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Great Falls CONNECTION

WELLBEING
PAGE 9

Tatum Chenen from Vienna dressed up in her prom dress to make a video with her friends celebrating their last school dance, despite being cancelled. Area high school students discuss new ways to celebrate graduations.



Finding New Ways to Celebrate

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George Floyd On Our Minds

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NEWS

George Floyd on Our Minds

Police use of force incidents in Fairfax County involve African Americans 48.6 percent of the time, even though they make up only 9.7 percent of the population.

BY KEN MOORE
THE CONNECTION

While protests spread coast to coast, and local law enforcement condemn the death of George Floyd in police custody in Minneapolis, data show that police use of force locally targets African Americans disproportionately.

In 2018, Montgomery County police officers were dispatched to 219,162 calls for service, made 18,592 arrests, and force was reported used in 542 incidents, according to the Montgomery County Police Annual Use of Force Report for 2018, the most recent available.

Police use of force incidents involved African Americans 55 percent of the time, according to the report, even though African Americans make up just 19.9 percent of the population of Montgomery County, according to the United States Census.

Latinos also make up 19.9 percent of the county, according to the Census, and were subject to 18.1 percent of the police use of force incidents, 98 of the 542 reports.

Montgomery County Police reported that police use of force incidents involved African Americans 298 of the 542 incidents; Caucasians in 139 incidents (25.5); Latinos in 98 incidents (18.1 percent); and Asians seven times (1.29 percent).

60.2 percent of the county is white, and 15.6 of the county is Asian, according to the Census.

FAIRFAX COUNTY, meanwhile, reported 510 use of force incidents in 2018, according to the Fairfax County Police Department Internal Affairs Bureau 2018 Annual Statistical Report.

"In 2018, there were 491,700 contacts between officers and community members. Of those contacts, there were 510 use of force incidents which equates to 0.10% of the total contacts," according to the Fairfax County Police report.

While 9.7 percent of the Fairfax County population in 2018 was African American, police use of force incidents involved African Americans in 248 of the 510 cases, according to the Fairfax County report, which is 48.6 percent of the incidents. Fairfax County included county demographics from 2018 in the report.

The report indicates that police use of force incidents involved caucasian subjects in 186 incidents, 36.5 percent; 61.1 percent of the county population is white.

Hispanic subjects were involved in 107 of the 510 reports, 20.98 percent, when they make up 16.2 percent of the population in 2018, according to the report.

Demographics of Community Member Population and FCPD Officers

Fairfax County Demographics			FCPD Sworn Officer Demographics				
Race	Persons	Percent	Race	Male	Female	Total	Percent
White	704,405	61.1%	White	995	187	1,182	80.24%
Black	111,829	9.7%	Black	100	16	116	7.88%
Asian and Pacific Islander	224,810	19.5%	Hispanic/Latino	75	19	94	6.38%
American Indian and Alaska Native	3,459	0.3%	Other	73	8	81	5.50%
Other	108,370	9.4%	Total	1,243	230	1,473	100%
Fairfax County Total Population	1,152,873	100.0%					
Hispanic	186,765	16.2%					

* Population information was derived from Fairfax County Department of Neighborhood and Community Services Demographic Reports 2018

Governor Northam Declares State of Emergency

Assistance to localities authorised.

In Northern Virginia, Fairfax County Police assisted in Manassas when demonstrations there "became violent as some of the protesters proceeded into Sudley Rd, stopping traffic, and throwing objects at passing motorists and officers," according to Prince William Police.

Other protests in the area have been peaceful including the "I Can't Breathe - Silent Walk," in Leesburg which drew 1,000 demonstrators.

Showing up for Racial Justice Northern Virginia (SURJ) plans demonstrators with signs and practicing social distancing at police headquarters in Alexandria and Fairfax County "to hold vigils marking a week of action to end white silence" on Tuesday, June 2. from 6-7 p.m. 3600 Wheeler Ave., Alexandria, VA and 12099 Government Center Parkway, Fairfax, VA

Governor Ralph Northam on Sunday, May 31, declared a state of emergency and authorized assistance to localities in response to escalating protests across the Commonwealth. The Governor granted a request from Mayor Levar Stoney to extend a curfew in the City of Richmond.

"This emergency declaration will provide the necessary support to localities as they work to keep our communities safe," said Governor Northam. "There are many voices speaking out for justice and healing across the United States and in our Commonwealth, but others are exploiting this pain and inciting violence."

Asian subjects were involved in 17 use of force incidents, 3.3 percent, while they made up 19.5 of the county population.

DEMOGRAPHIC PROFILES of the police forces in these jurisdictions show that the police force is whiter and less diverse than the communities they are sworn to protect.

In Montgomery County 75 percent of

officers are caucasian (60.2 percent of the population is white), 12 percent are African American (African Americans make up 19 percent of the county), 8 percent are Hispanic (Latinos make up 19 percent of the county population), and 5 percent are Asian or Pacific Islander, (who make up 15.6 percent of the population).

A state of emergency allows the Commonwealth to mobilize resources, including the Virginia National Guard, and pre-position people and equipment to assist localities in their efforts to de-escalate violent protests and protect public safety.

The declaration allocates \$350,000 for state and local governments and state response and recovery operations authorized and coordinated through the Virginia Department of Emergency Management.

The full text of the emergency declaration can be found at <https://www.governor.virginia.gov/media/governorviriniagov/executive-actions/EO-64-Declaration-of-a-State-of-Emergency-Due-to-Civil-Unrest-and-Institution-of-a-Curfew-in-the-City-of-Richmond.pdf>

In Fairfax County, 80.24 percent of officers are white but the county is 61.1 percent white; 7.88 percent of officers are black and 9.7 percent of the population is black; 6.38 percent of officers are Hispanic/Latino while 16.2 percent of the county is Latino; and 5.5 percent of officers are listed as "other;" 19.5 percent of the Fairfax County population is Asian or Pacific Islander.

Of the 353 sworn personnel in Arlington, according to the Arlington County Police Department 2018 Annual Report, 290 officers are white (82.15 percent), 39 are African American (11.05 percent), 11 are Asian or Pacific Islander (3.12 percent), and 13 (3.68 percent) are "other or multi-racial." The actual population of Arlington is 75.1 percent white, 9.6 percent black, 11 percent Asian and 15.8 percent Latino, according to the U.S. Census.

ALL JURISDICTIONS CONDEMNED the murder of George Floyd in Minneapolis.

"It has troubled all of us in law enforcement to observe events around this country, including what occurred in Minneapolis where the sanctity of Mr. Floyd's life was ignored and other officers did not intervene to preserve another precious life," said Fairfax County Chief Edwin C. Roessler Jr. "As a reminder, we have updated our use of force policies over the years using the co-production of policing model, vetted our policies and training through the Public Safety Committee, and we continue to leverage the partnerships created with community members who were part of the Ad Hoc Police Practices Review Commission."

Roessler added: "Additionally, we are grateful for the external accountability measures from the Police Civilian Review Panel, [and] the Independent Police Auditor."

"No law enforcement officer has ever been trained to take the actions that those officers took; they have been trained to do the exact opposite," said Alexandria City Sheriff Dana Lawhorne. "This event is a tragic reminder that we, as law enforcement officers, must do more to hold each other to the high standard of conduct that is expected and demanded by those we serve."

"It is impossible for us to achieve our mission if we lose the trust of our community," said Arlington County Chief of Police M. Jay Farr.

Montgomery County didn't mince words. According to the Montgomery County Council, "Once again, America is in the crossfire, reeling from the pernicious effects of bigotry, racism and prejudice and from an inferno fueled by police brutality."

Montgomery County's report can be found at https://montgomerycountymd.gov/POL/Resources/Files/PDF/PDRResources/Use%20of%20Force%20Report%202018_External_Final_0319.pdf

Fairfax County's report can be found at <https://www.fairfaxcounty.gov/police/sites/police/files/assets/documents/2018%20iab%20admin%20and%20use%20of%20force%20report.pdf>

Virus of Racial Injustice

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

The image of a man in a uniform pressing his knee down on the neck of a hand-cuffed black man while being protected by three other uniformed individuals is so revolting and repulsive that I cannot get it out of my mind. The picture joins those in my mind of black persons being shot in the back by uniformed individuals without just cause, photos of black persons hanging by ropes around their necks while white persons hidden by white sheets and masks cheered, photos of the backs of black slaves scarred by whip lashes to keep them in their places, and others.

How loud does a black man have to cry out for his already dead momma or for his being able to breathe before the message of racial justice is heard? How many black parents must bury their children before we say that enough is enough? How long can a civilized society be tol-



COMMENTARY

erant of such blatant injustices?

Is there any wonder that when these basic questions cannot be answered that people take to the streets with demonstrations to have their voices heard? While some few seek to turn demonstrations into opportunities to loot and burn, we cannot lose sight of the basic message that is being conveyed by the persons in the streets that it is way past time for change in America.

For those who have been involved in the civil rights movement throughout our lifetime, the incidents of brutality by persons who are supposed to protect us and the hate actions and speech of those who see themselves in some kind of superior position to others are deeply distressing. We can continue to strengthen our laws that protect minorities even as the laws have clear limitations to deter violence. We can support educational programs since so many of

the offensive actions come about because of ignorance. We can continue our work to ensure that our laws reflect the kind of justice and fairness that we expect of others. We can speak out in public places to make it clear to all that we stand for justice and fairness for all and that we reject racial superiority. We can join demonstrators who stand for these principles.

Before the brutality in Minneapolis occurred, the pandemic had already pulled off a scab on American society showing economic and racial injustice. The economic injustices that exist in our society have become more obvious, and the inequities of our economic system are becoming more severe. We clearly want the threat to our health from the COVID-19 crisis to pass, but we need to think twice before we seek a return to the unfair system that has developed in our country. We can learn a lot from the observations of our society during a quarantine to seek to improve it as we leave our period of isolation.

With destructive leadership at the national level, we must all step up to fill the breach. We need to work together to stamp out racial injustice in our country.

Let's Get This Right: Mask Up NOVA

It's Phase One and Executive Order 63 for Northern Virginia's reopening.

BY MERCIA HOBSON
THE CONNECTION

On May 29, The Northern Virginia Regional Commission announced it produced a Public Service Announcement emphasizing the importance of wearing a face mask in public indoor spaces. At the same time, the Northern Virginia region stepped into Phase One of Governor Northam's Forward Virginia blueprint and under Executive Order 63 (2020) Order of Public Health Emergency Five, Requirement to Wear Face Covering While Inside Buildings. "I am looking for people to please do the right thing," Northam said during a news briefing earlier that week. "I'm asking people to respect one another."

The Northern Virginia Regional Commission released a video highlighted by appearances from seven local, regional elected officials that urged residents to wear masks as they explained their reasons for wearing one in the fight against COVID-19. Fairfax County Chairman Jeff McKay, Herndon Mayor Lisa Merkel, Vienna Mayor Laurie DiRocco, Falls Church Mayor and

Chairman of NVRC David Tarter, Alexandria Mayor Justin Wilson, Loudoun County Chair Phyllis Randall and Arlington County Chair Libby Garvey participated. McKay said, "I wear a mask to protect our most vulnerable community members." The public is invited to view the video and join the Commission's #MASKUPNOVA campaign. Information and the video can be accessed at <https://youtu.be/p7tOn3qW7vo>.

Robert W. Lazaro, Jr. is the executive director of the Northern Virginia Regional Commission, a council of thirteen member local governments in the Northern Virginia suburbs. Lazaro said, "Northern Virginia's elected regional leaders are committed to helping protect the public health. The MaskUpNoVA campaign is one such way to help inform our residents of the benefits of wearing a mask in indoor public spaces." According to P. David Tarter, Chair of the Northern Virginia Regional Commission and Mayor of the City of Falls Church, leadership starts with the leaders. "If we want to keep our citizens safe, then it's incumbent upon us to model the right behavior," said Tarter.



Jeff McKay, Fairfax County Board of Supervisors Chairman: "I wear a mask to protect our most vulnerable community members."



Vienna Mayor Laurie DiRocco: "I wear a mask because I want to protect the citizens of my community."

According to Executive Order 63 (2020): "Individuals who contract the virus may still transmit the virus to others before ever showing symptoms. Therefore, a



Herndon Mayor Lisa Merkel: "I wear a mask because it is the right thing to do during a pandemic."



Falls Church Mayor and Chairman of NVRC David Tarter: "I wear a mask because I care about my community."

person with no symptoms of the virus could spread it by speaking, coughing or sneezing. As more

SEE MASK UP, PAGE 7

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PHOTO COURTESY OF FAIRFAX COUNTY PARK AUTHORITY

Work on the project is expected to begin in the second quarter of 2020, with completion in the second quarter of 2021.

Historic Colvin Run Mill's Wheel and Flume to be Replaced

The flume and wheel that power grinding operations at Colvin Run Mill are going to be replaced. The Fairfax County Park Authority Board approved a plan at its meeting on May 27, 2020, to remove the deteriorated wooden structures and install a new wheel and flume.

Colvin Run Mill was constructed around 1811 and is the sole surviving example of a 19th century mill in the Washington, D.C. metropolitan area. It was purchased by the Park Authority in the 1970s, and restoration efforts in the 1980s and in 2014 and 2015 installed the mechanical equipment and features necessary to bring it back to its original automated design. The shaft for the mill wheel was also replaced at that time.

Staff have been operating the mill continuously since the automation was completed, and the

mill sells its stoneground cornmeal, flour and grits to the public. However, staff recently observed deterioration in the existing wood wheel that operates the mill and the existing wood flume that carries water to the wheel. An agency team from the Resource Management and Planning and Development Divisions developed a plan for replacing the aging parts.

The plan calls for sourcing and purchasing wood needed to fabricate the new parts, fabrication of the new wheel and flume, removal of the deteriorated elements, and installation of the new wheel and flume. Work on the project is expected to begin in the second quarter of 2020, with completion in the second quarter of 2021. The \$382,000 project is being financed by voter-approved Park Bonds.

Staff estimate the new wheel and flume will cut annual maintenance costs by \$6,000 per year.



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Favola Hosts Virtual Town Hall Centered on COVID-19

Panel of local elected officials weigh in.

BY MERCIA HOBSON
THE CONNECTION

State Senator Barbara Favola (D-31) hosted a Virtual Zoom Town Hall Meeting with panelists, Del. Kathleen Murphy (D-34), Arlington County Board Chair Libby Garvey and Dranesville District Supervisor John Foust (D). The Town Hall was held Thursday, May 28. The public submitted questions. The expressed focus of the meeting centered on the coronavirus pandemic and Northern Virginia's pathway forward. The region was about to join the rest of the Commonwealth and enter Phase One of Governor Northam's Forward Virginia reopening plan after observing four key metrics trending in a promising direction.

Favola first thanked all essential workers saying, "We value all of you and we appreciate what you are doing." Garvey said that Arlington County was beginning to pivot its focus to businesses. "We just announced the We Are Covered placards...for all our businesses and a pledge to make sure everybody is wearing face masks." Garvey said the focus had been making sure everyone in Arlington County had a roof over their heads, food on the table, access to health care if needed and small businesses survived.

Foust said that the County received "a large sum of money" from the CARES Act, meant to address the economic fallout of the COVID-19 pandemic. With it, the County created new grant programs. One grant was Fairfax RISE, meant to assist small businesses and nonprofits affected by COVID-19. Applications open June 1 for businesses and nonprofits with 50 or fewer full-time employees. He added that the Board also approved an emergency ordinance enabling restaurants to operate outside on sidewalks and paved areas with up to 50 percent of their licensed capacity in terms of seating.

ONE QUESTION centered on the availability of tests for asymptomatic COVID-19



SCREENSHOT

(Top left to bottom right) Supervisor John Foust (D-Dranesville), State Senator Barbara Favola (D-31), Julia Kim Chun, Chief of Staff at Favola's office, Del. Kathleen J. Murphy (D-34) and Arlington County Board Chair Libby Garvey at the May 28, 2020, Virtual Town Hall on COVID-19.

"Look at what's happening at the top of this country. We are a ship in a storm, and we're rudderless."

— Libby Garvey chair of the Arlington County Board

individuals and antibody tests. Favola said, "Our goal is to test 10,000 people a day...and we are setting up public testing sites...The goal is really to expand this to folks who are asymptomatic and to be sure we're picking up individuals who would not necessarily go to get tested... We've got pockets in our community where folks are afraid to go to a healthcare provider." According to Favola, the no-cost sites were located in medically underserved areas and performed with a no-ask policy except for ZIP code. More importantly, Favola said they were doing contact tracing, with the state ramping up hiring with about 400 people, many in the Northern Virginia region, and plans to hire another 1000. "It is absolutely critical that we do this contact tracing. It will enable us to contain the spread of the disease," she said.

According to Foust, the biggest challenge was that so many people wanted to get tested but couldn't without displaying symptoms. "In my opinion, it has to be increased dramatically," he said. Foust said it was a failure in the supply chain to deliver materials.

Another question centered on mental health issues as a result of the virus.

FOUST said people experienced depression and mental health issues as a result of the virus. The County school system, though, was "focused like a laser on the issue," as was the Fairfax-Falls Church Community Services Board and other services the County provided.

Garvey said, "If you are not feeling

stressed or anxious, or somewhat depressed, you are probably not well." She said, "If you look at what's happening at the top of this country, we are a ship in a storm, and we're rudderless. So it's kind of scary to be in that situation, and it's reasonable to be afraid."

With a question about driver's licenses, Favola said she understood the Virginia Department of Motor Vehicles extended the validity of driver's licenses that expired during the COVID-19 pandemic for 90 days through August at the latest.

Updates

On May 28, Governor Ralph Northam announced in his COVID-19 briefing that all driver's licenses and identification cards expired on or before July 31, 2020, are extended for 90 days, to August 31 at the latest. For more information on contact investigations, visit <https://www.fairfaxcounty.gov/health/novel-coronavirus/contact-investigations>.

Great Falls Church Marks 130 Years of Service

The Smith Chapel Methodist Church congregation marked the 130th anniversary of the laying of its cornerstone on May 23, 1890 with celebratory wishes to the community. Pastor Ho Kang arranged the giant birthday card in front of the church to mark the occasion. Because of Covid-19, church members are worshipping remotely via zoom technology every week. A major community celebration has been postponed until the fall. The one room church was built by local

farmers in northwest Great Falls at a time when all travel was by foot or on horseback and other churches were far away. When it opened, Smith Chapel--named for the Jesse and Lucian Smith family who carried full responsibility for the construction--was not only a place for Sunday worship, but also a place for social and community events. And so it remains to this day, and welcomes one and all. For information on church history, programs, and worship times, visit <http://www.smithchapelumc.com>.



PHOTO CONTRIBUTED

Smith Chapel, at 11321 Beach Mill Road, is the oldest church structure in Great Falls.

Mask Up NOVA

FROM PAGE 4

people venture back to businesses, employees are vulnerable when patrons come in without a face covering. We must make sure workers are safe as they interact with customers.”

Executive Order 63 is divided into four key areas- Patrons, Employees, Department of Health and Effective Dates.

Face Coverings are required for all patrons in the Commonwealth aged ten and over when visiting stores, barbershops, restaurants and travel on public transportation, among other things.

Face Coverings are required for employees of essential retail businesses whenever working in customer-facing areas.

The Virginia Department of Health shall have the authority to enforce the Order. Although wearing masks will be required, the rules will be enforced through the Virginia Department of Health, not the police.

The Order remains in full force and effect from 12 a.m., Friday, May 29, 2020, until amended or

rescinded by further executive order.

There are thirty-eight questions and answers about Executive Order 63 and face coverings on the website www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/. Included is how to report an individual who is not abiding by the mandatory customer face coverings. Talk to the business owner and if that doesn't work, call 1-877-ASK-VDH3. For business owners who ask the question: “What happens if I ask a person without a face covering to leave and he or she does not leave?” According to the website: “If you (a business owner) have asked a customer to leave and they refuse, then they are likely trespassing, and you may call local law enforcement.” However, the website added: “We are focused on education, and ask everyone to be part of the solution as we adjust to this new normal.”

HIGHLIGHTS OF REGIONAL POSTS TO #MASKUPNOVA
Providence Supervisor Dalia Palchik,



Alexandria Mayor Justin Wilson: “I wear a mask to prevent giving the virus to our frontline essential workers.”

Merrifield: “I wear a mask because it keeps our community safe.”

Marybeth Donahue Connelly, Falls Church: “As Northern Virginia moves into Phase 1 reopening, everybody needs to wear a mask in public to protect everyone else. It is sweaty. It is uncomfortable. It is awkward. And it is the right thing to do!”

Robert W. Lazaro, Jr., Executive Director of the Northern Virginia Regional Commission. “Check it out. And thanks to Falls Church City Councilmember Letty Hardi for creating this awesome Facebook frame - add it to your profile at bit.ly/MaskUpNoVAFrame.”



Loudoun County Chair Phyllis Randall: “I wear a mask because this is not about me; it's about the community.”



Arlington County Chair Libby Garvey: “I wear a mask because I respect and care about you.”



PHOTO BY MERCIA HOBSON/THE CONNECTION

(From left) Chris Dittes and Richard Spencer of Reston wait in line for haircuts, masked and ready to abide with Executive Order 63 requiring all Virginians to wear face coverings while inside public spaces.

BULLETIN BOARD

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

VIENNA RELEASES RESULTS FROM COVID-19 BUSINESS SURVEY

The Town of Vienna Economic Development Office released results from its COVID-19 Business Survey highlighting how the Town's businesses have been impacted by the pandemic. Vienna issued the survey to track effects of the pandemic on local businesses, gain an understanding of the potential long-term damage at the local level and determine how the Town can best support the business community during recovery.

On April 22, the Town of Vienna put out the survey to gauge the impact of COVID-19 in order to help develop strategic approaches for the recovery phases. Some 94 businesses responded to the survey providing sample size insight on the challenges owners are facing cutting across the retail, food, service, and health and medical service industries. Results included:

The majority of respondents are small, with 75% having 10 or fewer employees.

Nearly 80% of survey respondents indicated they are a woman-owned business. 27% stated they are minority-owned.

59% are worried or very worried about the health crisis and staying in business 22% indicated they are concerned that their business will remain viable one to three months from now.

❖ 75% indicated they would like educational programming support to help improve their business operations during reopening phases. Areas of interest include marketing and branding, navigating grants, and other funding options.

Majority of the businesses stated they have

experienced a revenue loss of at least 71% during the survey window.

Majority of the respondents have taken steps to adhere to social distancing guidelines for their business since the start of the crisis.

SHARE THE LOVE FOOD COLLECTION

The Loyal Order of Moose in District 4 will be conducting a “Share the Love” Food Collection Drive at their Moose Lodges throughout the area on Saturday, June 6. This will be a Drive Up/Drop Off Collection of non-perishable and canned-good items. Donations of paper products, personal hygiene and other essential items may also be donated. Each lodge will be donating to their local food bank or charity for this event. June 6 schedule:

Arlington Moose Lodge, 5710 Scoville St., Falls Church VA 22041; 12-2 p.m.

Vienna Moose Lodge, 9616 Courthouse Rd., Vienna VA 22181; 12-2 p.m.

GOVERNOR ORDERS PHASE 1 OPENING

Virginia Gov. Ralph Northam announced last week that Northern Virginia can enter Phase I under the state's Forward Virginia plan. Fairfax County began the first phase to reopen businesses and houses of worship on May 29. The Forward Virginia plan provides guidelines that all businesses must follow in the first phase but eases previous restrictions on restaurants, fitness facilities, barbers and beauty salons, other retail businesses and houses

SEE BULLETIN, PAGE 11

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Tatum Chenen from Vienna with her mother on their way to take Chenen's senior pictures wearing her sister's cap and gown.



Rachel Kim (right) from Vienna with her father and younger sister on one of their quarantine family walks around her neighborhood.

Finding New Ways to Celebrate

Area high school graduates miss the opportunity to say bye to school, friends.

BY MALLORY CULHANE
THE CONNECTION

Part three in a series.

The end of the school year in high school is filled with spirit weeks, prom, and for seniors, a graduation ceremony. So, when COVID-19 caused in-person classes to stop and postponed or cancelled events like prom and graduation, many students didn't get the opportunity to finish out the year with the typical celebrations and traditions.

"Once it started to sink in, it actually [felt] a bit bittersweet, because on one hand it felt almost like summer break, but then you realize that you won't be able to see your senior friends or interact with them the same as before," said Megan Leung, a junior at McLean High School. "It's just not the same over text or FaceTime as in a classroom or during practice."

Initially, Virginia schools closed only briefly in mid-March, which gave some students hope that the school year would still end in person. As coronavirus continued to worsen in the state, however, schools closed their doors through the end of the semester.

"I was praying that the whole coronavirus situation in Virginia wouldn't become as severe so that we could still have time for end-of-the-year traditions," said Rachel Kim, a senior at James Madison High School from Vienna. She will be attending Georgia Tech in the fall. "However, coronavirus cases in Virginia only got worse and I soon realized my wish was unrealistic."

"It was very upsetting," said Tatum Chenen from Vienna, a senior at James Madison High School who will be attending the University of Mississippi in the fall. "Thinking about all those years leading up to this moment: getting excited for it and now knowing none of it will happen."

Every school has their own traditions for the end of the year: grad night and toga day for seniors, spirit weeks, superlatives and

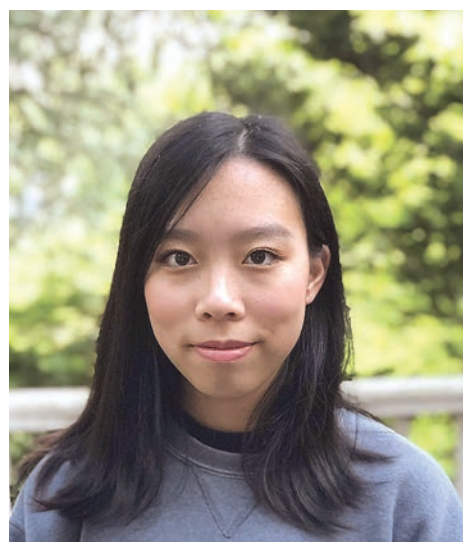


Alexandra Dicks describes that she was most looking forward to ViVa Vienna: a local fair many students from James Madison High School attend each year that was cancelled due to COVID-19.

class trips to Kings Dominion and Hershey Park, many of which now cannot happen.

"One of the traditions I personally feel the saddest about is our yearbook distribution day," said Kim. "I was one of the editors-in-chief for our school's yearbook this year, and I was really excited to dress in our yearbook shirts and hand out copies of our book to students at our school library like we always did every year."

But despite the abnormal and difficult end to the year, some students have found ways to keep activities and traditions going



Megan Leung from McLean describes how she feels as though she 'took a lot of things for granted,' after schools closed and events were cancelled due to COVID-19, and says she plans to make the most out of her senior year.

through online and virtual means.

"It was definitely difficult not being able to interact with my teachers and classmates but luckily, we live in a time with lots of ways to stay connected with people online," said Alexandra Dicks, a junior at James Madison High School.

Chenen and other seniors at James Madison High School worked on a video to celebrate prom together virtually, even though they're apart. "We all made a video in our prom dresses, kind of like a getting ready video that was about 3 minutes long full of a bunch of girls in our grade," said Chenen.

Some students are also planning on carrying out traditions later in the summer: Kim and her friends are planning on hosting a "fake prom" once it becomes safe to do so, still giving them the opportunity to have their last high school dance.

Teachers and school faculty are also working to make the end of the year special through virtual events and activities.

"James Madison is having a day of virtual celebration for seniors [with] events such as faculty messages to graduates, senior slideshow, and convocation," said Kim. "Some of



Rachel Kim from Vienna says she wishes she 'still had the opportunity to properly say bye to all my teachers and friends, and spend the last moments of our high school together.'

the teachers that my friends and I had have been sending us gifts and cards through mail, which is so sweet and another reminder that they're really looking out for [us]."

"Our school is trying their best to make the end of the year as enjoyable online as it is in real life," said Dicks. "They have been doing superlatives online for the seniors, as well as spirit weeks [and] people are still participating and making the most out of their last few days of school."

Many students are hoping that classes will resume as normal in the fall, giving everyone an opportunity to hug friends in the hall and participate in school events again.

"It would be nice to be able to see friends in person after such a long time apart," said Leung. "I definitely feel as though I took a lot of things for granted, so I'm certain I would want to make the most of next year."

When One Drink is No Longer Enough

Increase in alcohol consumption during COVID19 worries some.

BY MARILYN CAMPBELL
THE CONNECTION

Just three months ago, her evening routine was simple. She made dinner for her 10 and 12-year old children, and after they'd taken showers and gone to bed, she settled onto the sofa in her family room with a book and a glass of wine. As the coronavirus pandemic evolved, Lauren O'Connell says that her nightly routine was thrown into chaos and one glass of wine each evening turned into almost one bottle.

"The constancy of homeschooling, juggling all of the Zoom calls, making sure my children do their school work and that my husband and I can take Zoom meetings for work is just too much," she said. "I'm embarrassed to say that wine has become my coping mechanism to decompress at the end of the day."

Apparently, she is not alone. Alcohol consumption has increased since social distancing began in the Washington region in March. Online alcohol sales have increased 243% during the COVID19 stay-at-home directives began, according to a Nielsen study. Those who don't consider themselves alcoholics, but whose alcohol consumption has increased during the pandemic, might wonder if they've developed a problem.

"This pandemic is traumatic for many people," said Kate Farinholt, Executive Director of National Alliance on Mental Illness (NAMI) Maryland. "People are using a variety of ways to cope. Many of the healthy ways of dealing with issues have been taken away, so people are likely to turn to unhealthy ways. Alcohol is easy, quick, not that expensive and you can get it delivered to your house."

Liquor stores – considered essential businesses – have remained open offering easy access to libations. "Since the pandemic, I have clients that come to me wondering, 'Am I alcoholic?'," said Carolyn C. Lorente, Ph.D., psychology professor, Northern Virginia Community College. "I say, let's go down the list of criteria for alcohol dependence."

One of those determining factors can be making a decision to abstain from alcohol for a week or even a day and not being able to do it. "The first signs that your drinking has become a problem is probably that you are starting to consciously think about your drinking," said therapist Carol Barnaby, LCSW. "This means that there are indicators that there are things are making you worry."

The clinical criteria of alcohol abuse, says Barnaby is when drinking begins to cause problems in various areas of one's life. "For example, is the result of your drinking that you fight with your spouse, children, or other family members or that your health is affected?"



PHOTO BY MARILYN CAMPBELL

Alcohol sales have increased as some look for ways to cope with heightened anxiety and stress during the coronavirus pandemic.

"Since the pandemic, I have clients that come to me wondering, 'Am I an alcoholic?'"

— Carolyn C. Lorente, Ph.D., psychology professor, Northern Virginia Community College

she asks. "People often ask about frequency when thinking about alcohol abuse. The truth is that you can drink one day a year and have a problem. It is the consequences that happen from drinking that determine if you have a problem."

Find alternative actions to replace reaching for a drink, suggests Lorente. "Some of my clients who aren't in the throws of addiction, but want to cut back, ask me what they can do," she said. "Maybe going for a run when I feel like opening a beer or even sitting in your car and watching a movie when you need time alone. Replace the urge to drink with a healthy alternative. If it doesn't work after a week, you might want to see a professional for support."

During NAMI Maryland's 18th annual NAMIWalks Maryland, held virtually this year, Farinholt spoke about noticing an increase in anxiety, depression and substance abuse during COVID19. "I think that there will be a lot of substance abuse and mental health issues coming out of this," she said. "We're going to have to pay attention to it. NAMI Maryland alone has seen a 49 percent increase in our website traffic, and 43 percent of all visits were to our COVID19 section."

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PHOTO CONTRIBUTED

Adrienne Jewett

Vienna School Principal Receives Leadership Award

Marymount University's Master of Education in Administration and Supervision, or Catholic School Leadership Program (CSLP), has selected a principal and a teacher from the Catholic Diocese of Arlington to receive its highest annual honors. The CSLP Student of the Year award was presented to Adrienne Jewett, principal, Our Lady of Good Counsel School, serving grades PK-8. The CSLP Intern of the Year award was given to Emily Stocker, technology coordinator and teacher, St. Thomas School Cathedral School, serving grades PK-8. Both awards were presented May 11 at this year's annual Teacher Education Banquet, which took place in a virtual setting.

"We are proud of all of our graduates and happy to honor Adrienne and Emily. They are committed to our faith and dedicated to promoting the Catholic identity of their schools," said Sister Patricia Helene Earl, I.H.M., Ph.D., Director, Catholic School Leadership Program, Marymount University. "Adrienne, while serving as full-time principal of her school, has clearly grasped the skills and dispositions of leadership with insight and immediately discerned their appropriate application in her actual role."

Ms. Jewett said, "The CSLP requires hard work and dedication, but the lessons learned throughout make me a better principal. I look forward to continuing to serve my community at Our Lady of Good Counsel even better in the future!"

Marymount University's Master of Education in Administration and Supervision is an online program designed to prepare students worldwide for school administration in Catholic schools, as well as public or private schools. For more information on the program, contact Sister Patricia at patricia.earl@marymount.edu.

BULLETIN BOARD

FROM PAGE 7

of worship. Movie theaters, concert halls, bowling alleys and other indoor entertainment businesses remain closed.

In general, the first phase eases restrictions as follows:

Restaurants: Restaurants, breweries, distilleries and wineries may serve dine-in customers at tables outside, at 50 percent capacity of their normal indoor capacity. Tables must be spaced six feet apart and no more than 10 people may sit at a table. A restaurant's indoor bar area must remain closed. Disposable menus are required and servers must wear cloth face coverings.

Fitness Facilities: Gyms, recreation centers, sports centers and pools may open for outdoor activities only. Customers, trainers and instructors must stay 10 feet apart from each other and equipment also must be spaced 10 feet apart. Exercise classes are limited to 10 people. Outdoor swimming pools may be open for lap swimming only, with one person per lane. Indoor pools, hot tubs and spas, and outdoor basketball and racquetball courts must stay closed.

Personal Care: Beauty salons, barbers, spas, massage centers, tanning salons and tattoo shops are limited to 50% of their normal capacity and customers must make appointments to come in. Customers and employees are required to wear face coverings. These businesses must keep a record of all clients served, including name, contact information, date and time of service.

Retail: Other retail businesses may reopen at 50% capacity and employees must wear face coverings. Essential businesses like grocery stores should follow the state's guidance for all businesses.

SUMMER ENTERTAINMENT, JULY 4TH EVENTS CANCELED

The Fairfax County Park Authority's Summer Entertainment Series will be canceled through July due to public safety concerns related to the COVID-19 pandemic, and Fourth of July events have been canceled, too. Centers for Disease Control and Prevention and health-related guidelines continue to recommend against large gatherings.

REOPENING OF OUTDOOR ATHLETIC FIELDS

The Fairfax County Park Authority, Fairfax County Public Schools, and the Department of Neighborhood and Community Services are announcing the reopening of outdoor athletic fields in Fairfax County for unpermitted use as part of Forward Virginia Phase 1 for Northern Virginia. This includes more than 850 athletic fields, including synthetic turf fields and fields at Fairfax County parks and public schools. Open, walk-on use of athletic fields is allowed when the field is vacant and only during regular operating hours.

FACE COVERINGS MUST BE WORN

Gov. Ralph Northam last week signed Executive Order Sixty-Three, requiring Virginians to wear face coverings in public indoor settings to help contain the spread of the novel coronavirus. Face coverings do not take the place of public health guidelines to maintain six feet of physical distancing, increase cleaning and sanitation, and wash hands regularly. Under the Governor's executive order, any person age 10 and older must wear a mask or face covering at all times while entering, exiting, traveling through, and spending time in the following public settings:

Personal care and grooming businesses;
Essential and non-essential brick and mortar retail including grocery stores and pharmacies;
Food and beverage establishments;
Entertainment or public amusement establishments when permitted to open;
Train stations, bus stations, and on intrastate public; transportation, including in waiting or congregating areas;
State and local government buildings and areas where the public accesses services;
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Night and Now Daze



By KENNETH B. LOURIE

That wasn't so bad. Approximately 29 hours in the hospital in a private room and all I had to do was drink as much water as possible and shower half a dozen times. The goal being to rid myself of the radioiodine I had been given at the beginning of my admission. This "therapy" is used to measure the iodine related to my papillary thyroid cancer and to determine presumably, whether in fact the tumors in my lungs are thyroid cancer which has moved or whether it's still lung cancer or both.

To say my life depends on the results of this finding and the interpretation of the follow-up gamma camera scans this Tuesday is perhaps a bit much. But my life expectancy sure depends on it, as well as my treatment life going forward. There's too many ifs, ands or buts to present here, but suffice to say, my future, yet again, is sort of up for grabs.

For the moment however, I feel mostly fine. I'm back eating the foods that I love, after a 31 day lull when I was on the low iodine diet, so all is semi back to normal. Being able to satiate once again does soothe the ravenous beast inside me. Nevertheless, there are bigger problems/possible solutions in the offing that M&Ms, Double Stuf Oreos and Entenmann's Marshmallow Devil's Food Iced Cake can really address. Still, if I'm going to go down, I can now go down with a smile on my face and a delicious dessert/snack in my mouth.

In a way, I'm back on the precipice. Are the tumors in my lungs all lung cancer which has previously led to my being given a "terminal diagnosis/prognosis: "13 months to two years" back in late February, 2009 or are they papillary thyroid cancer, stage II; not terminal, and not just treatable, but curable? Or are they something in between, as yet undiagnosed? Maybe I've developed new tumors? Maybe I'm to be diagnosed with a third type of cancer? Maybe, maybe, maybe. That's how I have to roll for the next few weeks (thyroid cancer) and the next six weeks (lung cancer) when I will have the usual upper torso CT scan of my lungs, the first one I will have had in over five months (all my lung cancer-related treatment was stopped while we addressed the thyroid cancer). Perhaps in mid-July I'll know the "end of the story" as radio icon Paul Harvey used to sign off; "Good day!"

For now, all I can do is wait and not "smoke em if I got 'em" but "keep my powder dry" and "keep my eyes on the prize." It's really no different than pretty much how I've managed to live my life since I got the diagnosis 11 years and over three months ago. Although, oddly enough it feels different than it did before as if I didn't have as much at stake then as I do now. Almost as if this is my last chance to catch a break, especially considering that living nearly a decade past my original prognosis I've already received a lot of breaks. Somehow though, this medical-diagnosis-to-be conjures a kind of inexplicable finality.

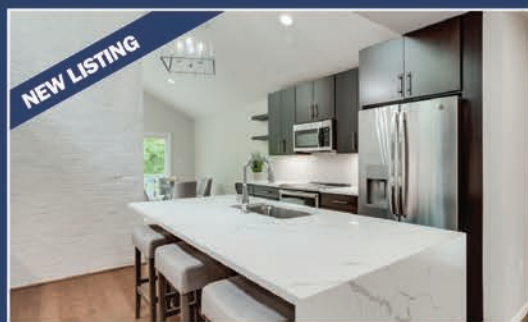
I don't want to go back. I want to go forward. Unfortunately, which direction I'm headed is out of my control. The endocrinologist and the oncologist will tell me whether I "Return to Jail" or "Pass Go and Collect \$200." They will be monopolizing my future and in so advising, will indirectly determine my covid-19 risk as well. Will I be visiting my healthcare provider/facility regularly for treatment and possibly exposing myself to the virus

(which would be a major complication for a patient like me: over 65, with lung disease and a weakened immune system) or will I be able to live my life without any of the life-ending-type fears I've had since 2009, and the world has had since the first quarter of 2020?

So even though I don't know for sure that my life is at stake, I think I can definitely say that my living is. Will it be cancer-centric or not? Either way, I'll live with the outcome. The only question is: for how long?

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

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