

Combat Reporting Lands Local Resident Marine Corps Award

Jefferson Manor resident was embedded with Marines in Afghanistan.

By MIKE SALMON
THE CONNECTION

When Mount Vernon resident Dan Lamothe was embedded with the India Company, 3rd Battalion, 6th Marines division in Afghanistan, he witnessed the blood and explosions that come with wartime. He wrote about a pair of Marines whose experiences stuck out in his mind, resulting in a news story that captured the essence of this time with the unit. The Marine Corps Heritage Foundation awarded Lemothe the Major Megan McClung Award for reporting on U.S. Marines abroad for his story, “Maybe this is how Vietnam Vets felt: Americans who fought in Afghanistan wait to see how their war ends.”

“My intent was to remind fellow Americans that there are individual human stories involved in that war, and that we’ve been in Afghanistan long enough that how they see things often evolves,” said Lamothe in an email.

The Marine Corps Heritage Foundation’s Annual Awards program recognizes exemplary work that furthers the understanding of Marine Corps history, traditions, culture and service. Judged by Marines and civilian experts, the Annual Awards are a mark of distinction and achievement for journalists, writers, photographers, artists and scholars.

The Major Megan McClung Award is named for the first female Marine Corps officer killed in combat in the Iraq War where she was serving as a public affairs officer. The award is given for a distinguished example of reporting by an individual covering United States Marines abroad, read the Foundation’s description. Both Marines and civilians can win this award, and each winner receives a \$2,000 cash prize, a medallion and a commemorative brick along the Semper Fidelis Memorial Park pathway adjacent to the National Museum of the Marine Corps in Quantico.

“I found myself wondering a lot about how those Marines were doing, and what they were thinking.”

— Dan Lamothe



U.S. Marine Corps Staff Sgt. Ryan Clay, left, and Cpl. Anthony DePrimo study a map while on a patrol in Marjah in Helmand province, Afghanistan, Feb. 21, 2010. Clay and DePrimo were assigned to India Company, 3rd Battalion, 6th Marine Regiment.

Lamothe’s experience with the Marines in Afghanistan went further than his story that started with his initial foray into covering war for Marine Corps Times in 2011. He’s been to the combat zone in Afghanistan eight times and witnessed things that are far from life in Fairfax County.

“I found myself wondering a lot about how those Marines were doing, and what they were thinking,” he said.

Lamothe focused on Ryan Clay and Rocco DePrimo, two Marines who made it through the battles and then settled in North Carolina just a few miles apart.

“But it’s also an effort to tell the story of their entire platoon, knowing that there were many, many other platoons just like theirs, each with many individual stories,” he said. He described Clay as a combat instructor who earned a Purple Heart during tours in Afghanistan and Iraq, and DePrimo was “fresh out of high school and boot camp, a self-described former ‘pretty-boy

dude” who followed in his father’s footsteps to become a Marine.”

Hot LZ

It was a particular landing in February 2010, the unit touched down in helicopters in the southern province of Helmand, which was described as a desert area, home to hundreds of Taliban fighters and fields where opium poppies were grown in the springtime. Experts were disarming bombs, and the platoon took over a yellow schoolhouse where they were attacked. Like similar experiences 50 years ago in Vietnam, “several were wounded in murky fights in which friend and foe were hard to discern, and Taliban fighters zoomed away on motorcycles,” he wrote.

Following their combat experience, there were problems with alcohol, a stroke and readjusting to life, but the memories are still there for Clay and DePrimo, familiar to Vietnam veterans. Lamothe admitted that he too felt the psychological impact after his first assignment. After a time where he lived alongside the Marines, often sleeping on the ground and patrolling with them by day, he experienced several firefights on those patrols. At one point, he watched an American armored vehicle filled with Marines explode before his eyes. Fortunately everyone walked away from the explosion, an event he called miraculous.

“It was and remains one of the most formative times of my adult life,” he said.

Now he lives with his wife, Katie Cox, and their dog in the Jefferson Manor neighborhood in the Mount Vernon area. “We love it here,” he said. The recipients will be honored at the Foundation’s Annual Awards Dinner later this year. “Our award honorees are accomplished professionals who have used their extraordinary talents to tell a piece of the Marine Corps story,” said Major General James Kessler, USMC (Ret), president and CEO of the Marine Corps Heritage Foundation. “Their outstanding work exposes our nation to the history, tradition and culture of the Marine Corps and we look forward to giving them the recognition they deserve.”

Other 2020 award winners are from Paris, Tennessee, Michigan, California, and Washington – both the state and Washington, D.C.



Dan Lamothe on a hill overlooking the water in Afghanistan.



Lamothe’s helmet and flak jacket were a must when he was “in-country.”

U.S. MARINE CORPS PHOTO

PHOTOS CONTRIBUTED

McEneaney Associates has always had one motto in mind... not to be the biggest, but the best. This year marks our 40th year in Alexandria, and we are celebrating our investment in helping to build our town into the thriving community it is today. To learn more about our Associates and our firm, visit www.WeAreAlexandria.com

#WeAreAlexandria



Plymouth Haven | \$1,500,000

Custom designed and built in 2001, this luxury home showcases refined elegance. The premium half-acre lot features a striking slate patio in the back and mahogany front porch. Renovated kitchen includes many special features for the chef!

To arrange a private showing, contact
Sandy McMaster 571.259.2673



Liberty Row | \$1,197,000

Highly coveted, rarely available. 1,767-SF condo. 2 bedrooms, 2 baths. Superb floor plan! Easy, one-level living in private, quiet setting. Quality built, attractive architectural details and built-ins, cozy gas fireplace, French doors to balcony and TWO garage spaces.

Sue Feintheil 703.819.1964
www.sue4homes.com



Rosemont Park | \$1,895,000

Spectacular 12-year-old detached with 5/6 bedrooms & 4.5 baths. Open floor plan. 5,000+ SF with lovely private spaces. Kitchen has grand island, butler's pantry, walk-in pantry & breakfast room overlooking the family room. Dramatic 4-level staircase. HayesWoodHomes.com

Chris Hayes 703.944.7737
Gordon Wood 703.447.6138



Warwick Village | \$689,900

Spacious 3 bedroom, 2 full bath, all brick end unit townhome. Open floor plan, updated kitchen with stainless steel appliances. Hardwood floors. Fully finished lower level. Walk-out to private back yard and brick patio. Walk to "The Avenue."

Jen Walker 703.675.1566
www.JenWalker.com



OPEN SUN 7/26, 2-4

Hybla Valley Farms | \$525,000

Charming, renovated one level cottage on .63 acres features 3 bedrooms 2 full baths, open kitchen and versatile living spaces. Outside includes a covered front porch and screened-in back porch overlooking a spacious, flat, fully fenced yard. 2604 Boswell Ave.

Jodie Burns 571.228.5790
www.JodieBurns.com



Parkfairfax | \$399,975

Parkfairfax is one of the best locations in Alexandria, and this 2-bedroom Washington model townhouse features direct access to its back patio which is adjacent to open space. Updated kitchen & bathroom. Beautiful hardwood floors. Three community pools.

Richard McGuire 703.627.1985
www.RichardMcGuire.net



VIRTUAL OPEN SAT 7/25, 11AM

Old Town

\$749,900

Detached home with a lovely front porch, private terrace, white picket fence & balcony off of the second bedroom. 2 bedrooms, each with own full bath. Half bath on main level. Large crawl space with outdoor side stairs perfect for storage. Blocks to King Street. 911 Princess Street

Jen Walker 703.675.1566
www.JenWalker.com



VIRTUAL OPEN SAT 7/25, 12PM

Del Ray

\$699,900

Completely renovated, bright and spacious, 2 bedroom, 2 full bath, brick duplex. Beautiful hardwood flooring throughout. Fully finished basement with walk out to large, private, flat, fully fenced back yard. Driveway parking. Walk to all "Del Ray" has to offer. 202 E Randolph Avenue

Jen Walker 703.675.1566
www.JenWalker.com



Old Town

\$1,149,000

Rarely available garage townhome in Canal Way within walking distance to the Potomac waterfront. Beautiful quartz counters, Bosch dishwasher and new water heater. Very spacious with 3 bedrooms, 4 full baths, 3 wood-burning fireplaces on 4 levels all with hardwood flooring. Fenced rear yard.

Bob Bazzle 703.599.8964
www.BobBazzle.com

Serving the Washington, DC Metro Area since 1980.
703.549.9292 | 109 S. Pitt Street | Alexandria, VA 22314 | McEneaney.com



www.ConnectionNewspapers.com



(File Photo) Fairfax County School Board.

County Pivots Back to Virtual Learning

Superintendent sought Board consensus.

BY MERCIA HOBSON
THE GAZETTE

Members of the Fairfax County School Board reached a consensus during its July 21 Work Session and accepted Superintendent Scott Brabrand's recommendation to begin the 2020-21 school year 100 percent virtually. The surprise item on the Board's agenda came six days after the deadline passed for students, teachers and school-based technology specialists (SBTS) to respond to two Instruction Options for the 2020-21 school year, in-person or online for the academic school year.

Brabrand said, "The bottom line is this. We must place the health and safety of our teachers, our students and our families first. The COVID-19 pandemic looks much different than it did even three weeks ago. Then, the science told us we could offer in-person instruction safely if we took the right precautions."

BRABRAND shared the situational analysis that led him to the recommendation starting with



Scott Brabrand,
Superintendent,
Fairfax County Public
Schools



Karl Frisch,
Providence District
Representative



Megan McLaughlin,
Braddock District
Representative



**Rachna Sizemore
Heizer, Member-at-
Large**

PHOTOS COURTESY FCPS

health conditions, the impact of those conditions on operations, technology readiness, and more. "There is a record number of new (COVID-19) cases in the country and the mortality rate is rising. Governor Northam stated last week that he would be prepared to go back to Phase Two if needed. Last night, multiple health officials and Maryland's most populous jurisdictions asked the state to reconsider its in-person activities. We have also seen today that the U.S. Surgeon General has said that transmission rates must be lowered before schools can reopen. Just hours ago, the CDC reported

data that the actual number of coronavirus infections is probably 10 times higher than the reported cases in Fairfax County. We have seen some declines... But more recently, the decrease has stopped. Our numbers have remained steady or sometimes have increased each day." Brabrand said several regional school divisions recently announced virtual starts to their school year due to those concerns, including Arlington and Manassas schools. Brabrand added that one-third of FCPS employees live outside Fairfax County, with the number for teachers at 37 percent and principals, assistant

principals and directors of activities at 40 percent. "We know that the coronavirus does not recognize boundaries, and we have thousands of employees who live in other jurisdictions but come in daily to Fairfax." Another reason Brabrand said he sought the Board's consensus to open 100 percent virtually was that health conditions impacted operations. Data received the week before from the Enrollment Form Choice revealed 60 percent of students preferred in-person learning, yet only 48 percent of teachers signed that choice as their preference. Brabrand said substitute applications

were down by a third compared to last year, and ADA accommodation requests for teachers with medical needs soared to 1522 in June. "Ten percent of the teaching workforces may not return in person... This number remains fluid and it's expected to increase throughout the year." Brabrand said there were not enough teachers to meet in-person student needs.

AS FOR TECHNOLOGY READINESS, Brabrand assured the Board that when the students return in September, there will be "robust virtual instruction that will be the pride of this country." He underscored a new help desk for children, a project team, and directions in eight languages to use the new computers. "We have ways to make the links easier in Google and Blackboard Collaborate ... We can share with the Board later about how we're going to teach teachers best instructional practices in virtual instruction." He said the division now had the latest updates for load capacity, noting that Blackboard Collaborate was now in the cloud, and there would not be security issues either as they fixed that.

Highlights of School Board Member Questions

Q: We've got a significant portion of our school staff population that has not yet been surveyed for their views on returning to work and are obviously impacted in a virtual environment. What considerations are being made for them, and when can we expect to plan for them? (Karl Frisch, Providence District Representative)

A: We're looking at ways that we can ensure that our employees can come to work safely and engage in social distancing... typically, because the current phase three that we're in. And so, we would certainly want those employees to

come into work and work on the site. Those employees who could continue to telework can certainly continue to take advantage of our telework regulation. And then looking at ways that we could utilize that for different functions of the school system. We also know that with our lack of distribution. We've held back a portion of approximately 3000 laptops for our school-based support employees who can also engage in and support things and activities in the classroom. (Sean McDonald, interim assistant superintendent, Department of Human Resources)

Q: I need to know more about what we're going to do to make sure that we can have

a robust education for our students, not the ones who are going to log on all the time, but the ones who are disconnected. (Rachna Sizemore Heizer, Member-at-Large)

A: I will work to provide that; I appreciate it and we are going to find ways to connect with those that have not been connected from the spring and to reconnect with them, and I'll be glad to bring updates to the Board on how that will be. (Superintendent Scott Brabrand)

Q: What are we going to do in partnership with the county to help our working families, so that they have a way to have their

children be safe for those who have to return to their jobs, and do it in light of this decision? (Megan McLaughlin, Braddock District Representative)

A: We (will) continue to have conversations with SACC and our early childhood.

I recognize that virtual may make the needs for childcare even greater... We're working on childcare with in-person, and when we pivot to in-person, we still want to offer our teachers and all of our school-based staff...the opportunity for the four-day in-person instruction. (Superintendent Scott Brabrand)

City Employee Dies in Car Crash

Robert Bloom was Public Safety Systems Administrator.

By JEANNE THEISMANN
GAZETTE PACKET

Robert Bloom, the Public Safety Systems Administrator in the Department of Emergency and Customer Communications (DECC) for the City of Alexandria, died July 20 after his SUV struck a traffic pole at the intersection of North Kings Highway and Telegraph Road in the Huntington section of Fairfax County. He was 61 years old.

According to police, the crash occurred around 9:24 a.m. when a 2018 Honda CRV driven by Bloom struck the pole while traveling westbound on North Kings Highway. Bloom, the sole occupant of the vehicle, was pronounced dead at the scene.

Debris from the crash caused damage to a second vehicle but the driver was not injured. The intersection remained closed for several hours as police investigated.

Bloom joined the city in 2016, following previous roles with the Metropolitan Washington Airports Authority, the City of Baltimore and telecommunications vendors. After beginning his career in a



City employee Robert Bloom was killed in a fatal car crash the morning of July 20. He was 61.

small county 911 center in Pennsylvania, Bloom helped implement nearly every advancement in 911 technology over the next three decades.

The city's website said it was "devastated by the loss" of Bloom.

"Bob was an extremely dedicated and talented professional, whose 30-year career in public safety



Emergency vehicles on the scene at the intersection of North Kings Highway and Telegraph Road following the crash that killed Robert Bloom.

demonstrated a deep commitment to saving lives and serving people," read the statement. "His technical expertise, industry knowledge and practical experience helped protect first responders and the communities they serve."

Bloom earned several of the top certifications in his field and was regarded as a national leader in

public safety telecommunications. He chaired the 2019 international convention of APCO International (the global organization of public safety communications professionals) and served on APCO's cybersecurity committee.

In 2020, Bloom led Alexandria to become the first city in the United States to enable staff to answer

911 and 311 calls from home. This helped DECC reduce the risk to staff from COVID-19 and ensure continuity of service to the community.

The cause of the crash remains under investigation. Anyone with information is asked to call 703-280-0543.

Groundbreaking Scheduled for North Hill

Affordable housing project expected to be in tune with the housing needs and EMBARK Richmond Highway project.

By MIKE SALMON
THE CONNECTION

In a vacant lot that was once the Woodley-Nightingale Mobile Home Park in Mount Vernon, officials are preparing to break ground on North Hill, a development project consisting of apartments, senior living apartments, townhomes and a park to upgrade an area of Hybla Valley along Richmond Highway.

The 33-acre North Hill site is across from Lockheed Boulevard in an area that is dominated by car dealerships, fast food and quick shop retail outlets that dot this section of highway. North Hill will consist of 216 affordable apartments, 63 affordable senior independent living apartments, 175 market rate townhomes and a 12-acre public park.

Supervisor Dan Storck (D-Mount Vernon) is looking at the project as a plus on all



An artist's rendering of the North Hill development.

fronts for his district. "The development of the North Hill site is a game-changer. It will bring much-needed affordable and market rate housing to Richmond Highway and support the area's overall revitalization effort," Storck said.

The North Hill price tag is \$124 million. Fairfax County says it will be built as part of the Public Private Education Facilities and Infrastructure Act of 2002 (PPEA), and financed through a public-private partnership with the Fairfax County Redevelopment and Housing Authority. The FCRHA's contribu-

SEE GROUNDBREAKING, PAGE 9

The North Hill development will include 216 affordable apartments, 63 affordable senior independent living apartments, 175 market rate townhomes and a 12-acre public park.



Virginia Adopts First-in-the-Nation Workplace Safety Standards for COVID-19 Pandemic

Gov. Ralph Northam announced statewide emergency workplace safety standards in response to the novel coronavirus, or COVID-19. These first-in-the-nation safety rules will protect Virginia workers by mandating appropriate personal protective equipment, sanitation, social distancing, infectious disease preparedness and response plans, record keeping, training, and hazard communications in workplaces across the Commonwealth. The actions come in the absence of federal guidelines.

"Workers should not have to sacrifice their health and safety to earn a living, especially during an ongoing global pandemic," said Northam.

Newly adopted standards require all employers to mandate social distancing measures and face coverings for employees in customer-facing positions and when social distancing is not possible, provide frequent access to hand washing or hand sanitizer, and regularly clean high-contact surfaces. In addition, new standards require all employees be notified with-

in 24 hours if a coworker tests positive for the virus. Employees who are known or suspected to be positive for COVID-19 cannot return to work for 10 days or until they receive two consecutive negative tests.

The Virginia Department of Labor and Industry's Safety and Health Codes Board voted today to approve an emergency temporary standard on infectious disease prevention after Governor Northam directed the creation of enforceable regulations in May. These temporary emergency standards will remain in effect for six months and can be made permanent through the process defined in state law.

The emergency temporary standards, infectious disease preparedness and response plan templates, and training guidance will be posted on the Virginia Department of Labor and Industry website at doli.virginia.gov. Workers who feel unsafe in their workplace can file a formal complaint with the federal Occupational Safety and Health Administration: https://www.osha.gov/workers/file_complaint.html.

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.

COUNTY OFFERS 14

SATELLITE ABSENTEE VOTING
In anticipation of a high voter turnout, Fairfax County will offer 14 satel-

lite locations for in-person absentee voting for the Nov. 3, general election. The Board of Supervisors established these locations during their July 14, meeting. For the 2020 presidential election, the county is increasing its absentee voting locations compared to the nine that were available in 2016. Election officials called for added locations because they are antici-

pating a high turnout —especially with the new state law that allows "no-excuse" absentee voting. Until now, voters were required to have a reason to vote absentee.

These 14 satellite locations will be open for in-person absentee voting starting on Oct. 14:
Centreville Regional Library, 14200 Saint Germain Drive, Centreville
SEE BULLETIN, PAGE 7

**Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!**

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)

Fully Insured & Class A Licensed
Since 1999



10% down
nothing until the job
is complete for the
past 17 years

Free Estimates 703-999-2928

Check if your contractor is licensed at the state level
<http://www.DPOR.virginia.gov>

Visit our website: www.twopoorteachers.com



Rex Reiley
RE/MAX Allegiance
703-768-7730
rex.reiley@rmxtalk.com



**NEW LISTING
OPEN SUNDAY 1-4**

Alex/Mt. Vernon Grove \$656,900
4207 Robertson Blvd.

Welcome to this large beautiful 2 story split situated on an expansive, flat, .34 acre lot w/a fenced bkdy, & 1 car side entry garage. A major renovation in 2015 to include: new roof, kitchen opened up to living & dining rooms w/granite counters & center isle, SS appliances, cherry cabinets & oak floors to match the rest of the refinished hdwds, painted interior w/crown molding, 6 panel doors throughout. A/C replaced in 2019. Large 19x12 deck off the dining area, also installed in 2015. 2 wood burning FPLS inspected & improved as necessary. All 3 baths remodeled as well. This is a tremendous buy & ideally situated in Mt. Vernon. 5 mins to Ft. Belvoir (S), 17-18 mins to S. Alexandria (N), 27 mins to National Airport (N) & 28-30 mins to the Pentagon (N).



COMING SOON

Alex/ Riverside Estates Upper \$600's
8503 Cherry Valley

Riverside Estates' largest split foyer model (Concord) w/2 car garage & lots of updates, i.e., roof 2001, HVAC 2012, baths 2009, furnace 2001, updated double pane windows 2019. Kitchen was opened to the dining & living rooms & is absolutely stunning: granite & quartz counters, large island w/seating capacity & beautiful hdwd floors. MBR & MBA share a lovely gas FPL to add charm to the master suite. A large lower level offers a family rm which also has a gas FPL, a 4th BR & 3rd full bath. Plenty of storage behind the 2 car garage. Large lovely fenced bkdy, perfect for entertaining. 7 minutes to Ft. Belvoir (S), 15 minutes to Alexandria (N), 25 mins to National Airport (N) and 33 mins to the Pentagon (N).



UNDER CONTRACT

Alex/Riverside Estates \$590,000
3105 Battersea Lane

Delightful 4BR, 3BA home in sought after Riverside Estates -1 car garage. Corner lot w/lovely landscaping. Bump out addition (family rm) on main level beyond the kitchen & dining room. Covered deck/porch off back. Large lower level family room (or game room) w/fireplace. Beautifully refinished hdwd floors,

newly painted interior & exterior. Fabulous location close to schools, transportation, Fairfax Co Rec center which includes indoor pool. A mile & a half to Mt. Vernon Estate & GW Pkway for beautiful commute along the Potomac River. 10 mins to Ft. Belvoir.



RENTAL

Alex/Riverside Estates \$3,000
8318 Orange Court

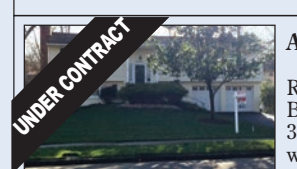
Beautiful Colonial with 3 finished levels in Historic Mt. Vernon. 4 bedrooms, 3.5 baths, hardwood floors, screened porch, deck, carport and large corner lot. Separate laundry & storage rooms. Scenic commute along the GW Parkway - 5 mins to Ft. Belvoir, 15 to elementary and high school.



UNDER CONTRACT

Alex/Montebello \$274,900
5901 Mount Eagle Drive-#202

Spacious & lovely 1BR condo w/balcony in sought after Montebello, a resort-like community in a natural wooded setting, located just a few minutes from Old Town. Updated kit w/new appliances & stacked washer/dryer in 2016. Tiled bath w/contemporary walk-in shower. Large enclosed balcony/terrace off the living room overlooks peaceful treed setting. Spacious MBR w/walk-in closet. Amenities at Montebello abound. Pet friendly-walking path or free shuttle to Yellow Line/Huntington Metro that lets you conveniently access all that the D.C./NoVa area has to offer.



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.

**Thinking of Buying or Selling your home in 2020!!
Give Rex Reiley a call - 703-409-4784**



For more information: www.RexReiley.com

Each Office Independently Owned and Operated



Ongoing Unemployment Crisis in the Commonwealth

BY DEL. PAUL KRIZEK

I wrote here in May that perhaps the most challenging aspect of the COVID-19 pandemic that was not health related remains the ongoing unemployment crisis throughout the Commonwealth. That was true then, and it is certainly true now. By far, the greatest number of constituent requests I receive on a daily basis is concerning the loss of employment and then the difficulty in navigating the unemployment claims process. I try to do what I can but the historically huge influx of claims has been overwhelming to the Virginia Employment Commission (VEC) which has led to frustrating delays in responding and processing the benefits. However, the good news is that these administrative problems look to be improving as the agency is addressing this unprecedented challenge with updates to its policies, improvement to its communication to claimants, and by hiring more staff to handle the massive call volume. To make matters more challenging, from the beginning, the Virginia Employment Commission also had to deal with COVID-19 infections at its headquarters, and while it took ev-

ery precaution possible to ensure their staff's safety, it continued to serve the public, which you can imagine was not easy under those circumstances. On top of that they had a short turnaround of time to administer the federal benefits programs as well as our state system.

Virginia provides maximum benefits of \$378 a week for up to 26 weeks. The federal government in March added an extra \$600 a week for workers furloughed or laid off because of the pandemic. That benefit ends on July 25th.

Indeed, many Virginians are in desperate circumstances, experiencing tremendous financial pain, and need this lifeline to keep from becoming homeless and in order to pay basic bills for the necessities of life. For too many, the process has been extremely difficult and frustrating, especially for those that are turned down initially and then go through administrative hearings. I am told that there are currently 60,000 applications in the pipeline for review since March 15th, and the wait time can be more than 8 weeks. There is now



a call center in Hampton, Virginia, dedicated exclusively to these administrative hearings with the goal of shortening the waiting period to between 6-8 weeks.

The trust fund that pays for jobless benefits could have a record \$750 million deficit by the end of December. This is according to the VEC Commissioner Ellen Marie Hess, when she testified on Monday to the Commission on Unemployment Compensation. Consider also that at the beginning of this year the fund, which comes from the taxes paid by Virginia businesses, had a record \$1.45 billion balance. And, when you add the federal government's support, over \$6.3 billion in unemployment benefits were paid out in the Commonwealth this year.

That is an enormous amount of jobless claims. So many that the VEC has been forced to almost double their staff and increase their call center staff from 82 to 450.

They went from less than 2,000 claims a week to hundreds of thousands. It's already ten times high-

er than all of last year and we are only half way through the year. A staggering number of 1,002,516 initial claims have been filed since January 2020.

This exceeds all claims collected from mid- 2014 through 2019, more than 5.5 years. And, 75 percent of all unemployment claims have resulted in payment by the VEC during the pandemic.

You can get more information on how to apply for unemployment insurance at the Virginia Employment Commission website. <https://www.vec.virginia.gov>.

There is also a groundbreaking statewide platform to assist Virginians with finding jobs and advancing their careers through training, education and employment services. You can find that online at <https://app.virginia.myjourney.com>.

Please email my office at DelP-Krizek@house.virginia.gov with any individual concerns. We stand ready to assist you and your family in any way that we can. I am confident that together we will defeat this virus, rebuild Virginia's economy, and get us all back to work. Please stay safe, wear your mask and practice social distancing and good hygiene.

LETTER TO THE EDITOR

It's Not Too Late — Or Is It?

Regarding the presumed presidential candidates. we Americans can do better. The parties have better, they can do better. America — the World — needs better.

I have this belief ... a "belief" being a "personal truth." A belief being personal, I am aware I could be wrong.

By observation, media studies (newspapers, radio, tv ... no time on the computer), I perceive America's two political parties select their presidential candidates first, foremost and almost always, on who their party can market best. I perceive that "who" of the party can do the best for America is, relative to marketing, a rather distant subordinate consideration in candidate selection.

By observation, reflecting on what the media reports and a better-than-average study of American history, I conclude it has been this way since maybe the second American election. A politics-as-usual kind of deal.

I believe the parties can do better for America regarding their presumptive candidates. Many people I listen to have offered this same belief indicating my belief

may be not so much personal as it is popular. By "popular" I mean "common."

I get no thought-or-feeling that the parties do much of any real work to examine their many members who know the science of politics, who understand world affairs, who know about the economy/business, who know and practice the multi-faceted art of leading, who know and respect the Constitution as it is expressed and intended. Hmmm...I wonder what kind and how fast of a response we Americans would get if we, this afternoon, requested from the parties, their list of attributes that defines the character they demand in their presidential candidate ... AND ... their party's search-analysis-vetting process applied with selecting possible presidential candidates. I'm thinking the parties would appear to us Americans as a tree full of owls ... quiet and unmoving.

That we are Americans and not American's — It is not too late for both parties to give Americans their best American as a candidate — not their most marketable or most invested-in candidate. It's

not too late for the parties to give to Americans their best thinker, strongest heart ... most noble. The word "noble?" ... look it up. Study it. Apply it to candidate selection.

About party investments-to-date in the present presumptive candidates — <shrug> ... So what?

We get marketed to enough on social media and television. Our leaders aren't products on Amazon ... though that is the concept the parties act on regarding elections.

Deciding to offer Americans your best American as a candidate requires a call to action ... by the parties ... by the people.

People — Act to think what attributes your ideal candidate must possess. Share your thinking and

justification(s) for your thinking with others — share your thinking with this publication. Act to contact your party and/or individual representatives to share your thinking.

Parties — Act by listening to the thinking people. Act to respect the attributes desired by the people, the constitution, and nobleness to offer Americans your best...not your most marketable.

We Americans can do better. The parties have better and they can do better.

America — the World — Needs America's best.

It's not too late. Truly it's not.

Nick A. Sottler
Alexandria

Going Back to the Dark Ages

To the Editor:

With the July 8 decision by the Supreme Court to ban insurance coverage for contraceptives for women, we have gone back to the Dark Ages, where men in management will decide "what is best" for women who work in their offices and in their companies.

Perhaps this Court should have

instead tried this case under the Fourteenth Amendment, which notes that no state may "deny to any person within its jurisdiction the equal protection of the laws." Is this not blatant discrimination based on gender to favor the men and not the women in applying this insurance ruling?

SEE LETTER, PAGE 7

www.MountVernonGazette.com

@MtVernonGazette

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
gazette@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunc@connectionnewspapers.com

Julie Ferrill
Real Estate, 703-927-1364
jferrill@connectionnewspapers.com

Helen Walutes
Display Advertising, 703-778-9410
hwalutes@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Publisher
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com

A Connection Newspaper



LETTER

FROM PAGE 6

Why is there no uproar when males use the generic forms for the sexual prowess drugs like Viagra and Cialis and submit those receipts to their insurance companies for reimbursement?

Thanks to the voting by the 5 male majority members of the Supreme Court, my boss now has the right to decide what prescriptions my insurance will cover, and not my doctor.

This is not a new problem.

In 1873, Congress passed the Comstock Laws which criminalized the use of the U.S. Postal Service for anyone to send out by mail any information on contraception. In 1909, lawmakers tightened the law to prohibit delivery of those materials by railroads. And in 1922, Congress banned any foreign importation of these 'salacious' materials.

These intrusive and insulting laws remained on the books until 1965 when the Supreme Court intervened in the case of Griswold v Connecticut, when it ruled that it was unconstitutional for the federal government to prohibit married couples from using birth control. At that time, 26 states also prohibited the dissemination of birth control information for unmarried people.

In 2021, it is time for the Courts, Congress and various religious officials to stop equating "sex" with "sin" and to instead treat birth control as a private medical option, and not as a moral issue or an economic one.

These jurists and politicians should take the advice from my Irish Catholic, church-going mother, who was pregnant nine times. We lived in Oak Park, Ill., which the local newspaper declared "Oak Park's fertile acres." The data supported this assertion. In a two-block area, there were 242 kids. That

included the Gallaghers with a brood of 14; the Graneyns with nine girls; and the O'Brians with nine boys. I had only one friend who was an only child.

Before she died, my mom said she wanted to have a "serious conversation" with me, as the oldest child. She noted that, "after much thought," she had finally decided that "birth control isn't a sin." And she wanted me to convey that information to my sisters. I said no, since it was none of my business. But added that's the kind of information that should come from one's mother.

My mother never got around to the contraception conversation, and died shortly afterwards. One sister at that time had two tiny tots -- and went on to have 10 more children.

There is great irony that the defendant in the birth control case is an order of celibate Catholic nuns, who have no need for this medication. Nor have they been required to pay for it for anyone else. Similarly, five of the Supreme Court Justices have had ties to the Catholic Church and its birth control doctrines. They join the all-male hierarchy of the Catholic Church in promulgating the birth control philosophy -- applicable to women.

In America, we have a right to expect that our Courts and their judges do not decide such cases on the basis of religion -- either theirs or anyone else's.

The Constitutional mandate for the separation of Church and State does not have one set of rules for women and another for men. Maybe we will need a new Scarlet Letter tee shirt for women that proclaims: NCI, or Not Covered by Insurance.

Kathleen M. Burns
Alexandria

BULLETIN BOARD

FROM PAGE 5

Franconia Governmental Center 6121 Franconia Road, Alexandria
Great Falls Library 9830 Georgetown Pike, Great Falls
Herndon Fortnightly Library 768 Center Street, Herndon
Laurel Hill Golf Club 8701 Laurel Crest Drive, Lorton
Mason Governmental Center 6507 Columbia Pike, Annandale
McLean Governmental Center 1437 Balls Hill Road, McLean
Mount Vernon Governmental Center 2511 Parkers Lane, Alexandria
North County Governmental Center 1801 Cameron Glen Drive, Reston
Providence Community Center 3001 Vaden Drive, Fairfax
Sully Governmental Center 4900 Stonecroft Boulevard, Chantilly
Thomas Jefferson Library 7415 Arlington Boulevard, Falls Church
Tysons-Pimmit Regional Library 7584 Leesburg Pike, Falls Church
West Springfield Governmental Center 6140 Rolling Road, Springfield

These locations are currently proposed to be open weekdays from 1 to 7 p.m., and Saturdays from 9 a.m. to 5 p.m. However, the Fairfax County Electoral Board may decide to adjust these hours later this summer based on the interest in absentee voting by mail.

NEEDLEWORK SHOW AT WOODLAWN
The 57th Annual Needlework Show at Woodlawn & Pope-Leighey House re-opens to

the public on July 15- August 2, 2020. The Show structure will be modified: Entry is by timed ticket, in smaller groups each half-hour, purchased online only. Woodlawn & Pope-Leighey House is at 9000 Richmond Highway, Alexandria, VA 22309.

VOLUNTEERS NEEDED

Help the Alexandria Domestic Violence Program (DVP) and Sexual Assault Center (SAC) make a positive impact for those in need and increase awareness of domestic violence and sexual assault in our community by becoming a volunteer. Volunteers benefit from the unique experience of interacting personally with victims of domestic violence and sexual assault. There are opportunities in DVP for special events volunteers, court advocates and shelter supervisors.

Call 703-746-4911 or visit alexandriava.gov/DomesticViolence. To become a SAC volunteer, which includes opportunities for Volunteer Hotline Advocates, call Lydia at 703-746-3127 or visit alexandriava.gov/SexualViolence.

Assistance League of Northern Virginia, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at lynnib517@verizon.net.

United Community (formerly UCM), with
SEE BULLETIN, PAGE 10

Your Future is in Your Hands



If you were asked five years ago what you envisioned your life would be like in 2020, we doubt that 'quarantined during a pandemic' was on your list.

Goodwin House at Home helps you navigate life challenges and health needs so you continue to live fully and safely in your home. Our continuing care at home program is for adults ages 55+. Members benefit from a wealth of services and amenities, delivered right in their own homes.

Members Benefits:

- Wellness Activities
- Educational Seminars
- Fun & Engaging Social Events
- Annual Health Review
- Home Safety Assessments
- Flexible Financial Plans
- Personal Care Coordination
- Assured Quality of Care
- 24/7 Members-Only Hotline
- Peace of Mind in the Comfort of Home



GH

GOODWIN HOUSE
AT HOME

Take Advantage of Our Special Offer
Become a member by September 30th and we'll
waive your first three months of fees!

Call 703.214.6234 today to learn more!

goodwinhouse.org

At the Crossroads

Lawmakers to slash the state budget and consider criminal-justice reforms.

BY MICHAEL LEE POPE
GAZETTE PACKET

The threadbare Franklin and Armfield office on Duke Street stands at the crossroads between racial injustice and economic crisis. It's a ramshackle building now, but it was once the headquarters for the largest domestic slave trading firm in the United States, present at the creation of the systemic racism that plagues Virginia cops and courts. It's also the city's latest acquisition, and the state budget was to include \$2.5 million to help transform it into the Freedom House Museum.

But then the pandemic hit, and the governor hit the pause button on that line item as well as all the other spending priorities of the new Democratic majorities in the House and Senate.

Last week, the governor called for a special session on Aug. 18. Lawmakers will head back to Richmond and rebalance the books after the revenue losses associated with the coronavirus pandemic. They'll also consider a host of criminal justice reform efforts that have emerged in the wake of the death in May of George Floyd, an unarmed black man who was killed by white police officers in Minneapolis.

One of the budget line items on the chopping block is that appropriation to help renovate the old Franklin and Armfield office.

"Our investment in restoring Freedom House dovetails with what we are trying to learn and what we are trying to teach people about this issue," said Sarah Graham Taylor, legislative director for Alexandria. "But we're also realistic about the budget environment and the competing priorities."

Before the pandemic, the new Democratic majorities in the House and Senate passed an ambitious \$135 billion budget loaded with new spending priorities. Then the economy crashed, and Gov. Ralph Northam hit the pause button, unalloting \$2.2 billion of new budget line items. At the time, a doomsday scenario from the Secretary of Finance projected that lawmakers would need to slash as much as \$2 billion out of the budget. But the revenues weren't all that bad, and members of the General Assembly are probably going to be forced to cut only \$1 billion.

"I was able to get funding into the budget for sexual assault and domestic violence, making sure we have an education program and that we're supporting social services," said House Majority Leader Charniele Herring. "That's still a priority of mine, but because of what's happened we may have to triage. So it may not be able to be fully funded."

Public-school teachers might not end up with the 2 percent raise they were promised before the pandemic. Colleges and universities might not get money that was earmarked to help keep tuition from increasing. Local governments might not get money for affordable housing programs, and a series of water-quality improvement projects might be on the chopping block. Lawmakers are hoping Uncle Sam will bail them out.



Before the pandemic, Alexandria was to receive \$2.5 million to help renovate the old Franklin and Armfield slave-trading office into the Freedom House Museum. Now that money is in doubt.

Before the pandemic, new Democratic majorities in the House and Senate passed an ambitious \$135 billion budget loaded with new spending priorities. Then the economy crashed, and Gov. Ralph Northam hit the pause button, unalloting \$2.2 billion of new budget line items.



"If you're mentally ill and something's wrong and someone shows up with a gun and a uniform that's not as reassuring as having a mental health counselor come and de-escalate if an officer wasn't needed."

— Sen. Adam Ebbin (D-30)

"We don't have anything from Congress as to how much support they may provide because they've not provided any support thus far related to revenue reductions," said Sen. George Barker (D-39). "In fact when they did the CARES Act back in April, they explicitly said none of this can be used for that. Everything has to be used for expenditures that are new expenditures specifically related to the coronavirus."

CRIMINAL-JUSTICE REFORMS will take up time and attention during the special ses-

sion, and lawmakers will be trying to navigate their way through a series of complicated changes at breakneck speed. Last month, Senate Democrats released an expansive list of proposals including everything from banning no-knock warrants and chokeholds to cancelling funding for police departments that have disproportionate use of force incidents. The list also includes reforms like prohibiting officers from having sex with detainees and prohibiting police from shooting at moving vehicles.

"I think the most important thing, because

"Our investment in restoring Freedom House dovetails with what we are trying to learn and what we are trying to teach people about this issue."

— Sarah Graham Taylor, legislative director for Alexandria

it's what created the situation, is policing. We have to deal with the recruitment, training and pay," said Senate Majority Leader Dick Saslaw. "Three years ago, the beginning pay for a state trooper was \$36,000. We raised it to \$44,000 because we were losing people left and right. You can't tell somebody to put their life on the line for \$44,000 a year. It's absurd."

Some of the proposals from Senate Democrats would expand local authority, which is limited by a quirk of Virginia government known as the Dillon Rule. One proposal would create an option for local governments to have citizen-review boards with power to investigate, and possibly even discipline, officers accused of wrongdoing. Another proposal would create authority for local governments to use mental health staff to respond to particular calls for service instead of law-enforcement officials, sometimes called Marcus alerts.

"If you're mentally ill and something's wrong and someone shows up with a gun and a uniform that's not as reassuring as having a mental health counselor come and de-escalate if an officer wasn't needed," said Sen. Adam Ebbin (D-30). "When they talk about defunding the police, this is where a lot of this misinformation comes from because rather than defunding they're talking about adding funding to have mental health counselors available."

Although Senate Democrats have released a list of proposals they'll pursue during the special session, House Democrats are taking a different approach. They have scheduled a series of virtual public hearings where they will take testimony from interest groups and stakeholders. Then, after the hearings, House Democrats plan to announce a list of priorities. Del. Mark Levine (D-45) said he will use his position as chairman of the Public Safety Subcommittee to make sure police unions aren't exerting undue influence over disciplinary decisions.

"There's a question about police unions, and I think we need to divide them up into seeking benefits like pay, health care, PTSD, paid-family leave and vacations, which I think they have every right to collectively bargain for," said Levine. "And then there's things like chokeholds, discipline and use-of-force standards. They can have their say in the discussion, but it can't be part of any police contract."

NEWS

Groundbreaking Scheduled for North Hill

FROM PAGE 4

tions have included awarding 68 federal project-based vouchers and \$4.4 million in local dollars for the affordable housing development – or about \$16,000 per apartment, county information stated.

North Hill is part of a bigger plan called EMBARK Richmond Highway. Embark Richmond Highway is described by the county as an initiative to provide multimodal transportation solutions and create opportunities for economic development in the Richmond Highway Corridor.

There are nine areas of concentration in EMBARK, each surrounding a bus rapid transit station. One of them is called “Lockheed Boulevard,” that contains North Hill as well.

In early June, a North Hill project update letter was sent out confirming funding for the project was secured, and “construction on the site is expected to begin within the next three weeks.” Crews were clearing the site earlier this month, so the ball is rolling for this improvement for Hybla Valley. Construction is expected to take two years, so people will move in fall 2022, the county said.

The development partner on the project is CHPPENN, LLC. The Fairfax County Redevelopment and Housing Authority selected the developer through the Public-Private Education Facilities and Infrastructure Act, which is a competitive selection process, the county said. The CHPPENN, LLC team is a partnership between the Virginia-based Community Housing Partners and Pennrose, a Philadelphia-based developer.

Mount Vernon Lee Chamber Hosts Blood Drive

Registration is now available for a blood drive on Tuesday, Aug. 11, 2-7 p.m., at Mount Vernon Plaza, 7686 Richmond Highway. Due to Covid-19 many community blood drives have been cancelled and there are critical shortages. All blood types are needed. Due to physical distancing requirements, only 40 slots are available for donations. Sign up today at <https://bit.ly/MVLChamber08112020>. This blood drive is sponsored by the businesses belonging to Mount Vernon Lee Chamber of Commerce.

WWW.CONNECTIONNEWSPAPERS.COM

THE CONNECTION Alexandria Gazette Packet
Newspapers & Online

Special Edition: PET Connection

Publishes:
July 29, 2020

Ads submitted by:
July 23, 2020



The Pet Connection will publish on July 29 and photos and stories of your pets with you and your family should be submitted by July 23.

This edition provides a great advertising opportunity to reach pet owners where they live in a section sure to attract and hold their attention - be sure to take advantage of our different advertising options.

For Print & Digital Advertising Information:
Please Call 703.778.9431

LOCAL MEDIA CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herridon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

Inside or out...



...Tech Painting's got you covered!



Serving:
VA
DC
MD
OBX

703-684-7702
www.techpainting.com

 Since 1987





INDEPENDENT LIVING
ASSISTED LIVING
HEALTH CARE
SHORT-TERM RESPITE

ENRICHING LIFE'S JOURNEY

Quiet, comfortable living minutes from the beltway and our nation's capital. Hermitage Northern Virginia offers rooftop views of Washington, D.C. surrounded by seven acres of beautifully landscaped gardens.

Free yourself from the hassles of home ownership, and spend time exploring your passions or finding new ones. At Pinnacle Living, our team works closely with residents, families and loved ones to fulfill our mission of Enriching Life's Journey. We are here for those who seek independence, combined with a secure plan for the future.

HERMITAGE

NORTHERN VIRGINIA

PINNACLE LIVING

5000 FAIRBANKS AVENUE
ALEXANDRIA, VA 22311

P: 703 797 3800

HERMITAGENOVA.ORG

facebook: HERMITAGENOVA



Members of the congregation applaud the reading of a Maya Angelou poem at the dedication.



Rev Kate Walker dedicates a "Black Lives Matter" sign at the entrance to the Mount Vernon Unitarian Church on Windmill Lane.

PHOTOS CONTRIBUTED

MVUC Dedicates 'Black Lives Matter' Signs

About 25 members of Mt Vernon Unitarian Church (MVUC) — masked and socially distanced — joined Pastor Kate Walker the morning of July 7 to dedicate three Black Lives Matter signs, one at the drive to the church on Windmill Lane and two on Fort Hunt Road under the directional signs to the church.

Rev. Dr. Walker said the signs are "a big public statement that we are allies to black people in the fight to end racism."

"Our Unitarian Universalist first principle is that we believe in the inherent worth and dignity of all people, but we find that not everyone is able to live with worth and dignity. Black, brown, and Indigenous people are marginalized and oppressed by systemic white racism," she said. "We recognize that Black Lives Matter and we are going to act that way."

The ceremony included a reading of Maya Angelou's poem, "I Know Why the Caged Bird Sings," and flute music.

Rev. Walker said the idea for the signs came from the congregation through the board of trustees. Other Unitarian churches in northern Virginia have also posted signs. She said Black Lives Matter yard signs and lapel buttons will be available to members who want to post signs at their houses or wear buttons at Zoom meetings.



Congregation members at the dedication.

She said that the Black Lives Matter movement emphasizes the need to address the racial profiling, police brutality, voting restrictions, mass imprisonment, and unequal treatment of African Americans and other people of color, and that MVUC is committed to dismantling systems of oppression and eradicating racism wherever it

is bound into the fabric of life. Throughout its history, MVUC has engaged in efforts to achieve social justice in the greater Washington area and beyond. Rev. Walker has run several seminars on racism at the church and said MVUC will continue transforming its community into an antiracist church and dismantling white supremacy. Knowing this



Black Lives Matter sign on Fort Hunt Road.

work begins and continues with self-assessment, members and friends are engaging in a cycle of education, reflection and action aimed at fulfilling their Unitarian Universalist principles, which also include acceptance of one another, spiritual growth in community, and working toward world community with peace, liberty, and justice for all.

Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name.

Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

Send letters

Online www.connectionnewspapers.com/contact/letter/
By email: editors@connectionnewspapers.com

By mail to: **Letters to the Editor The Connection**
1606 King St., Alexandria VA 22314

You can comment on our Facebook page or find us on Twitter
www.facebook.com/connectionnewspapers
<https://twitter.com/alexgazette>
<https://twitter.com/mtvernongazette>
<https://twitter.com/followfairfax>

BULLETIN BOARD

FROM PAGE 7

main office located at 7511 Fordson Road, Alexandria, seeks volunteers for Food Pantry assistance, Early Learning Center teacher aides, basic needs counselors, youth tutors and mentors, office administration/data entry, and community outreach. Flexible hours and schedules. Opportunities for all ages to serve, including community service hours. More info at ucmagen-cy.org/volunteer-opportunities or email [volunteer@ucmagen-](mailto:volunteer@ucmagen-cy.org)

cy.org.

Operation Paws for Homes, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See www.ophrescue.org for information and all volunteer opportunities.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serv-

ing, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403- 5360. To learn more about RSVP, visit www.rsvpnova.org.

Line Dance Instructor needed for the Gum Springs Senior Program once a week on either Tuesday, Wednesday or Thursday. Volunteer Solutions, call 703-324-5406, TTY 711.

Continuing Social-Emotional Learning at Home this Summer

By AMANDA HUNGERFORD AND JULIA BYRNES
GRACE EPISCOPAL SCHOOL

Grace Episcopal School may officially be on summer break, but this summer is unlike all of the others. Our administrators and teachers will busy themselves, preparing for a lengthy list of possible eventualities that we may face this fall or even throughout the school year. While our families will continue to power through these unusual times with dreams of normalcy, the group we are all thinking most about are our students and children around the world.

This spring led to uncharted territory for us all. Our students' well-being, both socially and emotionally, has been tested, leaving many families wondering how to best support their children through these summer months. The most obvious change for children is a sudden socialization void in their lives. School offered an almost infinite number of interactions for students each day between time with teachers and classmates, and suddenly they are limited to socializing with their siblings, parents, and potentially a select number of neighbors, family members, or friends. If that weren't enough, their interaction opportunities become limited even more with the adults of the house busy taking calls, attending teleconferences, and completing necessary household tasks during the day.

Our Early Childhood Director, Mary Kate Holland suggests that families create opportunities to interact by playing games: card, board, outside, or sport

games act as a simple and fun way to encourage social-emotional development at home. She shares that, "Games offer an excellent opportunity for our students to practice taking turns, sharing, rule following, and problem solving; all skills they would practice throughout the day in the classroom."

Assigned chores or household responsibilities also allow children to feel like they are participating members of the team, and benefit from the sense of accomplishment in completing a task. Still children crave interactions with others of their own age, so we encourage families to think creatively in order to offer these interactions. Some of our families have continued to hold class lunch Zoom gatherings and Zoom playdates are now the cool thing to do. Creating art and cards for loved ones, neighbors, or special friends is another way to offer interactions with others in a socially distant way. With many camps closed this summer, there are an array of opportunities for children to participate in virtual synchronous activities like an art class or a book club with peers.

The fear of getting COVID-19 seems to be the biggest fear we have encountered. Our Early Childhood Director suggests that families talk about COVID-19 in an age appropriate way and give children ways they can feel more in control. Children can practice washing hands, remaining at a safe distance, and wearing masks so as we slowly move back into a more typical world these safe practices are already a part

SEE CONTINUING SOCIAL-EMOTIONAL, PAGE 14



Food fit for a king on a family budget

DAILY FEATURES FOR EVERYONE!

Monday - 1/2 Price Burger Night
Tuesday - Kids 12 & under Eat Free with accompanying adult. 1 child per adult.
Wednesday - Roast Turkey Special
Thursday - Lasagna Night
Friday - Fish Fry
Saturday & Sunday - Full Brunch Buffet with Omelette Station

734 North St. Asaph Street, Alexandria, VA 22314
Royal Restaurant 703-548-1616
ALEXANDRIA'S NEIGHBORHOOD RESTAURANT • SINCE 1904 RoyalRestaurantVA.com

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!

Burke & Herbert Bank



COX

Andrews

FORT BELVOIR

COVANTA

+DOMINION

ServiceMASTER

springfieldtowncenter

Mount Vernon Gazette

MOUNT VERNON • LEE
Chamber
OF COMMERCE

To champion business and build community in partnership with our members.

Here's how you can help support small businesses during the Covid-19 outbreak

GIVE THE GIFT OF BUSINESS

Buy a gift card to use at a later date and shop locally online when possible.



KEEP YOUR SUBSCRIPTION

To the gym, exercise class, painting class, music and dance lessons, etc. Many small businesses rely on your support to keep their doors open and pay their bills. Your support can save that business.



BUY NOW, PICK UP LATER

Planning to make a purchase? Call the business to see if you can make the purchase but pick it up later.



ORDER FOOD-TO-GO OR HAVE IT DELIVERED

Local restaurants are open and ready to provide their delicious food. Order and pay online. Consider adding a generous tip.



Wondering what local businesses are open?

Visit MountVernonLeeChamber.org

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/

Another Mount Vernon Gazette Community Partnership

65th Anniversary Storewide Sale... Final Week!

King's Jewelry



**Storewide
20% - 50% Off
Fine Jewelry,
Watches & Giftware***

Now thru July 31, 2020

Mon-Sat 10am-6pm
Thurs 10am-8pm
Closed Sundays

Family owned and operated for 65 years.



**We Are Open!
Please Come By.**



KingsJewelry.NET
609 King Street
Old Town Alexandria
703-549-0011

Seniors to Protest Via Zoom

Online forum scheduled for July 27

An online protest for older adults is being planned via Zoom to allow seniors to “gather in solidarity and bring attention to the need to end systemic racism and push for police reform,” according to the event organizers.

The event is scheduled for July 27 at 3 p.m.

“It is so impressive how quickly we have all adapted to the virus situation and hosting Zoom happy hours and other virtual gatherings,” said former Mayor Allison Silberberg, a featured panelist of the event. “Given that most seniors have not been able to attend the peaceful protests, this virtual event would be one way for our seniors to connect and see about ways to affect social change.”

In addition to Silberberg, other speakers include: Reverend Marcia Norfleet of Alfred Baptist Church, and Shawn Tarrant, former member of the Maryland House of Delegates. Kelly White Gibson, Clerk-Treasurer for the Town of Merrillville, Ind., will serve as moderator.

Organizers said the goal of the event is to enable a group of people to safely participate in the movement regardless of any physical boundaries or possible risk of exposing themselves to the coronavirus. Speakers will discuss the impact of structural systemic racism and how individuals can influence change.

To learn more or to register, visit bit.ly/virtualseniors.

—JEANNE THEISMANN

Obituary

Obituary

FREDERICK JAMES LEES, CDR. USN (RET)



Frederick James Lees, 89, of Harrisonburg, VA, passed away peacefully on July 17 at Sentara RMH in Harrisonburg, VA. Born to John T. Lees and Helen Evans Lees on August 26, 1930, in Scranton, PA, Mr. Lees became a gifted scholar and an Eagle Scout who enjoyed baseball and track and field. He graduated from Central High School, attended University of Virginia on a Naval ROTC scholarship and graduated in 1952 with a B.A. in Physics. Upon graduation, he was commissioned as an officer in the U.S. Navy and served during the Korean War. After leaving active duty, he served in the Naval Reserves, retiring with the rank of Commander.

On December 19, 1953, he married Romaine Lloyd, his high school sweetheart and the love of his life.

Following his active service in the Navy, he was employed as a patent examiner in the U.S. Patent and Trademark Office. While working at the Patent Office, he earned his law degree from The American University Washington College of Law, graduating in 1961. Mr. Lees then joined the legal staff of the National Aeronautics and Space Administration, practicing intellectual property law there during the heyday of space exploration. He served concurrently as the chairman/chief administrative judge of the NASA Board of Contract Appeals and chairman of the statutory NASA Inventions and Contributions Board. He was awarded an Exceptional Service Medal by NASA for his leadership and management abilities at the agency, from which he retired after a 24-year career.

In 1985, he joined the law school faculty at The George Washington University. He was appointed co-director of the Government Procurement Law LLM Program in 1993 and E.K. Gubin Professor of Government Contracts Law in 1995. An avid sports fan, Mr. Lees was a George Washington University basketball season ticket holder and had many happy memories of attending games with his wife during his tenure there.

While at The George Washington University, he also served as special master, ombudsman, arbitrator, neutral advisor, expert, and counsel in various government contract cases. His work took him around the globe and brought him great fulfillment. He retired from The George Washington University as E.K. Gubin Professor Emeritus of Government Contract Law in 2002, remained active in the field of alternative dispute resolution and continued consulting in both the public and private sectors for many years.

Throughout his distinguished career, Mr. Lees was equally engaged in his local community. He served as a deacon at Westminster Presbyterian Church, where he was a member for more than 60 years. He was president of the Mt. Vernon Park Association, president of the Groveton High School Booster Club, a Fort Hunt Little League baseball coach and a basketball referee for the Fort Hunt Youth Athletic Association. In 2014, he moved with his wife Romaine from their home in Alexandria, VA to Sunnyside Presbyterian Retirement Community in Harrisonburg, VA, where he remained until his death.

Mr. Lees was preceded in death by his beloved wife of 63 years, Romaine Lees, his son, Frederick Lloyd Lees (Linda), his parents and his sister, Dorothy Davis.

Surviving are his daughter Susan Arnold (Kevin) of Harrisonburg, VA, daughter Lisa Lees of Reston, VA, son Jeffrey Lees (Leigh-Anne) of Harrisonburg, VA; loving grandchildren Timothy Lees (Denise), Allison Lees, Jessica Arnold, Evan, Gillian and Nathan Lees; and several nieces and nephews.

It is those people, along with a wide variety of friends, colleagues, and students, who brought him the greatest joys of his life. He loved couples bridge, playing competitive badminton at the Pentagon Officers Athletic Club, cheering on his children and grandchildren in their sporting events, attending Redskins football games, reading and sharing his Bethany Beach home – the setting of a lifetime of memories for his children, grandchildren and friends.

Mr. Lees was a strong patriot with a friendly spirit. He was exceptionally kind, intelligent, generous, patient, loyal, warm and witty. All who knew him will mourn his passing. A memorial service will be held when it is feasible, and burial will be at Arlington National Cemetery at a later date. In lieu of flowers, donations may be made to Sunnyside Retirement Community Fellowship Fund, The Community Foundation of Harrisonburg-Rockingham COVID-19 Community Response Fund, or The George Washington University Law School Government Contracts Program.

SENIOR LIVING

Discarded Electronic Equipment Helps Seniors in Need

Handheld devices keep the elderly in contact with healthcare providers, family and friends.

BY MARILYN CAMPBELL
GAZETTE PACKET

On a recent summer morning, a group of college students gathered in Chantilly to sort and sanitize handheld devices ranging from smartphones to tablets. The equipment was given to a local medical clinic and then distributed to seniors who don't have the means to purchase their own, but need to stay connected to healthcare providers, family and friends.

“Through my work, I’ve seen seniors isolated at home,” said Tanvi Nallanagula, a junior at the University of Virginia and an EMT (emergency medical technician). “This effort is important to me because I can’t imagine being quarantined in my house without access to doctors or friends and family.”

“Sometimes it’s difficult for seniors to know how much medication to take, for example,” she continued. “These devices will make it easier for them to ask for help and get the information they need.”

The students, primarily college juniors with an interest in medicine, founded the Virginia State Telehealth Access for Seniors, a non-profit organization with a mission to collect and distribute handheld devices to low income seniors and veterans. Once they collect and sanitize the devices, they contact clinics that serve those populations.

“Clinics give us a ballpark of what they need and we tell them what you can reasonably deliver,” said Sneha Thandra, a junior at Emory University and the Virginia State Lead for Telehealth Access for Seniors. “We’ve been talking with INOVA because they have so many clinics all over Northern Virginia. Within a month we’ll have devices to donate to them.”

The group is in need of smartphones or tablets that have cameras and the ability to connect to the Internet.

“There are people who have devices in their homes that they no longer use because they’ve upgraded,” said Thandra. “Older and low-income patients tend to be more vulnerable and have more complicated medical needs. These devices give them the opportunity to access care and prevent unnecessary medical complications.”

“We’re also collecting money



COURTESY OF VIRGINIA STATE TELEHEALTH ACCESS FOR SENIORS

Northern Virginia college students collect and sanitize handheld devices to help seniors stay connected to health care providers, family and friends.



Rachana Subbanna, a junior at the University of Virginia, dropping off 25 devices this week at the Charlottesville Free Clinic.

For More Information or to Donate

<https://www.telehealthforseniors.org/>

from corporations, family, friends or through fundraisers to buy new ones,” added Rachana Subbanna, a junior at the University of Virginia. “Anything helps, even \$5. If someone doesn’t have an old device to donate, but wants to donate \$40, that’s enough money to buy a device.”

The organization was founded in response to the COVID-19 pandemic and is part of Telehealth Access for Seniors, a national organization run by 120 volunteers

in 26 states

In addition to devices, the student volunteers provide instructions and free tech-support. In order to continue providing this service in Northern Virginia, they need more volunteers and continued donations.

“An interesting approach is to focus on mental health,” said Thandra. “We know that during this time a lot of seniors will be lonely so we wanted them to be able to connect with family and friends.”

WWW.CONNECTIONNEWSPAPERS.COM

FUN THINGS TO DO THIS SUMMER

ONLINE CODING CLASSES FOR KIDS

CodeWizardsHQ is offering online after school coding classes for kids and summer coding classes for kids with a structured curriculum that is comprehensive, developmental, challenging, and fun. Students get to code a project in every class. Expect the most fun and effective live, teacher-led coding classes for kids with support, including live office hours and 24/7 access to their proprietary coding platform. Their teachers take a students-first approach to teaching Python, Java, HTML/CSS, and JavaScript that guarantees students will reach their potential. New summer classes are starting on August 3. Visit www.CodeWizardsHQ.com.

TYSONS CORNER DRIVE-IN MOVIES

Tyson's Corner Center is hosting Drive-In Movie Nights, in partnership with the Hyatt Regency Tyson's Corner Center, on the second weekend of each month. Located along Fashion Blvd. between Nordstrom and Bloomingdale's, will open for parking, be sure to bring your ticket. Show starts at 8:30 p.m.

Friday, Aug. 14 -- "Aladdin"
Saturday, Sept. 12 -- "Mrs. Doubtfire"
Reserve your spot - space is limited.
Reservation and movie details are located at
<https://www.tysonscornercenter.com/Events>

DRIVE-IN MOVIES AT WORKHOUSE

Address: 9518 Workhouse Way, Lorton, VA 22079. Film starts at 9 p.m. Tickets are \$10-\$80. Visit the website: workhousearts.org. Call 703-584-2900.

Schedule:
❖ Friday, July 24 -- "The Dark Crystal."
❖ Saturday, July 25 -- "Labyrinth."
❖ Friday, July 31 -- "Hot Fuzz."

WORKHOUSE SUMMER CAMPS

Ready for in-person Summer Camps? The Workhouse Arts Center in Lorton will be offering July and August Summer Camps for kids in-person on campus. They've got half-day and full-day camps for kids of all ages starting the week of July 20 and Aug. 3. Camps include the following:

Game Design Camp where campers learn about computer technology, visual arts, storytelling and music with creative and critical thinking and problem-solving skills. And the Game Design camps integrate all of the STEM core competencies in a fun and engaging way.

Young Writers Camp gives campers in grades 7-12 the chance to write creatively in a variety of genres, learn about new genres through mini-lessons and receive response to their work from writers.

Performing Arts Summer Camp Challenge offers campers the opportunity to work collaboratively to create a new theatrical work in just two weeks' time! They will write a script, consider production design elements and ultimately perform their new, original work in front of an audience of family and friends! Visit the website: www.workhousearts.org.

www.CONNECTIONNEWSPAPERS.COM



TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Obituary

Obituary

Catherine Patricia Butler "Kay" Quinn July 24, 1928-July 7, 2020



Passed away peacefully. Kay's husband Leonard Martin Quinn predeceased her March 25, 2012 as did her parents Catherine Agnes and Joseph Patrick Butler who were Irish immigrants. Her children were with her-Maureen Patricia, Leonard Martin (Charlene), Edward Patrick (Elizabeth)Karen May (deceased), Marie (deceased), Kevin Frances, Colleen Marie (Stanley), Kathleen Maryann,(Carlos), Camille Marie (Eric)and Catherine Shannon Mary. Her grandchildren are John Paul, Catherine "Cate", Megan, Erin, Ryan,Sara, Sean, Conor, Stanley, Quinn, Emily, Catherine and Keara. Great-grandchildren Hudson, Madeleine and Isla. Kay left Dedham MA to work for the Navy Department and moved to Alexandria VA where she met and married Lennie. Kay traveled the world, was an accomplished hostess and started a group called LL of Mt Vernon. She worked for US Air for 20 years. She is remembered for Holiday parties, backyard oyster roast and countless family gatherings. Funeral Services will be held Friday, September 4, 2020-1100am at Good Shepard Catholic Church, Mt Vernon Alexandria VA (of which she and Lennie were founding parishioners). Kay will be missed by her family and friends. May she Rest In Peace.

Announcements

Announcements

REACH VIRGINIA
AD NETWORK I
VPS Virginia Press Services
WE'RE HERE TO HELP YOUR BUSINESS OPEN

REACH OVER 1.5 MILLION
Virginia Readers Weekly

Advertising Solutions starting at \$300

Contact this paper or Landon Clark - landonc@vpa.net
to get started today.

Announcements

Announcements

ESTATE SALE - LOG HOMES
PAY THE BALANCE OWED ONLY!!!

AMERICAN LOG HOMES IS ASSISTING JUST RELEASED
ESTATE & ACCOUNT SETTLEMENT ON HOUSES.

4 Log Home kits selling for BALANCE OWED, FREE DELIVERY

- 1) Model # 101 Carolina \$40,840...BALANCE OWED \$17,000
- 2) Model # 203 Georgia \$49,500...BALANCE OWED \$19,950
- 3) Model # 305 Biloxi \$36,825...BALANCE OWED \$14,500
- 4) Model # 403 Augusta \$42,450...BALANCE OWED \$16,500

BEFORE CALLING: VIEW at www.loghomedream.com
Click on House Plans

NEW - HOMES HAVE NOT BEEN MANUFACTURED

- Make any plan design changes you desire!
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
- NO TIME LIMIT FOR DELIVERY!

BBB
A+ Rating

OFFER NOT AVAILABLE TO AMERICAN LOG HOME DEALERS

SERIOUS ONLY REPLY. Call (704) 602-3035 ask for Accounting Dept.

Announcements

Announcements

FREE!
Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)

AS SEEN ON TV

Backed by American Standard's 140 years of experience
Ultra low entry for easy entering & exiting
Patented Quick Drain® Technology
Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!
877-691-5591
 Or visit: www.walkintubinfo.com/vapa

Announcements

Announcements

WESLEY
FINANCIAL GROUP, LLC

Timeshare Cancellation
 Get your free information kit
 and see if you qualify:
888-670-0602

Announcements

Announcements

LeafFilter
GUTTER PROTECTION

INSTALLS ON NEW & EXISTING GUTTERS

BEFORE LeafFilter **AFTER LeafFilter**

MADE IN THE USA **ACCREDITED BUSINESS** **LIFETIME WARRANTY** **A COMPANY OF LHS**

15% OFF YOUR ENTIRE PURCHASE* **AND! 10% OFF** SENIOR & MILITARY DISCOUNTS **+ 5% OFF** TO THE FIRST 50 CALLERS!**

Promo Number: 285

CALL US TODAY FOR A FREE ESTIMATE 1-877-614-6667

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. ** Offer valid at estimate only. CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822JZ License# WW056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

Growing Pains



By KENNETH B. LOURIE

After more than six months away from the infusion center, due to the treatment for my papillary thyroid cancer stage II, I make my return on Wednesday, July 22. My non small cell lung cancer stage IV for which I have been treated since early March, 2009, once again becomes front and center after having been back-burnered since early January while we addressed my thyroid cancer. Out of an abundance of caution and concern for the risk of miscellaneous drug/treatment interactions, both cancers couldn't be treated simultaneously. Now we go forward in hope, just like we did 11-plus years ago..

Having completed the thyroid cancer treatment protocol after a recent CT scan showed no residual signs of cancer, I am now free - so to speak, to return to the scene of crime - to euphemise, and resume treatment for my underlying/pre-existing lung cancer. I am also returning for treatment because during the six month interval when I was not receiving any current lung cancer treatment, the lung cancer tumors grew. My oncologist was unable to characterize the growth, other than to say there was growth everywhere, (he didn't say a little; he didn't say a lot). For some context, he did read aloud some comparative tumor measurements written in the radiologist's report which were less than ideal. No matter. Cancer is by itself less than ideal so that's nothing new, really.

The theory of immunotherapy is that it trains your cells to fight the cancer regardless of whether the patient receives current treatment or not so the battle continues. Now whether my six months of not receiving treatment was responsible for allowing this growth or kept it from getting worse, my oncologist wouldn't say. What he did say/recommend was that we restart the opdivo (immunotherapy that I had been on for the previous year) since it had been effective for the year during which I was receiving regular bi-weekly infusions. However, I'm scheduled for my next CT scan in only two months instead of the usual three months so that my oncologist can make an assessment sooner rather than later. In the absence of any new symptoms before or at present, the scan becomes the arbiter of my destiny. (I imagine waiting for the results of that September scan will be stressful.) But this is life in the cancer world, and the longer I experience it, the luckier I'll be.

In the interim, I am happy to go forward and resume my treatment. Nearly all the medicine that has previously been prescribed for me has been successful at managing my cancer (keeping it stable) so I have a reasonable expectation that my next two infusions will yield encouraging results. Nevertheless, I am well aware that any guarantees left the building on Feb. 20, 2009. That is when I first received a phone call from my internal medicine doctor advising me that the previous week's lung tissue biopsy had indicated a malignancy.

Slow forward to the present (one does not go fast forward enduring cancer) and I will be back in a very familiar place: the infusion center. Though I don't view my return as one of a conquering hero, I am still alive and reasonably well after being treated for a second cancer while my original cancer was not in remission. (No small accomplishment.) Nor was it in hiding. To invoke one of my late father's favorite words: the treatment for my lung cancer had been held "in abeyance."

Now the 'abeyance' is over and I am back to being a garden variety non small cell lung cancer patient. The delay in my treatment caused some damage I presume but it doesn't really worry me yet (talk about naive). I'm glad to once again be current - and active, in my treatment and I continue to remain positive about the negative. My oncologist has referred to me as his "third miracle" (after having survived so long after an initial "13 month to two year" prognosis). However, that was then. This is now.

I don't think my ship has sailed but there does appear to be some activity down at the docks. No matter, I'm an excellent swimmer.

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

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller	LANDSCAPING LANDSCAPING Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Winter Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates 703-868-5358 24 Hour Emergency Tree Service	
ELECTRICAL K&D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com				
GUTTER GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		IMPROVEMENTS IMPROVEMENTS TILE / MARBLE TILE / MARBLE BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured		
A&S Landscaping <ul style="list-style-type: none"> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia				
LANDSCAPING LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500 J.E.S. Services Free Estimates - Fully Licensed & Insured <ul style="list-style-type: none"> • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed				
ATTENTION ADVERTISERS: expand your audience beyond our weekly print edition with THE CONNECTION DIGITAL <ul style="list-style-type: none"> ▶ Email Marketing ▶ Social Media ▶ Sponsored Content FOR MORE INFORMATION CALL 703.778.9431 OR VISIT CONNECTIONNEWSPAPERS.COM/ADVERTISING REACHING SUBURBAN WASHINGTON'S LEADING HOUSEHOLDS Advertising in Connection Newspapers & Online 703-778-9431 www.ConnectionNewspapers.com				

Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers
www.connectionnewspapers.com/subscribe

News

Continuing Social-Emotional Learning at Home This Summer

FROM PAGE II

of their routine. Mary Kate Holland advises that, "Empowering children to take control of these safe practices allows them to feel good about helping others. It also helps to reinforce that they are strong and healthy and will remain strong and healthy by taking part in these routines."

In addition to missing classmates, teachers and friends, several families have shared that children are also struggling with a less obvious byproduct of COVID-19, anxiety, which presents itself in so many different ways. We encourage our families to practice communicating feelings with their children, not just when the feelings are fresh, but also when natural in conversation. During these discussions, parents might be able to help their children identify what prompts the feelings of anxiety, as well as identify what tools they have for working through these emotions. These can include anything safe and respectful that allows the child to find a place of calm.

Our students have practiced different mindfulness strategies at school, like "taking 5" where they trace their fingers, using one hand to slowly outline the fingers on the other hand, breathing in when they go up the finger and out when they go down the finger. They are also encouraged to identify activities that help them feel calm like creating art, climbing a tree, or simply having down time free of adult interaction or stimulation.

Some of our families have also identified that their children are experiencing emotional unrest and confusion surrounding the tension of the Black Lives Matter movement, as they become exposed to some of the anger and deep divisions of social injustice that have come to light in recent weeks. We encourage families to have developmentally appropriate conversations about the importance of social justice, empathy and inclusion. Listening carefully to their questions will allow parents to gain insight into children's perceptions of current events, helping to guide further conversation. We suggest parents find ways to empower their children to treat others fairly and spread love, through the use of children's books, videos and various online resources.

Unfortunately, the challenges we're currently facing aren't likely to disappear soon, and it will take time for our nation to heal. School in the fall is going to look very different, even when in-person, and social distancing will be a familiar practice for some time to come. It is essential that we focus on supporting our children, giving them time and space to acclimate to the changes they will find in any school's "new normal." We are incredibly proud of the way our community has handled the challenges of distance learning and beyond with grace, and remain committed to helping our students continue to learn and grow into exceptional girls and boys.

SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S
PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3
TIRES
AND
GET
THE
4TH FOR**



\$1

See Service
Advisor for details.

GOT TIRES?

INCLUDES ROAD HAZARD PROTECTION, TIRE
WARRANTY, AND FREE COURTESY INSPECTION.

**BONUS: ADD A 4 WHEEL
ALIGNMENT FOR \$39.95**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA
VEHICLES ONLY COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND
SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/20.

**CHECK ENGINE
LIGHT DIAGNOSIS
NO
CHARGE**

INITIAL DIAGNOSIS

WE WILL RETRIEVE
VEHICLE CODES
& GIVE YOU
AN ESTIMATE
OF REPAIR COSTS.



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA
VEHICLES ONLY COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP
SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/20.

Jack Taylor's
**ALEXANDRIA
TOYOTA**

3750 Richmond Hwy • Alexandria, VA 22305



SAFETY FIRST ALWAYS!
Have Your Vehicle Checked
for Open Campaigns/Recalls
Recall Hotline: 703-684-0710

SERVICE & PARTS DEPT HOURS:

Monday - Friday, 6:00am to 7:00pm
Saturday, 7:00am to 5:00pm

**YOU HAVE SATURDAY OFF.
THAT'S EXACTLY WHY WE DON'T!**

**ToyotaCare
Customers**

Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000

NOW AVAILABLE Mile Services
Call your ASM for details

ToyotaCare Plus \$329⁰⁰
Covers up to 4 years/45,000 miles

ALIGNMENT SPECIAL
\$69⁹⁵

Your car's alignment suffers, and can
cause uneven tire wear and steering problems.
INCLUDES: Inspect suspension, ball joints, struts
& shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY COUPON
MUST BE PRESENTED AT TIME OF WRITE-UP VALID ONLY AT ALEXANDRIA TOYOTA.
TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/20.

**SIGHT LINE
WIPER BLADES**
**BUY 1
GET 1 FREE**
Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY COUPON
MUST BE PRESENTED AT TIME OF PURCHASE VALID ONLY AT ALEXANDRIA
TOYOTA PARTS CENTER ONLY. GOOD THRU 7/31/20.

FREE
BATTERY CHECK-UP
Check cold cranking amps and visual inspection of
battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY COUPON
MUST BE PRESENTED AT TIME OF WRITE-UP VALID ONLY AT ALEXANDRIA TOYOTA.
TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/20.

BRAKE SPECIAL
\$79⁹⁵

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors
& drums, check tire condition and inspect all hardware. Pads only.
MACHINE ROTORS ADDITIONAL

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/20.

BG VITAL FLUID SERVICE
10% OFF YOUR FIRST SERVICE
15% OFF YOUR SECOND SERVICE
Power Steering • Automatic Transmission • Brake System

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/20.

TRUESTART™ BATTERIES

SPECIAL OFFER
\$129⁹⁵

INCLUDES BATTERY INSTALLATION
Includes: 84 month warranty, 24 month free replacement,
24 month free roadside assistance.
Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/20.

NEW HOURS SPECIAL!
DROP OFF YOUR VEHICLE BETWEEN 6AM & 7AM
WITH A SCHEDULED APPOINTMENT & RECEIVE
12% OFF ANY ONE REPAIR.

MAXIMUM DISCOUNT, \$150
NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY COUPON MUST BE PRESENTED AT TIME OF PURCHASE.
VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 7/31/20.



ALEXANDRIA TOYOTA

©SMS Productions, Inc. 1-800-289-7671 #202001025

CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**



CHRIS WHITE
FAMILY REAL ESTATE
*Leading the Area in Real Estate. **SOLD!!!***

38 Alexandria homes sold so far in 2020!



3249 Woodland Ln
\$1,050,000

INCREDIBLE GROUNDS



9420 Forest Haven Dr
\$775,000

YACHT HAVEN ESTATES!



9324 Old Mansion Rd
\$1,990,000

POTOMAC VIEWS!



6403 14th St
\$650,000

JUST LISTED!



4709 Dolphin Ln
\$1,250,000

JUST LISTED!



6000 Walhaven Dr
\$769,000

HISTORY ABOUNDS!



9339 Heather Glen Dr
\$595,000

QUAINT COLONIAL!



8703 Triumph Ct
\$698,500

SUPER SPACIOUS!

Over the past 3 months, four clients of ours switched agents and trusted us through the buying and selling process. During these unique times, the agent you choose matters more than ever. Here are two examples of their experiences!

★★★★★ Highly likely to recommend

The White Family Group is THE DREAM TEAM! They know the Alexandria area better than anyone, and switching realtors to them was the best decision I made in my buying process. They found me an off-market home in Mt. Vernon that checked all my boxes, and more, for a fantastic price. I was a nervous first time home buyer, but they made the entire process painless! They always made themselves available to me and stopped at nothing to find me a home. I will be using them again in the future and would recommend them to anyone who is looking to find their dream home in the Alexandria area!!

★★★★★ Highly likely to recommend

While I had seen Chris Whites name and his listings in our neighborhood for years as well as his number of successful sales, I initially chose another agent to list my house. So we listed our house and I then found a wonderful house. Ironically, Chris was the listing agent for the house we wanted to buy. He was wonderful to work with on that end and even guided my buying agent through the hoops so as to complete the sale. While we're happily the owners of a new home, my old house had not sold even though it had been on the market for 3 months. I wondered why he kept selling houses and my house was just sitting on the market, fairly priced... My husband and I called Chris and his team and immediately hired them. Within 8 days we had a ratified contract! Chris is simply the best there is in real estate. His contacts and wonderful relationships with other realtors, contractors, and the community make him stand out. His knowledge of the area, his marketing, his plan to sell your house or to help you buy a house will not fail. He will make a what could be a stressful situation seem effortless. He will handle all the details; you will feel cared for and reassured that he and his team will make the buying or selling of your home a success story. There is a reason he is a top realtor in the country. I would never recommend any one else when it comes to real estate!

LONG & FOSTER
REAL ESTATE

CHRISTIE'S
INTERNATIONAL REAL ESTATE

703.283.9028

www.chrisandpeggywhite.com
chris.white@longandfoster.com

Alexandria/Old Town Historic - 400 King Street, Alexandria, VA 22314

BEST 2015
2016
2017
2018
2019
WASHINGTONIAN