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Mount Vernon Gazette

WELLBEING
PAGE 8

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

JUNE 4, 2020



PHOTOS BY MERCIA HOBSON/THE CONNECTION



Right) Cayce Utley, a member of SURJ NoVa chants into the speaker, "White silence is violence," while a volunteer holds up the megaphone bullhorn.

"Black lives matter," is the rallying cry in Fairfax during the Showing Up for Racial Justice Northern Virginia protest at Public Safety Headquarters.

A Call to End 'White Silence'

Demonstrators converge at Public Safety Headquarters in Fairfax.

BY MERCIA HOBSON
THE CONNECTION

After seven days of nationwide protests, in the fallout from the death of George Floyd while being arrested by a white officer in Minneapolis, Showing Up for Racial Justice (SURJ) Northern Virginia held protests at two northern Virginia police headquarters. One was in Alexandria, the other at Public Safety Headquarters in Fairfax.

With police barricades and officers behind them surrounding the gathering area, officers on the roofs of buildings and helicopters in the air, protesters of all races safely and without incident rallied demanding an "end to white silence on issues of racial injustice."

SURJ NoVa organizer Karen



Members and supporters of Showing Up for Racial Justice NoVa protest at Public Safety Headquarters in Fairfax.

Wolf said, "While tragedies like the death of George Floyd make the news, they're the tip of the iceberg in a larger pattern of racialized harm and violence."

Cayce Utley, a member of SURJ NoVa, handled the microphone. Addressing the crowd, she said, "We are here to break white silence around white people supporting our police... We are keeping it peaceful, but we need to make it good for others."

Chief Edwin C. Roessler Jr., Fair-

fax County Police, stood at the barricades and watched. "We are fortunate to have a very engaged community with robust support and partnership between officers, residents and business owners. Regarding potential demonstrations, we are in communication with various stakeholders and are working together to ensure events in Fairfax County are peaceful and safe for voices to be heard while also maintaining public safety in our neighborhoods," he said.



PHOTO CONTRIBUTED

Marissa Flores at the women's wheelchair basketball summer development camp last summer at UTA in Arlington, Texas, with Darlene Hunter a team USA Paralympian and Coach at UTA.

Marissa Flores Perseveres as Pandemic Cancels Some Plans

BY MIKE SALMON
THE CONNECTION

With summer coming and the coronavirus pandemic disrupting lives across the country, virtual summer camps on the computer may work in some situations, but for wheelchair basketball camp, the computer will take some imagination. This is nothing new for Marissa Flores, Class of 2020 at Mount Vernon High School.

Flores has made the best of challenging situations in her life, so this spring, she is featured on the Fairfax County Public Schools "senior spotlight."

Her wheelchair basketball took some perseverance, and Flores took it to a new level, joining a local team called the Fairfax Falcons and helping out coaching with the girls' junior

varsity team at Mount Vernon.

"I also loved that even though I have a disability called Cerebral Palsy, my teachers always believed that I could accomplish anything, even if it had to be completed in a different manner," she said.

In March, Flores was planning on playing in the National Wheelchair Basketball tournament in Kansas with her team, the Fairfax Falcons, but that was canceled due to Covid 19. Then she planned to cross the stage on graduation night with the other students at Mount Vernon, and then attend two summer wheelchair basketball camps at the University of Texas, Arlington. "My plans for the coming summer have sadly been canceled," Flores said.

The Falcons are a Paralympic Sports Team that provides a variety of adapted sports experi-

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NEWS

Outdoor Concert On a Mount Vernon Community Street

Barclay Brass ensemble hammers out tunes for the neighborhood.

BY MIKE SALMON
THE CONNECTION

It started out as an escape from the covid-19 quarantine and evolved into a way to enjoy the arts and sounds while temporarily forgetting about the protests and police brutality that was happening elsewhere, even if it was for a few hours from a lawn chair in the front yard.

"Music is something that brings us all together," said David Miller, one of the organizers of this impromptu concert on a neighborhood street near Yacht Haven. The sounds and social aspect brought everyone out to hear the Barclay Brass perform. "I wanted it to be a socially distanced concert," he added.

Everything fell into place on Monday evening in a Mount Vernon neighborhood, with the band setting up under a tent in the middle of the Maybrook Court, and families in groups scattered in the front yards, enjoying a brass ensemble. In between ensemble songs, a couple of cello players performed.

"Nice break from what's going on," said Martin Schaefermeier, from a lawn chair in his front yard.

Days before, a police officer killed George Floyd, which led to civil unrest, including fires and violence in Washington, D.C. the night before the concert. It was all over the televisions, and on everyone's mind so the musicians came together to let them concentrate on something else for a while.

"Something to look forward to, art and community at the same time," said Molly Diaz, who's husband Hiram was on one of the horns called a euphonium. She was there with her children Ana, Lydia and David, and a well-behaved dog.

The civil unrest and the curfew in Washington, D.C. did have an impact to the concert that night though. Nathan Clark had to take Brandon Eubarr's spot because Eubarr was in Washington, and Hiram Diaz was in for Willie Clark, because they both had to remain in



Charlaine Prescott plays a solo for the crowd.



A yellow lab is silently enjoying the music and sunshine.

to adhere to the 7 p.m. curfew that was in place from city officials.

Beforehand, Miller ran the idea by the Fairfax County Police Department to make sure he was following the pandemic gathering guidelines, and let the group know that's what he did before the music started.

"We strongly encourage all attendees to maintain proper distance and have masks at hand," the instructions on the flyer read. Although traffic through the court was halted during the performance, one Amazon delivery driver stopped short of the court and walked the package up to one of the houses.

Staff Sgt. Charlaine Prescott, a cello player in the Marine Band, showed up and did a solo part of the way into the show. Prescott is a West Potomac High School alumni that joined "The President's Own" United States Marine Band in De-

cember 2013 and was appointed principal in April 2018. She began her musical training on piano at age 6 and cello at age 10. As she joined the group with cello case in hand, a member of the audience commented how she was glad there was a woman in the group. Others in the group included Nathan Clark and Brad Weil on trumpets, Alex Kovling on horn, David Miller on trombone, Willie Clark on tuba and Josephine Elting on cello.

In 2017, Barclay Brass was part of "The Force at 40", the 40th anniversary celebration of the release of Star Wars, which was held at the Smithsonian's National Air and Space Museum.

In 2018, they were featured in a video produced by TIME magazine and the Smithsonian to commemorate the 50th anniversary of Stanley Kubrick's "2001: A Space Odyssey."

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 GAZETTE

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.

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

"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.

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.

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 force in Fairfax Coun-

ty show that the police force is whiter and less diverse than the communities they are sworn to protect.

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.

FAIRFAX POLICE CHIEF 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.

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>

OPINION

Be Safe at Home

BY DEL. PAUL KRIZEK

While we continue to spend the majority of our time at home, I wanted to highlight one of the major dangers that exist in and around our homes: poisons. The culprits commonly include ingested household cleaners, over-the-counter medications, pesticides, plants, and insect bites or stings.

Thankfully, Virginia's three poison control centers provide 24-hour expert assistance by telephone and online to assist in the event of accidental and intentional exposure to poisonous chemicals, venoms, vapors or medications. In 2015, the Virginia Poison Control center staff handled 30,000 calls from the public and healthcare providers.

50 percent of those exposures involved children ages one to six. During this pandemic, this threat becomes more acute.

When you call the poison center, a nurse specializing in poisoning

treatment and prevention will answer — not a volunteer or a machine. You should be ready to provide them with details such as:

- ❖ The poisoning substance
- ❖ The patient's weight
- ❖ How long ago the poisoning took place

The poison center nurses can determine whether someone needs to go to the ER or if the poisoning can be treated at home. When contacted immediately, 90% of poisonings can be successfully treated by poison center staff over the phone, instead of requiring a costly trip to the ER. If you suspect that you or your child have been exposed to a poisonous substance, you should contact the poison center immediately.

Here are some helpful tips to protect you and your family from an accidental poisoning:

- ❖ Save the poison helpline number on your phone or put it on your refrigerator for easy access.



❖ Make safe storage a priority in your home. Always store medicines and hazardous substances, including cleaning supplies up, away and out of sight — preferably in a locked or child-proof container.

❖ Avoid container transfer. Never transfer toxic products to store in food or beverage containers.

❖ Review medicine and product labels every time you use them. Teach your children to only take medications that a parent or caregiver has given them.

❖ Be aware of everyday items that can pose a hazard. Many everyday household items can be poisonous if ingested. Be aware of small magnets, button batteries and e-cigarette paraphernalia. Remember that over-the-counter medications can also pose a risk if not used as directed.

Store cough and cold medications in a safe place where children can't access.

This year, I carried the budget amendment to provide extra funding to the three poison control centers that serve the Commonwealth. In the original budget that we passed in March, \$1.5 million was set aside for this additional funding.

Unfortunately, with the fallout of COVID-19, this funding was frozen, along with many other important spending items. As we head into a special budgetary session later this summer, unfreezing this funding remains one of my priorities.

The poison control centers provide a critical life-saving service to the Commonwealth, and are a vital part of our public health infrastructure that we need in place at all times, and especially now that we are staying #SaferAtHome.

For more educational materials, and in case of an accidental or intentional poisoning, contact the Virginia Poison Control at <https://www.webpoisoncontrol.org/> or call the hotline number at 1-800-222-1222.

LETTERS TO THE EDITOR

A Moment to Act

I'm sure folks have seen the protests this weekend in response to George Floyd's murder at the hands of police officers, and years of violence against the Black community. As of writing this email, three of the officers involved have not been charged. We need a full investigation and accountability for all involved in this crime.

Black Americans have been denied justice in our country for far too long. Breonna Taylor, Ahmaud Arbery, and too many others should still be alive today — and the painful truth is that if they were white, they probably would be.

For some this moment is a wake up call. For others, this is the America they have always known — simmering just below the surface. We all have a responsibility to challenge racist systems and demand not only justice, but accountability, and meaningful change — starting at home.

It's easy to simply say hate has no place in America, but as your Senator it's my duty to do more. Throughout my time in the Senate, I've supported measures to prevent discrimination against people of color at work, at school, and at the ballot box. You have my promise that I will continue to fight for legislative changes that make our Commonwealth — and our coun-

try — a more just place.

This is a moment to act. I hope you will join me in confronting biases, hate, and discriminatory systems in place in our communities, schools, and in our justice system.

It is not now, nor has it ever been enough, to simply say we believe in equality. We have to show up and do the work to fight against injustice and racism. For some, that means joining protests, or signing a petition. For others, that may mean making a donation amid this challenging time in our country. If you're looking for ways to take action, consider supporting the NAACP Legal Defense Fund, or an organization in your community focused on securing justice.

And, I leave you with this: the fact remains that the vast majority of us want to live together and want justice for everyone in this country. We must join together to achieve that goal.

U.S. Sen. Mark Warner
Alexandria

Applauding Vetoes

As Virginia's Spring legislative session wound down Governor Northam vetoed three healthcare bills. What isn't clear about these bi-partisan bills intended to expand insurance access is what they really entail. Multiple Employer Welfare Arrangements (MEWAs) and Asso-

ciation Health Plans (AHPs) have been around for decades long before Obamacare. As an insurance broker I became aware of them shortly after I entered the business. There was an AHP called the National Association for the Self Employed (N.A.S.E.) that was aggressively marketed. I was approached to represent it only to find that they were being pursued by attorneys general in 19 states for illegalities in marketing and failure to pay claims. MEWAs likewise have a history of these same kinds of practices of fraud and abuse. Among other deficiencies these plans bypass regulation by the Virginia State Corporation Commission Bureau of Insurance. They are much like the "Trumpcare" plans that fail to provide ACA mandated benefits. Sometimes called "Skinny Plans" that are less expensive because they omit essential benefits, including annual and lifetime maximums and can be non-renewed or canceled at the whim of the insurance company. The non-profit Commonwealth Institute applauds Governor Northam's vetoes. Since 2019 small family businesses and Self Employed have been recognized as one-life business entities entitled to Small Group plans that are ACA compliant. So there really isn't any need for these substandard MEWAs and AHPs.

Archer Jordan
Alexandria

On the Recent Death of Mr. George Floyd

I do not believe our country engages in systematic racism!

The USA has come a long long way from our days of slavery. Our country has "righted the wrongs" with: affirmative action programs, EEO programs, small business loans, tax relief, student loans, grants, scholarships for all Americans!

Our country has moved forward. The "bad" police officer who caused this dear soul's death is shameful and disgusting. The [other] police officer present is also equally guilty, in my opinion, because he did nothing to intervene as Mr. George Floyd lay dying in police custody and not resisting arrest. This [other] police officer also ignored several requests for help from passersby who pleaded for assistance and help for Mr. George Floyd as he lay dying at the hands of police. This [other] police officer present at the scene seemed absolutely insensitive and uncaring which is disgusting.

More white people, Native American citizens, others die at the hands of poorly-trained, bully-type police officers annually.

I believe that the overwhelming majority of police officers are good

SEE LETTERS, PAGE 5

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OPINION

Justice for Bijan Ghaisar

I conducted my own 1 person vigil for Bijan on May 27 from 12:20 until 1:20.

Bijan Ghaisar died on 11/27/17. He was shot by two US Park Police-men 10 days prior. Their actions were a violation of Park Police deadly force protocols in effect at that time. So as of last week, Bijan had been dead for 2 1/2 years; 30 months and his family still has no answers. The FBI and Justice Department did not charge the officers and in fact said their investigators would not be allowed to come to testify to a Fairfax Grand Jury should one be convened.

Steve Descano has been in office as the Fairfax County Commonwealth's Attorney for 5 months. In a recent Washington Post Metro section article on Bijan's murder, Descano allegedly said this case is a top priority for his office. As the adage says, "actions speak louder than words." What is the status of your investigation?

Our chant has been and will continue to be, "this is not over."

John K. Bergen
Mount Vernon



LETTERS TO THE EDITOR

FROM PAGE 4

people. Police officers face serious threats and dangers daily and deserve community support. I believe the false narrative about systemic racism in our country needs to stop! Our country needs and requires law and order and not the recent and current antifa riots, beatings of citizens by masked

thugs, destruction of personal property, theft of other people's property, arson, etc.

The current riots appear to me to be organized, criminal, and dangerous activity and has nothing to do with Mr. George Floyd's sad, needless death! Please support our police. Also consider and ask yourself why the mayor and chief

of police in Minneapolis tolerated a police officer on their police department force with bully and violent tendencies, and are the real persons at fault for Mr. George Floyd's death!

Miriam Sullivan
Mt Vernon District
Fairfax County

BULLETIN BOARD

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

Rising Hope's Virtual 5K

Rising Hope United Methodist Mission Church is holding its first Virtual 5K on Saturday, June 27, to raise much needed funds to help those in greatest need during the current pandemic. More than 300 families depend on Rising Hope's food pantry each week- that's more than 200,000 meals provided each year. For a \$25 registration fee, participants get access to weekly training and mission tips through a private Facebook group and great swag. There's also an opportunity for participants to donate additional funds through the same site. The first \$5,000 raised will be matched by a generous donor. Sign up for the Virtual 5K at: <https://charity.gofundme.com/o/en/campaign/rising-hope-virtual-5k>.

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: 12-2 p.m. -- Franconia Moose Lodge, 7701 Beulah St., Alexandria VA 22315.

GOVERNOR ANNOUNCES PHASE 2 OPENING

Gov. Ralph Northam this week signed Executive Order Sixty-Five and presented the second phase of the "Forward Virginia" plan to continue safely and gradually easing public health restrictions while containing the spread of COVID-19. The Governor also amended Executive Order Sixty-One directing Northern Virginia to remain in Phase One. Most of Virginia is expected to enter Phase Two on Friday, June 5, as key statewide health metrics

continue to show positive signs. Restaurant and beverage establishments may offer indoor dining at 50 percent occupancy, fitness centers may open indoor areas at 30 percent occupancy, and certain recreation and entertainment venues without shared equipment may open with restrictions. These venues include museums, zoos, aquariums, botanical gardens, and outdoor concert, sporting, and performing arts venues. Swimming pools may also expand operations to both indoor and outdoor exercise, diving, and swim instruction.

The current guidelines for religious services, non-essential retail, and personal grooming services will largely remain the same in Phase Two. Overnight summer camps, most indoor entertainment venues, amusement parks, fairs, and carnivals will also remain closed in Phase Two.

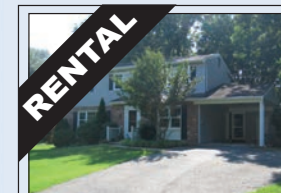
GOVERNOR ORDERS PHASE 1 OPENING

Virginia Gov. Ralph Northam announced last week that
SEE BULLETIN, PAGE 10



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RENTAL



Alex/Riverside Estates \$3,000

8318 Orange Court
Beautiful Colonial with 3 finished levels in Historic Mt. Vernon. 4 bedrooms, 3.5 baths, hardwood floors, screened porch, deck, carport and large corner lot. Separate laundry & storage rooms. Scenic commute along the GW Parkway - 5 mins to Ft. Belvoir, 15 to Old Town, 25 to Ntl Airport & 30/35 to Pentagon/dc. Walk to elementary and high school

RENTAL



Alex/Riverside Estates \$3,250

8405 Bound Brook Lane
Beautiful 4 bedroom, 2.5 baths, 3 level Colonial w/carport. Kitchen w/ an addition that creates a charming breakfast room overlooking the scenic bkyd. Screened back porch off the addition. Beautiful hwd floors & spacious rooms. Bright, open floor plan on the main level. Two fireplaces. Walk out lower level. Lots of storage. Access the porch, deck & patio from the kitchen sunroom. This home is a nature lover's paradise - enjoy the beauty & the serenity! Great location & lovely Mt. Vernon community of Riverside Estates.

UNDER CONTRACT



Alex/Riverside Estates \$605,000

3026 Battersea Lane
Riverside Estates, the Biggest Bang for your Buck!! This large Virginia model offers 5BRs, 3 updated baths, a gorgeous upgraded kitchen w/granite counters, cherry cabinets & 12" ceramic tile flooring. Beautiful hardwood floors on the main level plus upgraded, energy efficient DBL pane windows throughout. The electric panel had major upgrades in 2008, & the deck was rebuilt in 2016, it looks out at the beautifully landscaped backyard complete w/a new privacy fence & underground sprinkler system. Don't miss the 2 car garage as well - Check out the competition, then come talk with us. We're always ready to reach out with a helping hand.

UNDER CONTRACT



Alex/Riverside Estates \$579,900

8501 Wagon Wheel Road
Beautifully updated 4BR, 3BA Split w/carport - 2500+ square ft. on a large landscaped .3 acre lot w/fenced-in back yard. Freshly painted interior, newly refinished hardwood floors throughout the main level. Large family room w/wood burning FPL & 4th BR on lower level w/a refinished bath, & two large utility rooms. Perfect for workshop/storage. You can't find a better value or neighborhood for this price! 5 minutes to Fort Belvoir, (S) 15 minutes to Old Town Alex. (N) along the beautiful GW Parkway.

SOLD



Fairfax City/Lyndhurst \$169,900

3790 Lyndhurst Drive, #202
Attractively priced one bedroom condo with balcony in popular Lyndhurst community. Great opportunity to put sweat equity into this home: good bones, needs paint, carpet replacement and new HVAC so being sold "As Is." Laundry and storage unit in building. Balcony overlooks green space, providing privacy. Community pool and picnic area. Condo fee includes gas, water, sewer. Great location, close to George Mason University, downtown Fairfax, restaurants, shopping, and much more!

SOLD



Alex/ Woodleigh Woods \$701,000

3709 Maryland Street
Welcome to this stunning 4BR, 3BA, 2 car garage, contemporary-complete w/a gorgeous court yard out front & a large deck & hot tub which overlooks a beautifully landscaped bkyd. Numerous updates to include: kitchen w/granite counters & SS appliances, recently replaced DBL pane, energy efficient windows, freshly painted interior, & all 3 baths. The kitchen, dining & living rooms all face out back & have a wall of picture windows looking out at the deck, hot tub & fenced bkyd. The lower level offers a 4th BR, 3rd full bath & family room that opens out to the court yard. As you walk thru this home you marvel at the open contemporary design that makes you feel like you are one w/your environment. Walkable 1/4 mile to Mt. Vernon bike/walking trail along the Potomac. Five minutes to Ft. Belvoir (S), 15 minutes to Old Town (N), 25 minutes to National Airport (N), all along the scenic GW Pkwy, each season gives you beautiful views.

SOLD



Alex/Mt.Zephyr \$515,000

4100 Woodley Drive
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Fairfax County Week in Coronavirus

Facemasks mandatory, outdoor seating in restaurants, retail stores start to open.

BY KEN MOORE
THE CONNECTION

Monday, June 1

Fairfax County Cases: 11,219
Virginia Cases: 45,398
United States Cases: 1,761,503
Fairfax County Deaths: 387
Virginia Deaths: 1,392
United States Deaths: 103,700

LIBRARY, TO GO: Fairfax County Library will operate a Curbside Pickup service at all branches. And library staff is still providing many programs, events and services you can participate in from the comfort of your own home. See <https://www.fairfaxcounty.gov/library/>

FIRE AND RESCUE: 23 members of the Fairfax County Fire and Rescue Department have tested positive for Covid-19, and 17 have recovered. Six are currently positive, and four are currently in quarantine. All personnel are closely monitored by a nurse at Fairfax County's Occupational Health Center.

Sunday, May 31

Fairfax County Cases: 11,110
Virginia Cases: 44,607
United States Cases: 1,737,950
Fairfax County Deaths: 383
Virginia Deaths: 1,375
United States Deaths: 102,785

Saturday, May 30

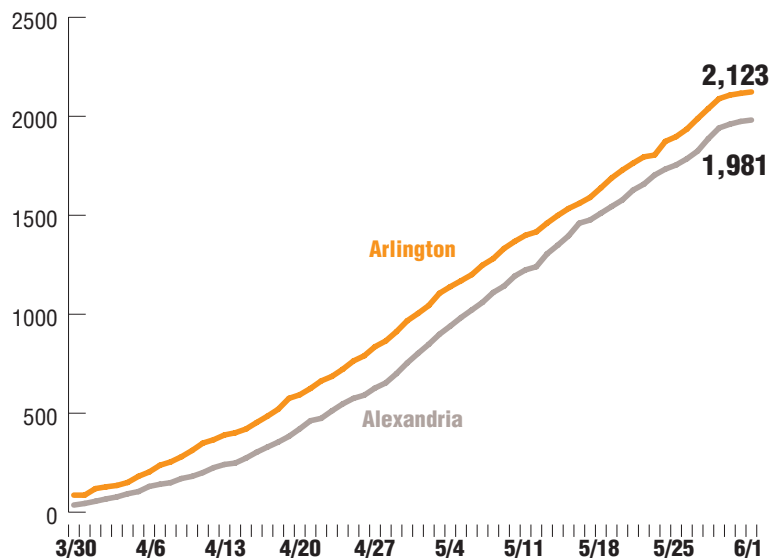
Fairfax County Cases: 10,906
Virginia Cases: 43,611
United States Cases: 1,719,827
Fairfax County Deaths: 383
Virginia Deaths: 1,370
United States Deaths: 101,711

UP TO DATE: For up to date reports on reopenings, see:

<https://www.virginia.gov/coronavirus/>
<https://www.virginia.gov/coronavirus/forwardvirginia/>
<https://www.virginia.gov/coronavirus/forwardvirginia/faq/>

ZIP CODE ACCURACY: Virginia Department of Health (VDH) began reporting COVID-19 data on testing encounters by health districts using more accurate ZIP Code information. The new data will impact 37,362 test results that were previously not assigned a health district designation because incomplete patient address information was reported to VDH.

Beginning May 30, VDH will report test encounter data using a tiered approach. If a test record is missing a patient address ZIP Code, the ordering provider's ZIP Code will be used. If neither ZIP



Sources:

Virginia Department of Health <http://www.vdh.virginia.gov/coronavirus/>
Maryland: Maryland Department of Health <https://coronavirus.maryland.gov/>
Alexandria Source: City of Alexandria

Code for the patient or ordering provider is available, the testing laboratory's ZIP Code will be used.

By using the new data reporting method, testing encounter numbers will increase the health district figures as follows: Alexandria by 699; Arlington by 187; Fairfax by 3,072.

Friday, May 29

Fairfax County Cases: 10,738
Virginia Cases: 42,533
United States Cases: 1,698,523
Fairfax County Deaths: 378
Virginia Deaths: 1,358
United States Deaths: 100,466

FACE MASKS: Virginians are now required to wear face coverings in public indoor settings as businesses slowly resume operation. Face coverings are in addition to public health guidelines to maintain six feet of physical distancing, to increase cleaning and sanitation, and to wash hands regularly.

"Science shows that face coverings are an effective way to prevent transmission of the virus, but wearing them is also a sign of respect. This is about doing the right thing to protect the people around us and keep everyone safe," said Gov. Ralph Northam.

A face covering includes anything that covers your nose and mouth, such as a mask, scarf, or bandana. Under the Governor's executive order, any person age ten 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

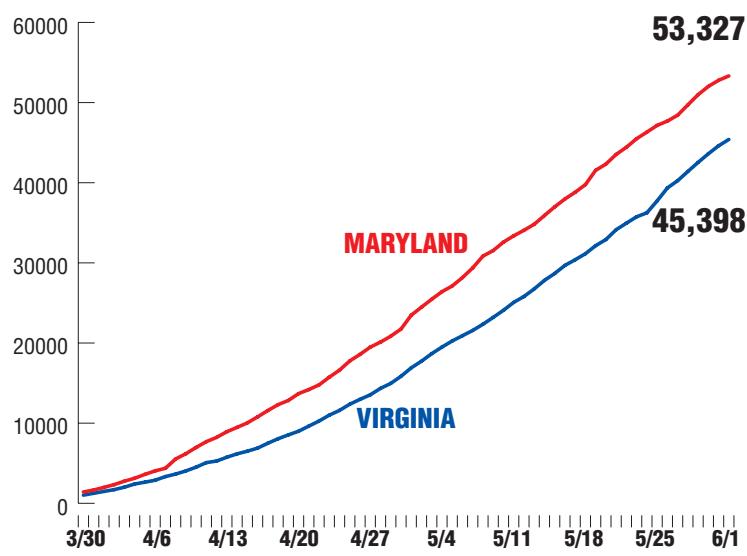
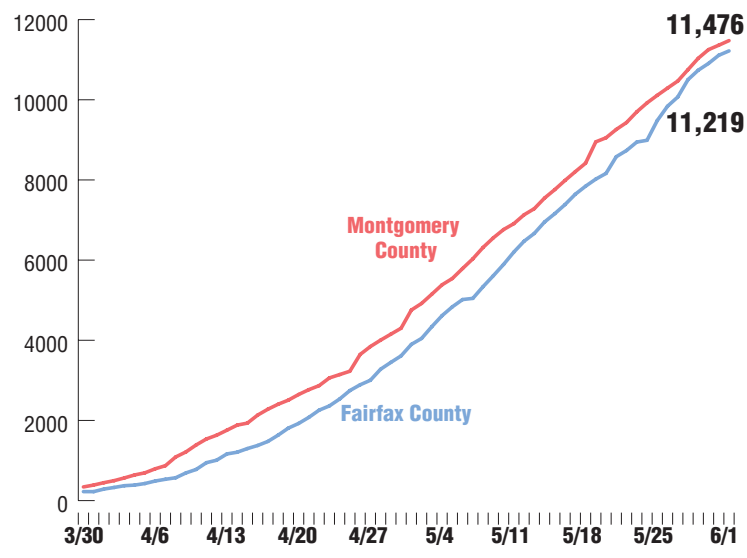
beverage establishments; entertainment or public amusement establishments when permitted to open; train stations, bus stations, and on intrastate public transportation, including in waiting areas; state and local government buildings and areas where the public accesses services; any indoor space shared by groups of people who may congregate within six feet of one another or who are in close proximity to each other for more than ten minutes.

Exemptions to these guidelines include while eating or drinking; exercising; children younger than 10; when communicating with a hearing-impaired person when lips need to be visible; and anyone with a health condition that keeps them from wearing a face covering to the extent possible.

RELIGIOUS INSTITUTIONS: Under Virginia's Phase One guidelines, churches, synagogues, mosques, and temples may hold services in their houses of worship at 50% of their normal capacity. With the exception of families, congregants must sit six feet apart. Items should not be passed around during a religious service. Social gatherings remain limited to no more than 10 people. Additional guidelines for houses of worship at <https://www.virginia.gov/coronavirus/forwardvirginia/#856622>

BUSINESS REOPENING GUIDELINES:

RESTAURANTS, breweries, distilleries, and wineries may serve dine-in customers at tables outside, at 50 percent 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.

GYMS, POOLS, recreation centers, sports centers, 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 remain 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, and date and time of service.

RETAIL: Other retail businesses

may reopen at 50% capacity and employees must wear face coverings. Essential businesses, such as grocery stores, should follow the state's guidance for all businesses. <https://www.virginia.gov/coronavirus/forwardvirginia/#856418>

850 SPORTS FIELDS: The Fairfax County Park Authority (FCPA), Fairfax County Public Schools (FCPS), and the Department of Neighborhood and Community Services (NCS) are reopening use of outdoor athletic fields in Fairfax County for unpermitted use as part of Forward Virginia Phase 1 for Northern Virginia. This includes over 850 athletic fields, including synthetic turf fields, at Fairfax County parks and public schools. Additionally, FCPS reports that Phase 1 will allow school outdoor basketball courts and parking lots to open, however school playgrounds are to remain closed. Open, walk-on use of athletic fields is allowed when the field is vacant and only during regular operating hours. All groups who use the fields must follow all state and CDC guidelines, including limiting group size to fewer than 10 individuals.

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NEWS

Marissa Flores Perseveres as Pandemic Cancels Some Plans

FROM PAGE 1
ences to youth with physical disabilities in the Northern Virginia area. Through adaptive sports, athletes improve physical fitness, communication skills, self-esteem, and build life-long friendships, their website stated. The Falcons ended the season as the first place Eastern Conference Champions and ranked 9th in the Nation, so they qualified to attend the NWBA Nationals Tournament in Kansas in March, but the coronavirus got in the way, so they cancelled the tournament. Flores has been with the Falcons for three years, but concludes her time as a player this year because she graduated high school.

One of her greatest experiences of the past school year was managing the girl's junior varsity basketball team and helping out with preschool children in a special program.

"Also, my other favorite thing about Mount Vernon was my Early Childhood Careers class because I had the opportunity to work with preschoolers, and I love working with kids," she said.

The 2020 Senior Spotlight was a planned social media campaign initiated by the Office of Communications and Community Relations to pay tribute to and recognize the Class of 2020. With the graduation ceremonies cancelled due to the coronavirus, it's a way to celebrate the student achievements and bring light to the graduation.

"We are excited about the interesting, talented, diverse individual student profiles we

received and have been highlighting them since early May," said Lucy Caldwell, Director News and Information at Fairfax County Public Schools.

Summer Plans

With everyone facing uncertainty this summer, Flores' plans are still up in the air, but she wants to participate in competitive sports so she plans on attending online virtual summer camps and workout sessions with different teams around the nation. She has her sights on possible virtual workouts with DPI Adaptive Fitness such as boxing and other sessions when available, she said.

She plans to study at Northern Virginia Community College before going on to a four-year school with a wheelchair basketball program. She hopes to continue support for the Falcons. "I will continue to support the Fairfax Falcons by becoming a manager and helping out the prep and varsity team with practice, fundraisers and supporting them at their games," she said.

Flores has dreams to open a recreation center for children with disabilities and spread more awareness for people with disabilities. It all started with the positive experience at Mount Vernon High School. "I am most proud that I was able to be the manager for the girls JV basketball team as well as for the teachers believing in me despite my obstacles," Flores said.

Thank you!

To our doctors, nurses, EMTs and all the heroes in the medical profession. Thank you to our frontline businesses working long hours stocking shelves, cashiering, bagging and cleaning. Thank you to our government officials and leaders who are making decisions to keep us safe. We appreciate all of you!



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LOCAL BUSINESS INFORMATION: mountvernonleechamber.org/business-resources-for-coronavirus/
FAIRFAX COUNTY INFORMATION: www.fairfaxcounty.gov/covid19/information-businesses-impacted-coronavirus/
VIRGINIA INFORMATION: www.virginia.gov/coronavirus-updates/

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WELLBEING

When One Drink is No Longer Enough

Increase in alcohol consumption during COVID19 worries some.

BY MARILYN CAMPBELL
THE GAZETTE

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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-Werner Heisenberg

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"The Chris White Team exceeded expectations. If we had not lived it, my wife and I would not have believed that within one week we could prepare our house to sell, list the house, and receive multiple offers, even above the listing price! We also went to settlement in less than three weeks! This could not have happened without the market acumen of Chris and family and their vast network of contacts, who breezed through the "make-ready" and the minor repairs from the home inspection. If you want your house sold, go to Chris, Peggy, Mark and Michael!"



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7715 Middy Ln

"Chris White & The White Real Estate Team listed/sold/settled our home in 50 days (in the midst of coronavirus)! The White Team offered very unique advantages in the sales process. The White Team puts together a complete sales brochure which offers specific dates of all updates to your home enabling home buyers to understand the state of the home they are buying. Additionally, part of the sales process was "virtual staging" which enables potential buyers to see what the rooms of the home look like online thus enabling home buyers to cull which homes to visit. The White Real Estate Team has the experience and creativity to move your home as efficiently as possible."

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