for older members of the community. After suspending face-to-face services on March 20, Garvey said she and the board of directors focused on pushing the Friendly Caller Program. The program, which pairs volunteers with a local senior with whom they maintain regular contact over the phone, alerted Garvey to a new challenge brought on by current isolation measures.

Garvey said volunteers began reporting some of their contacts were unable to buy groceries and medications due to relatives staying away and having limited or no transportation options. After getting board approval for the delivery program, Garvey applied for funding via grants. That, along with individual donations, have helped keep the center's programs afloat during the pandemic.

While Shepherd's Center has cancelled or postponed many upcoming events, some educational programs have continued through the use of the social platform, Zoom. In April the organization launched a virtual version of its Adventures in Learning session. This was preceded by a Zoom training course for clients to familiarize themselves with the platform. Given the positive response to the new online format, Garvey said they are considering having the Adventures in Learning summer session online as well.

"To be able to have a connection by way of Zoom and see somebody has been very helpful," she said.

Garvey said the increase in demand for services was met with a subsequent increase in volunteer interest. Since March, Shepherd's Center has had 52 new volunteers sign up to work with the organization - nearly three times the amount enrolled during the same time period in 2019. Garvey said she considers this to be a positive to come out of a difficult situation for many.

"New changes have come and we're still here," she said. "We're helping."

As the community navigates its way through the pandemic, Garvey said she hopes to continue connecting with seniors and addressing their needs in a timely manner. A simple phone call, she said, has the power to do just that.

"From a friendly call comes information back to here that we can then address together."



PHOTO CONTRIBUTED

Oakton Women's Club donated 100 loop style masks and ten K95 (PPE) masks for Shepherd's Center's volunteers in the non-profit's newly formed Food Delivery Driver program to distribute to the seniors they serve. Pictured, from left, are Sheila Dunheime, Oakton Women's Club and Patti Vaughn, Vice Chair SC Board member.

"That theme of loneliness is weaved through everything we do and we're really trying to combat it."

— Susan Garvey,
Executive Director



PHOTO CONTRIBUTED

Shepherd's Center continues to serve the elderly community through a new no-contact food delivery program and virtual classes.

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Audrey Morse, from Falls Church, and her family celebrated her grandfather's 91st birthday over Zoom due to COVID-19. She says she misses 'being able to actually be with them.'

PHOTOS CONTRIBUTED



Audrey Morse (left), from Falls Church, with her mom and brother on a hike as a quarantine activity.

Area Teens Weigh in on Reopening the Region

Missing 'normal life,' cautious about reopening too early.

BY MALLORY CULHANE
THE CONNECTION

Part two in a series.

The northern Virginia area is set to start phase one of reopening this Friday, May 29; local high school and college students weigh in on the matter, many saying they don't think the region is ready to go back to normal.

"It's hard to stay home and away from our friends and family, and primarily connecting through technology," said Elana Ellington, a graduating senior of McLean High School, set to attend James Madison University in the fall majoring in psychology. "I miss being able to connect with people and hug my best friend and my grandparents."

Many states across the U.S. have begun to reopen businesses and recreational establishments like gyms and dine-in restaurants, particularly to alleviate harm the pandemic has left on the economy.

"Talking about states opening up leads you to the other pressing matter: the economy," said Nick Hovis, a graduating senior of James Madison High School from Vienna, who is set to attend James Madison University in the fall to major in theater. He believes that northern Virginia is not ready to be reopening. "States need to open up eventually because our economy needs to recover and return to its strength."

This has left many Americans in a tricky situation: going out to support businesses and risk getting sick, or stay home while trying to support at a distance with delivery and takeout.



Despite COVID-19 disruptions to everyday life, Nick Hovis, from Vienna, says the pandemic has allowed his family to strengthen their relationships with one another and 'really find unity.'

"I will still stay at home," said Cynthia Ma, a rising junior at McLean High School from Vienna. "Although I believe the economy is important, my priority is preventing more people from getting sick."

Audrey Morse, a rising sophomore psychology major at Virginia Commonwealth University from Falls Church, says she has hope reopening could be fine, as long as precautions are followed.

"If people handle [reopening] the way that social distancing and self-isolation was handled then it will not be successful," said Morse. "Some people entirely disregarded stay-at-home orders and continued to go out while not [social distancing] ...I think [if] everyone follows the guidelines regarding reopening, then opening back up wouldn't be as much of an issue."

Originally, the northern Virginia area was set to start phase one of reopening on Friday, May 15. But Gov. Northam allowed the region to delay reopening until Friday, May 29 after local officials emphasized the area's



Elana Ellington, from McLean, talks about the toll that quarantine has taken on her and her family, but believes the region isn't ready to reopen.

"I miss being able to connect with people and hug my best friend and my grandparents."

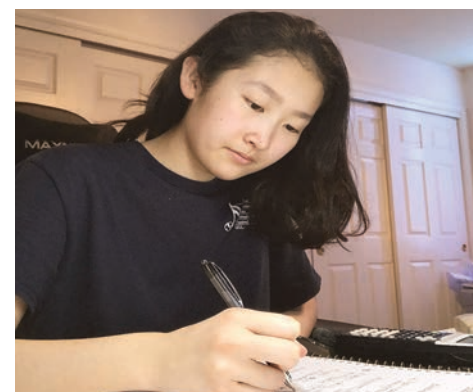
— Elana Ellington, a graduating senior of McLean High School

dense population and high rates of positive COVID-19 cases.

Despite making the move to reopen later than a majority of the rest of the state, Ellington believes it's still too early.

"I don't think that we are ready to open back up. It would be nice for places to open back up but I don't believe we are ready for that," said Ellington.

Hovis mentions that certain precautions like capacity limits should be implemented in restaurants and social distancing measures shouldn't be forgotten once things reopen.



Cynthia Ma, from Vienna, doing homework in quarantine as she finishes up her sophomore year at McLean High School.

"I don't want to see people throw any sort of precautions away when northern Virginia begins to open up again," said Hovis.

Even when places do open, Ellington says she's not planning on going back to normal anytime soon.

"There will definitely be people going out to go to movies and restaurants, but there are also people that haven't left their homes since March 13," said Ellington. "I'm not planning on going to sit at restaurants, go to movie theaters or 'everyday things.'"

Despite uncertainties and hardships that many have faced since the pandemic began, Ma says some positives have come out of the extra time spent at home.

"It's definitely given [my family] a lot more bonding time, and we often play badminton and bake desserts together," said Cynthia Ma. "I normally never had the time to talk with my parents and grandparents, so I'm really glad that I can do these things now."

But especially with the coming of summer and "quarantine fatigue" setting in for most Americans, many are eager to return to normal.

"I miss being around people and 'normal life,'" said Ellington.

SENIOR LIVING

Organizing Boxes of Old Photos

The daunting project can be broken down in to smaller tasks.

By MARILYN CAMPBELL
THE CONNECTION

Stacks of boxes containing thousands of photographs line the walls of the basement in Alice Denson's Fairfax home. For the past five years, the 73-year old mother and grandmother has promised herself and her family that she would begin the monumental task of sorting and organizing the photos. Still, the boxes stand, covered by layers of dust that grow thicker as the years pass.

"I even have photos of my grandparents," she said. "I want to leave them in order for my daughter and grandchildren. My daughter has been pushing me start and she's offered to help since we're not getting out of the house much these days. She's even offered to hire someone to help me, but it just hasn't happened yet."

Coronavirus-induced stay at home orders have resulted in unexpected free time, particularly for those who are most susceptible to contracting COVID19. Like Denson, many believe that this is an ideal time to sort old photos. Mustering the wherewithal to begin the project is the hard part.

Starting monumental and often emotionally charged organizational tasks like sorting a lifetime of photographs can be daunting, says organizer Susan Unger, CPO and Owner of Clutter SOS who specializes in working with seniors. "My clients are often dealing with organizational challenges, medical issues, mental health issues, perfectionism or life crises," she said.

Life experiences, the very events that photos are meant to capture and preserve, can also be the roadblocks that keep these memories stored in boxes indefinitely.

"Photos are intrinsically linked to our emotions and can be tough to get rid of," said photograph organizer Jody Al-Saigh, owner of Picture Perfect Organizing. "They can even be hard to look through if they bring up a painful memory for someone, so sticking them in a box on a shelf is just easier for some."

Unlike re-organizing a closet that's bursting with obvious clutter, photographic items like slides or film are easy to pile-up unnoticed. "Photos are often an after thought when it comes to organizing," said Al-Saigh. "Prints don't take up much room, and digital photos take up no physical space. So, they can be put to the side in order to prioritize organizing larger areas such as a garage or basement."

After deciding to begin the daunting task the first step is scouring the nooks and crannies of one's home, gathering all of the photos and bringing them together in one place, advises Al-Saigh. "You will get a true



PHOTOS COURTESY OF JODY AL-SAIGH



Tackling the task of organizing decades of photographs and storing them in acid free, archival boxes and photo albums can prevent yellowing and deterioration.

indication of what you have to work with," she said.

Knowing the amount of items that need to be organized can assist in setting a realistic goal and a deadline by which to reach it. "Don't try to take on too much

at once," said Al-Saigh. "Work in small batches over time."

Creating categories such as the year a photo was taken or the holiday it captures can be useful in the sorting process, suggests Al-Saigh. She recommends her 'ABCs' method for deciding which photos to keep and which to discard.

"A' is for albums which should hold the best photos in your collection. You don't need everything to go in an album, just the gems," she said. "B' is for box which hold photos that add to the story but can be saved separately as needed. 'C' is for can, as in trashcan. Discard blurry, bad or duplicate photos, landscapes and any photos you just don't like."

The 'S,' she says are for photos that are not of the best quality, but that help to tell a story. Those photos should be categorized as an A or a B.

"Save, scan and enjoy prints," said Al-Saigh. "Make albums from prints, put photos in archival storage boxes or sleeves, make backups of scanned images by using a cloud storage."

To prevent another photo backlog, "Make a schedule for yourself to do photo maintenance on a regular basis. Maybe it's monthly, quarterly, or every six months," said Al-Saigh. "Digital photos are easy to get backlogged because there's no limit to how many you can take."

Use moments of unavoidable idle time, such as waiting for a medical appointment and delete unwanted digital photographs. "It's time better spent cleaning off your phone rather than watching TV in a waiting room or reading an old magazine," said Al-Saigh. "Also, be mindful of the photos you take. When on a vacation, take pictures with people that you'll cherish into the future, rather than a landscape or scenery that holds less meaning."

"Photos are intrinsically linked to our emotions and can be tough to get rid of."

— Jody Al-Saigh, Picture Perfect Organizing

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

MCC CANCELS 2020 SUMMER CAMP

The McLean Community Center (MCC) Governing Board has decided to cancel many of the center's summer programs and events, including the July 4th Fireworks Celebration held at Langley High School. MCC also is canceling its full-day summer camps, including Camp McLean and The Old Firehouse Summer Camp Trips, and is providing all patrons who have registered for camps a full refund. Without the ability to hire staff, prepare activities and meet licensing requirements, the center is unable to offer these programs. Look for updates on the center's website, www.mcleancenter.org.

ORANGE, SILVER LINE STATIONS CLOSED

Washington Metropolitan Transit Authority (WMATA) will close all Metrorail Orange and Silver Line stations in Fairfax County beginning May 23. The closures are expected to continue through the fall. These adjustments to WMATA's current construction efforts on the Silver Line and the up-coming platform reconstruction efforts on the Orange Line address the health and safety of WMATA's workers operating the rail system and the contractors working on these capital projects. It also considers the low ridership on Metrorail related to the impacts of COVID-19 and the current Stay-at-Home Orders in place across the National Capital Region.

The expanded station closures will advance the two largest capital projects in Virginia -- the demolition and reconstruction of the station platforms at four Metrorail Orange Line stations and work to connect the six new Metrorail Silver Line stations to the existing transit network.

How is the Orange and Silver Line Service Impacted:
All stations west of Ballston Metrorail Station on the Orange and Silver Lines will be closed beginning May 23, 2020. The stations to be closed are:

Orange Line - East Falls Church, West Falls Church, Dunn Loring, Vienna;
Silver Line - McLean, Tysons Corner, Greensboro, Spring Hill, Wiehle-Reston East;

All Orange Line trains will begin and end service at Ballston. Service will operate from Ballston to New Carrollton.

There will be no Silver Line service for the duration of the station closures.

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The Fairfax County Park Authority will not open its outdoor water attractions this summer due to COVID-19. The Water Mine Family Swimmin' Hole at Lake Fairfax Park in Reston and Our Special Harbor Spray Ground at Lee District Family Recreation Area will remain closed this summer. Also closed is Martin Luther King Jr. pool.

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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

Graffiti

FROM PAGE 4

Because of the pandemic and the stay-at-home order by Governor Ralph Northam, the Herndon-Reston clergy could not gather in person, but they could act electronically. "The moment calls for haste," Holzman said. He invited fellow all to take A Stand Against Cowardice, sign the statement available through an online link and release it with its long list of signatories. "This act of hate demands an especially loud response...As we were polarized before COVID-19, we should only expect a crescendo of these symbols, and we must turn them back before violent symbols become violent acts. We are already seeing attacks on retail workers who ask patrons to wear masks," he said.

Clergy from local churches, synagogues and mosques showed their support, as did laity and others. One by one, they stood in solidarity with their Jewish brothers and sisters and signed onto the "Call for Courage." "We are all afraid, and courage is the ability to face a fear and carry on despite it. Cowards allow fear to drive their decisions and actions, undermining one's duties and purpose. This pandemic requires unity of purpose, steadfastness, and sacrifice...We invite everyone to drown these cowardly messages with the message, "Hate has no Home Here." Write this on sidewalks, take photos, use the hashtag and post it online. Let us show Reston, Herndon, Vienna, Northern Virginia, the Commonwealth and Country that we go forward together," said Holzman.

Police classified the incidents as "Destruction of Property/Bias Incident." Anyone who has information can call the police non-emergency number at 703-691-2131.

Highlights of Clergy Comments

The Herndon-Reston clergy have been meeting and building relationships for years, knowing that a crisis requires us to work together...Cowardice, denial and wishful thinking are just as dangerous in a country as they are if we hear a friend say, "Eh, it's probably nothing" when their fever starts to spike. I am proud of your words and honored to sign on.

— Rebecca Messman, Co-Pastor, Trinity Presbyterian Church, Herndon

We are heartbroken to hear about this and our leadership has signed the letter. We have 20 "Hate Has No Home Here" signs to donate.

— Tim Barwick, Minister of Outreach St. Anne's Episcopal Church, Reston

We stand together against hate, bigotry, anti-Semitism, racism.

— Rizwan Jaka, All Dulles Area Muslim Society (ADAMS), Sterling

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-Thomas Fuller

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Time Will Have Been Told



By KENNETH B. LOURIE

In two days I will have completed four weeks on my low iodine diet (no chocolate, no salt, no dairy, no bread) with four days remaining until my one-night hospital admission and subsequent seven-day medical quarantine at home. If I remember correctly the substance of the hour-long phone conversation we had with a doctor from the Nuclear Medicine department previous to my beginning this thyroid cancer treatment process, on Friday the day after my "radioiodine therapy," my eating can return to its previous abnormal. I just have to hope that the supermarket shelves are fully stocked that day. Unfortunately, in our present pandemic pressure cooker, the chances are above average that my hearts of desire will be missing and not in action.

To assuage any anxieties I have concerning this non-military "D-Day"-type invasion by yours truly, perhaps I should try and set an appointment with the store manager for my local Giant Food to prepare them for the onslaught and provide a list of my demands. I know they're open and sensitive to customer requests as under vastly different circumstances, I have made them with excellent results.

These requests would not be for items unfamiliar to their inventory. It would be more about dotting all the "Is" and crossing all the "Ts" and avoiding any slip-ups to guarantee as much as possible the delivery of my future prized possessions. Though I'm not a commercial customer, I am nonetheless in the desired demographic, the one who primarily makes the food-buying decisions in our home and who's interest and consumption of said items would make me most definitely a person of interest.

The items to which I finally refer are branded by Nabisco, Keebler, Hostess, Drakes, M&M/Mars, Entenmann's and Tastykakes. I won't self-indulge myself any further by offering any more specifics as I'm still almost a week away from "the return." But suffice to say, it's likely any adolescent would offer fairly similar details if asked. However, in addition to the availability issue, there is one extremely important challenge remaining: the actual shopping. Given my underlying lung cancer and/or thyroid cancer, I am an ideal target for the covid-19 virus: over age 65, lung disease and a weakened immune system. In fact, I hit the trifecta. As a result, and according to Dr. Bix's most recent press briefing about the virus, Maryland, my state of residence, is one of the few states not exhibiting the kinds of statistical declines that many other states are. Ergo, by order of Dina Lourie, I am under lock and key. And while under lock and key I will not be doing the shopping - and buying, and therefore will be unable to soothe the savage beast raging inside me.

That's not to say I won't see a family size bag of Nabisco's Double Stuf Oreo Cookies on her shopping list, it's more that I won't see any other Kenny preferences on that list. Nor is it likely that while in-store, she'll wander around the pertinent aisles - as I might, and update me by phone on what other potentially interesting items might be stacked on the shelves/end caps. And quite frankly, if she were to surprise me with some other Kenny necessities, she would likely monitor my intake ("Kenny, what happened to that bag of Oreos I brought home yesterday?") and my joie de vie would be mort. Not exactly would she be denying a dying man his last wish, but for a few weeks at least, after such a long, world-record-breaking interval (for me, anyway) of not eating any of my go-tos, let me have some time to myself. Granted, it won't be pretty, but it's not entirely your business.

After all, if the roles were reversed, I would definitely do the same for you. Desperate times call desperate/uncharacteristic measures. What's good for the gander would certainly apply to the goose. Please don't fowl up this future feasting. Just leave me to my own devices, for a bit, anyway?

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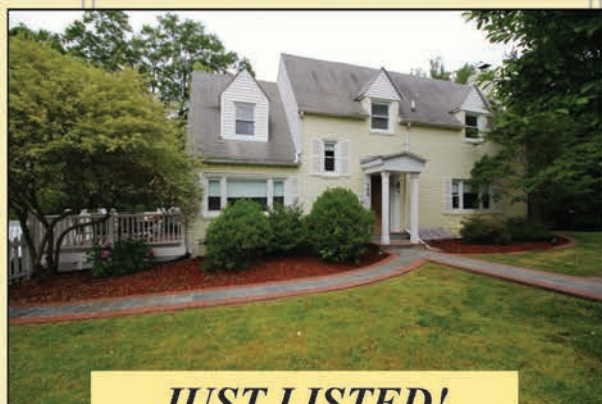
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