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Honoring the Legacy

Churches distribute food for MLK Day.

By Jeanne Theismann Gazette Packet

.S. Sen. Mark Warner (D-Va.) joined volunteers at Shiloh Baptist Church in Old Town for a free food distribution as part of the annual MLK Day of Service Jan. 18.

"I am here to honor Dr. King's legacy," Warner said. "In the midst of the pandemic and the violence of Jan. 6, I couldn't think of anything better to do than to be here to help my fellow Virginians and fellow Americans who are in need of assistance."

More than 500 bags of food were distributed during the socially distanced, drive-thru event. This included meat, fresh fruits, and vegetables provided by the Share Food Network.

"Every year we do something for the Martin Luther King Day of Service," said Dr. Taft Quincey Heatley, senior pastor of Shiloh Baptist Church. "Due to the pandemic, we felt the need to address the need for food. Food shortage is still an issue in the Alexandria community. The pandemic has caused many to lose their jobs – people are unemployed or underemployed so if we can give them a week or two of food, this is what we wanted to do."

Alexandria's Agudus Achim Congregation held a MLK Day of Service in partnership with tions for Food for Others Food for Others."We are collecting power packs for Food for Others that will feed children over the weekend," said coordinator Samara Weinstein. "There are so many food insecure children in this area so for MLK Day we are doing a day of service.



U.S. Sen. Mark Warner, right, is joined by Shiloh Baptist Church Associate Pastor Octavia Caldwell, center, and volunteer Marilyn Patterson at the church's food drive in honor of the Martin Luther King Jr. day of service on Jan. 18.



Volunteers at Augus Achim Congregation collect donaas part of the MLK Day of Service Jan. 18.

We are expecting over 700 bags, which means we will be able to feed over 700 kids."

Shiloh Baptist Church holds a monthly food distribution for the



Sen. Mark Warner holds a food bag ready for distribution during the Shiloh Baptist Church MLK Day of Service Jan. 18.

community.

"Dr. King was all about service," said Heatley. "Today especially is a perfect day to do this."



And affiliated newspapers

Mount Vernon Gazette

Potomac Connection

On Monday, a couple of officers were on the ground, apparently stopping buses that were going on to the GW Parkway.

Police and Coast Guard Monitor Prior To the Inauguration Fairfax County officials advised people to stay home and quarantined for the ceremony.

By Mike Salmon The Connection

here was a police presence at the Mount Vernon plantation Monday, Jan. 18 as

the entire area hoped for a peaceful transition and braced for any disturbance around the presidential inauguration on Jan. 20 at the U.S. Capitol in Washington, D.C.

Following the riot and assault on the Capitol earlier this month, officials prepared for the worst in the days leading up to the ceremony.

According to FCPD officer James Curry, county residents may have seen more police presence in various places.

"The Fairfax County Police Department will have a heightened presence throughout the County as we have done so with past inaugurations," Curry said on Tuesday. "Our primary focus on inauguration day will be to safeguard our community as well as major thoroughfares, critical infrastructure, and transit hubs. We have staffed up our civil disturbance unit as well as neighborhood patrols and operational support units should they be needed in an emergency situation," he said.

According to Fairfax County Emergency Information, "the Virginia Department of Transportation and Virginia State Police will support the United States Secret Service Joint Transportation Plan, which calls for several bridge and road closures from Virginia into Washington, D.C. beginning Tuesday, Jan. 19. Local law enforcement will be assisting with the closures as part of the multi-agency, inaugural security efforts," said their information released on the website.

Fairfax County Chairman Jeff McKay (D) released a statement in the days leading up to the inauguration. "It is an evolving situation and it can change rapidly. Fairfax County's Police Department is in touch with DC police and has increased their presence in key areas of the county," he wrote. McKay advised everyone to stay home and avoid downtown Washington, D.C.

The Coast Guard will enforce three temporary security zones in the National Capital Region beginning at 8 a.m. on Jan. 13 and ending 8 a.m. Jan. 25, the Coast Guard said.

Area #3 is the furthest south of all three zones, and it is bounded on the southern end by the Woodrow Wilson Bridge, so the Coast Guard coverage range did not include Mount Vernon.

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2 ♦ MOUNT VERNON GAZETTE ♦ JANUARY 21-27, 2021

News

Killing the Death Penalty

Lawmakers consider bill to abolish capital punishment in Virginia.

By Michael Lee Pope Gazette Packet

few weeks after Alexandria Commonwealth's Attorney Bryan Porter was sworn into office in 2014, he found himself prosecuting a serial murderer. Charles Severance was indicted for capital murder after a killing spree that included three prominent Alexandria residents over the course of a decade as part of a deranged attempt at revenge against a city he blamed for separating him from his son in a custody hearing. Porter's friends in the law-enforcement community were urging him to seek the death penalty, but Porter had campaign as a prosecutor opposed to the death penalty and he wasn't about to back down now.

"I sincerely questioned the morality of seeking capital punishment for a person so affected by mental illness," Porter wrote in his book about prosecuting Severance. "My waiver of the death penalty spurred some to criticize me online. I remain convinced I made the right choice."

Virginia has executed people longer than any other state, a tradition that stretches back into colonial days when Captain George Kendall was executed for treason. Over the years, the commonwealth has executed more than 1,300 people. Now, Virginia may be about to join 22 other states that have abolished the death penalty. A bill to discontinue capital punishment has already been approved with a bipartisan vote in a Senate committee, and Gov. Ralph Northam says he's ready to sign the legislation if it reaches his desk.

"I believe the time has come to abolish the death penalty in Virginia," said Porter in an interview this week. "Human beings are imperfect, and that means it's just not rea-

"The death

penalty is racist."

— Fairfax Commonwealth's

Attorney Steve Descano

sonable to expect that the death penalty can always be implemented justly or impartially or infallibly."

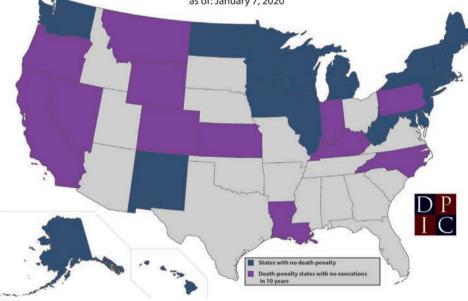
RARELY IS A VOTE in the General Assembly a matter of life or death the way it is right now

for two people currently on Death Row. For them, the debate over ending capital punishment isn't an academic discussion or a political debate. Supporters of the death penalty say the ultimate punishment is necessary to make sure dangerous people are removed from society.

"An executive death sentence absolutely guarantees the killer will never kill again," said Michelle Dermyer, the widow of a Virginia State Police trooper who was murdered in 2016. "It is imperative that Virginia continues to allow the death penalty as an option for those families who make a decision to seek it as justice for their loved one's death."

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States With No Death Penalty or With No Executions in 10 Years as of: January 7, 2020



Last year, Louisiana became the 22nd state to abolish the death penalty. Lawmakers in Virginia are now considering adding the commonwealth to that list.

Critics of the death penalty say it's too expensive, doesn't act as a deterrent and is used disproportionately against Black people. The coalition of organizations supporting legislation to end capital punishment in Virginia include religious

groups, civil rights groups and families of victims who say murdering the murderers will not bring justice. Some of the most vocal advocates are the lawyers who have seen the process up and close and personal in courtrooms across Virginia.

> "For 25 years I've been walking into courtrooms and purporting to have dignified discussions about whether or not we should make one of the other people in the room stop breathing." said Doug Ramseur, a board member of the Virginia Association

Scott Surovell

of Criminal Defense Lawyers. "There's no denying that it's racist and values white lives over Black ones, and it has the potential to execute innocent people and it's just plain unnecessary."

Most of the opposition to eliminating the death penalty comes from people connected to the law-enforcement community. They say criminals who kill officers deserve to be put to death. When the Senate Rehabilitation and Social Services Committee considered the bill earlier this week, one of the speakers who testified against the bill was former Sen. Bill Carrico (R-40), who spent many years as a Virginia State Police trooper.

"The death penalty is reserved for the most

pathological most heinous crimes that are against co. "When they commit these crimes they commit them against you and I. They commit them against law

Steve Descano abiding people." THE BILL TO end the death penalty was introduced by Sen. Scott Surovell (D-36), who points to examples where executed defendants were later found to be innocent. Laying out his case to the committee this week, Surovell said one of the problems with putting together juries in capital cases is that they exclude people who are morally opposed to the death penalty, which prevents about 43 percent of people in having a say over whether defendants are executed. He also dismissed the argument that the death penalty serves as a deterrent to killing offi-

cers. "Anybody who's dumb enough to take a shot at a law enforcement officers is probably asking to be killed," said Surovell. "I

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.

EXPANDED COVID VACCINATIONS

Governor Northam announced this week that Virginia is preparing to expand vaccination eligibility to 65+ and individuals age 16-64 with a high-risk medical condition or disability. The Health Department will begin registering individuals in these new groups, on Monday, January 18. However, it will take some time to get through this group. Vaccine

mean, you're going up against someone who's armed, and the idea that having a death penalty on the books is going to deter someone who's that stupid or reckless or craven doesn't hold water."

The Virginia State Police Association is leading to opposition to Surovell's bill, arguing that people who take the life of law-enforcement officers deserve to be put to death. Making the case to senators that they should continue executing defendants, executive director Wayne Huggins recounted the case of a special agent who was shot and killed in 2017. His murderer was convicted of capital murder and sentenced to 36 years. He also mentioned the killer of a Richmond police officer who was released after serving 40 years.

"Life no longer means life," said Huggins. "Not only are they not getting the death sentence, they're not even getting life in prison."

THE LAST TIME the death penalty was used in an Alexandria case was in 1990, when Wilbert Lee Evans was executed by electrocution after being convicted of murdering Alexandria Sheriff's Deputy William Truesdale. The murder happened in January 1981 when Evans shot Truesdale with his own weapon while the deputy was leading the inmate back to jail after a hearing at the courthouse. Defense lawyers accused Alexandria Commonwealth's Attorney John Kloch of withholding crucial evidence in the trial. Eyewitnesses said Evans bled profusely as he was being electrocuted.

"I am dead, and you don't have to hate me anymore," was Evans' last statement, an apology to the Truesdale family.

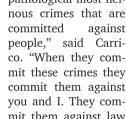
Supporters of the bill to abolish the death penalty point to the glaring racial inequality in how capital punishment is applied. When the governor outlined his opposition to the death penalty in his State of the Commonwealth address last week, he pointed out that a person is more than three times as likely to be sentenced to death when the victim is white than when the victim is Black.

"The death penalty is racist," said Fairfax Commonwealth's Attorney Steve Descano. "The role of the prosecutor always should be to build a criminal justice system that is fair for all people and is also effective, and the death penalty is neither of those things.'

supply is limited and the ability to vaccinate is dependent on the amount of supply they are provided from the state.

- Key data points: Currently Virginia in its entirety receives about 110,000 doses of vaccine a week. 8,000 residents in the Fairfax Health
- are considered to be within phase 1b. Last week, the Fairfax County Health Depart-
- ment had vaccinated 15,980 people since Christmas. This does not include vaccinations administered by Inova or at long-term care facilities.
- In addition, they are working with Inova Health See Bulletin, Page 10

Mount Vernon Gazette 🗞 January 21-27, 2021 🛠 3



Opinion

Virginia's Economy and Amending Northam's Budget

By Del. Paul Krizek

he General Assembly of Virginia already is in its second week. We gavelled in last Wednesday with the Governor's State of the Commonwealth address to an almost empty chamber focusing on the economy and Gov. Northam's introduced budget. The chamber was empty, but the General Assembly was there "virtually," as are our online meetings every day with back-to-back committee two-hour meeting blocks from 7am to 4pm, when we then go to the "floor"which is necessary in this new pandemic-restricted, safer online environment. Then, at the beginning of this week, my colleagues and I on the Appropriations Committee listened to over fifty presentations by House members regarding their amendments to Northam's budget. Next week, we will start to decide which amendments are meritorious and can be funded.

The Governor has put forth an ambitious budget that invests money in critical programs to fight the pandemic, reform the criminal justice system, and support programs to improve the lives of Virginians. Further details about the budget proposals can be found at https://www.governor.virginia. gov/media/governorvirginiagov/ governor-of-virginia/pdf/Highlights-of-Governor-Northam-2021-Budget.pdf.

The Governor has proposed additional funding to continue the COVID-19 response in Virginia, adding \$240 million dollars to the pandemic response budget, with \$90 million of those funds targeted at getting the vaccine deployed as fast as possible. He invests \$500 million dollars in public schools across the Commonwealth to prevent reductions in funding due to lost tax revenue. The education proposals also include a 2 percent bonus for teachers and instructional staff members, as well as additional funds for counselors and increased access to early childhood education. There is \$70.7 million proposed in additional funding for the Virginia Housing Trust Fund and the Rent and Mortgage Relief program, as well as \$1.5

million for more housing attorneys under the Virginia State Bar. To ensure that all Virginians have access to broadband, the Governor has proposed adding an additional \$15 million to the Virginia Telecommunications Initiative.

Governor Northam proposed additional funding for higher education and workforce development to get more Virginians back to work and into higher-paying jobs. The proposed budget includes \$36 million dollars to the G3 program so Virginians can attend community college for training in high demand fields, and restores \$30 million in tuition assistance for several Virginian public universities.

There is a \$25.5 million proposed investment in environmental safety and agricultural best management practices, \$23 million dollars to enroll more Virginians in the healthcare exchange, and \$2.3 million to fund doula services to expectant mothers on Medicaid.

I would like to highlight a few of my own budget amendments. You can view all of my proposed amendments to the Governor's budget here: https://budget.lis.virginia.gov/amendments/2021/1/ HB1800/Introduced/MR/

Along with Sen. Adam Ebbin, I have proposed \$2 million from the general fund to assist the Northern Virginia Regional Park Authority in the purchase and conservation of River Farm. Our hope is that this support will help to leverage additional funding and historic River Farm will be protected from future development for generations to

Letter to the Editor

What Makes You Feel Safe at Home

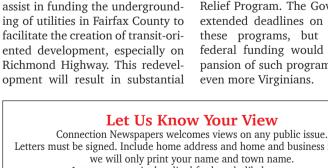
It's a solid 16 miles to the Capitol up the parkway, and we all know how long that drive can take with rush hour traffic. But it's a quick trip otherwise, and it's also a short express bus ride away. Our area is so convenient. It's not too far from the city to commute regularly for 4 ♦ Mount Vernon Gazette ♦ January 21-27, 2021

Vernon neighborhoods for leisure. That natural beauty, and the distance always gave me a sense of peace and security once I got home. Now with telework and virtual learning due to the pandemic, I haven't had that separation from home. It is more relaxing. I've been fortunate to spend more time

work but we have the beauty of

woods and marshes in our Mount

with my family, my neighbors, and new neighborhood friends during See Letter, Page G



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additional state income, sales, and other revenues.

THE GOOD NEWS is that Virginia's economic outlook is trending above the revised budget from the special session. Secretary of Finance Aubrey Layne surmises that this is due to three reasons: large companies have survived better than small businesses, the jobs created during the pandemic were higher paying than the jobs lost, and consumer spending has not declined-rather it has changed from a focus on services to goods purchased online. Unemployment in December was still double what it was last December (<5% vs 2.5%), but lower than the peak of the pandemic, and much lower than in many parts of the country. The housing market took off early in the pandemic with many people working from home, but it has slowed in the last months of 2020 and may have since peaked. Many sources of tax revenue were larger than expected after the revised budget that came from the special session back in the summer. Secretary Layne said that many revenue sources actually increased in 2020, such as recordation, corporate tax collection, and sales tax collection.

Of course, not everything is entirely rosy, despite the better than expected tax revenue. Many of our fellow community members have lost jobs, homes, and loved ones due to COVID.

Budget-wise, the upcoming tax season is likely to be complicated due to the stimulus checks, state and federal grant and loan programs, and the number of people filing their taxes early.

More federal funding is needed to fund critical pandemic programs such as the Rebuild Virginia Grant Fund and the Rent and Mortgage Relief Program. The Governor has extended deadlines on several of these programs, but additional federal funding would allow expansion of such programs to assist even more Virginians.



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which shall not exceed \$100, from each owner of a manufactured home park in the Commonwealth of Virginia no later than December 31, 2021, and every 24 months thereafter. The fees collected will maintain a database of the owners of Manufactured Home Parks, and make the database available to the public free of charge. My bill HB 334 last year required prior notice to residents in advance of the sale of their parks and \$3000 in moving expenses from the seller. Creating a mobile home park registry would

nities.

come. I have a budget pro-

posal to create a Manufactured (Mobile) Home Parks Registry. The Department of Housing and Community Development shall collect a registration and registration fee,

be an invaluable tool for nonprofit

affordable housing providers who

are interested in helping residents

of these parks, and is the next step

to helping mobile home park resi-

dents improve their quality of life

and the stability of their commu-

I have a request for \$287,651 for

the Department for Aging and Re-

habilitative Services to support the

establishment of satellite offices

of Centers for Independent Living

(CILs) to serve people with dis-

abilities in currently underserved

geographical areas. These centers

provide needed services and sup-

port to ensure that Virginians with

disabilities can live independently

in their own homes rather than

facing unnecessary and more cost-

My largest budget proposal, and

one very significant to our area,

provides \$45 million from the

general fund in fiscal year 2022 to

ly institutionalization.

News

COVID-19 Vaccine **Registration Headaches**

IT and supply problems worry residents.

Mercia Hobson THE CONNECTION

661 want to assure you that everyone who wants to be vaccinated will be," said Jeffrey McKay, Chairman, Fairfax County Board of Supervisors. After Gov. Ralph Northam said last week that people aged 65+ and people ages 16-64 with high-risk medical conditions could register to receive the COVID-19 vaccine, technical difficulties on the Fairfax County site Monday morning, Jan. 18 prevented individuals

from registering. "Our apologies. Please be patient as we work to fix this problem," tweeted the County.

In a noon newsletter to the Fairfax County Community, McKay said, "I understand your frustrations and anger." According to McKay, it was a "cloud-based problem" with the vendor, and in the meantime, the County had a fix to allow those eligible to register online or by phone.

McKay added that as of Monday, 40 percent of county residents were eligible to be vaccinated. However, the County's ability to vaccinate depended entirely on vaccine being sent to them from the state. He said, "We have a very limited supply of vaccines coming from the state and we are constantly working to get more."

The Fairfax County Emergency Information website details the process for scheduling vaccination appointments at Health Department Clinics. However, the County website warns: "It may take months to get through these priority groups. This is why - even if you register for an appointment – it might take some time before you can actually secure a slot and get vac-



One of the most sought after vials in Virginia.

cinated. There are plans to increase options for vaccine in pharmacies and health care provider options, which over time will give people more choices." According to the Fairfax County Health Depart-

ment's instructions: Step 1: The registration process collects basic in-

formation so we can confirm your eligibility and add you to the appointment queue. After you complete the questionnaire, you will see a "thank you" screen. People who need assistance with registration, who need to register in another language, or who do not have proper internet access or technology for online registration can contact our call center at 703-324-7404... Step 2: You receive a confirmation email...

Step 3: You will receive an email alerting you it is time to schedule your appointment...

Step 4: You receive an email to confirm your appointment..

Step 5: You get vaccinated.

See COVID-19 Vaccine, Page G

Letter to the Editor

From Page 4 this time.

After the violent events at the Capitol on Jan. 6, I was deeply disturbed as a first generation American, and as a local. I never expected, though, to experience the hate, destruction, and vitriol in my own yard the next day. But now I have, and I have little reason for that false sense of peace and security I had at home before. As I process the traumatic events of last week, I realize nothing about my location makes me safe, not even from events that take place in the city.

On Jan. 7, I was on a work-related conference call. I glanced at the clock and then out the window, it was almost 11:30 a.m. when I noticed a car driving recklessly all the way up to the house. A man got out and started shouting at the top of my driveway. I could hear him through my noise-canceling headphones so I went to the window to see what was happening outside.

A white man, about 40, medium stature, wearing a ball cap and sunglasses was screaming obscenities and repeatedly throwwww.ConnectionNewspapers.com

ing my "A Woman's Place is in The Resistance" yard sign, chasing it, and throwing it. I walked out to get his license plate number and see exactly what he was doing As I stepped into the yard, he called me every misogynistic name I had ever heard, sexist, hateful words. He threatened, "You have no idea, bxxxx, the resistance is just starting." He threw the sign at me and missed before he jumped in his car, peeled out of my driveway, and sped away. I didn't know him, but it was clear he hated me and my yard sign.

If I hadn't seen the disgraceful behavior at the Capitol the day before, I would have assumed a stranger was having a raging psychotic break in my yard. I went inside and called 911 with the license plate number. The county officer who was dispatched did some diligent research.

He called back later that day and explained to me that the man, if he used a valid license, was headed back to Hawaii on Friday morning early. He had rented the car in New York and was only on the East Coast for 3 days. I know he is gone. But my yard signs are also gone, and now my sense of safety is gone. Extremist violence could happen again in our neighborhood.

However, I am grateful for the dispatcher and officer who helped me. I'm grateful for my friend who sent me an FBI tip form. I'm grateful for my neighbors who came to sit with me or check on me as I processed the unexpected attack at my home. I'm grateful for the positive response to sharing my story on social media so the community could be aware of what happened. Now I feel safer because I have you all, my neighbors. During the MLK holiday and Inauguration week when our community opens to thousands of visitors, it is the time to support one another and to make sure we are civil and calm and that our neighbors are safe and well. It is a time to share our inner peace, and the security we create by trusting and caring for neighbors.

> **Claire Trivedi** Mount Vernon

Upcoming Actions on Enhanced Gun Safety Legislation

el. Patrick Hope (D-47), who chairs the House Public Safety Committee, said after gun safety bills passed subcommittee today, that on Friday the full committee will be taking up legislation to continue to prevent gun violence.

✤ HB 1992, sponsored by Del. Kathleen Murphy would impose penalties for the purchase, possession, or transportation of firearms following conviction for assault and battery of a family or household member. This bill will allow for the Commonwealth to enforce federal law, and help to limit potential gun related fatalities resulting from domestic disputes.

♦ HB 2276, sponsored by Del. Marcus Simon would prohibit the manufacture, import, sale, transfer or possession of plastic firearms and unfinished frames or receivers and unserialized firearms. This legislation would address the critical and emerging threat posed by so-called "Ghost guns" and 3D printed guns.

HB 2295, sponsored by Del. Mark Levine will prohibit any person from carrying a firearm or stun weapon within Capitol Square and the surrounding area, as well as into buildings owned or leased by the Commonwealth. Crucially this legislation will codify the House and Senate Rules prohibiting firearms from the Capitol building and grounds. This is especially important in light of recent events in Washington DC.

"This legislation is another important step in our efforts to protect families in Virginia from the epidemic of gun violence that has ravaged our communities" Hope said.



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a large, fenced bkyd & watching your children/grandchildren congregate & play? We have that ... plus 4BRs, 2BAs, beautiful refinished hdwd floors & freshly painted interior Throw in replacement double pane windows, 6 panel interior doors, a beautifully updated kitchen w/granite counters, SS appliances, that is open to the living & dining areas. Finally, an oversized 1 car garage w/a 12'x10' storage/workshop area on the end, & extensive parking available on a large driveway, brand new roof. Ideal location, less than 1 mile to Mt. Vernon Hospital & Sherwood Hall Library, 10 mins to Ft. Belvoir(S) & Old Town (N), 20 mins to Ntl Airport & 30 mins to D.C. & the Pentagon (N). Come take a look you won't be sorry



Alex/Riverside Estates 8402 Bound Brook Come check out this beautiful "Virginia" model, offering a 5BR, 3BA Split w/large 2 car garage & a lovely deck off the kitchen overlooking a private & fully fenced bkyd. Many updates including roof 2020, vinyl siding, & double pan replacement windows in '04, furnace & A/C replaced in '19 HWH in '12. Beautiful refinished hdwd floors on the main

\$584.000

IR

level which offers 4 spacious BRs, & 2 full BAs. The lower level offers a 5th BR, 3rd full bath & spacious family room w/a cozy gas FPL & walkout to the bkyd, all prefect for an in-law suite. This wonderful community is a short walk to Mt. Vernon Estate, 5 min drive (S) to Ft. Belvoir, 15 mins (N) to Old Town 25 mins (N) to Reagan National Airport, 30-35 mins to D.C. and the Pentagon.



Alex/ Riverside Estates 8503 Cherry Valley \$736,000

Riverside Estates' largest split foyer model (Concord) w/2car garage & lots of updates, i.e., roof 2001, HVAC 2012, baths 2010, furnace 2001, updated double pane windows 2019. Kitchen was opened to the dining & living rooms & is abso

utely stunning: granite & quartz counters, large island w/seating capacity & beautiful hdwd floors Oversized 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 bkyd, perfect for entertaining. 5-minute drive to Ft. Belvoir (S), 15 minutes to Alexandria, (N), 25 mins to National Airport (N) and 33 mins to the Pentagon (N).

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News

COVID-19 Vaccine Registration Headaches

From Page 5

The following are links provided by Fairfax County Emergency Information:

Email questions or concerns to ffxcovid@fairfaxcounty.gov. This email account will be staffed Monday through Friday, 8 a.m. through 6 p.m.

Visit the web portal for coronavirus that serves as a one-stop online resource for information. www. fairfaxcounty.gov/covid19/

Learn more about COVID-19 on the Health Department Coronavirus (COVID-19) Webpage www. fairfaxcounty.gov/health/novel-coronavirus or FAQ page www. fairfaxcounty.gov/health/novel-coronavirus/faq

Follow the Fairfax County Government Facebook Page and Health Department Facebook Page.

Follow @fairfaxcounty and @ fairfaxhealth on Twitter.

Questions continue to arise, such as what about people who already received their first dose of Moderna at the Fairfax County Government Center or people who got their first Pfizer dose at Inova Fairfax, for example.

A spokesperson for County Supervisor Walter Alcorn (D- Hunter Mill) said, "There is so much info out there and it can be confusing. The short answer is that if you received your vaccine at the Government Center (or other county facility) from the Health Department, you will be notified by the Health Department. If you received your vaccine from Inova, you will be notified by Inova."

On Tues., the County alerted online that its call center was experiencing high volume and recommended using the online Vaccination Registration .

As of Friday, Jan. 13, McKay reported:

Virginia, in its entirety, receives about 110,000 doses of vaccine a week.

168,000 residents in the Fairfax Health District are considered to be within phase 1B.

As of this morning at 5 a.m., the Fairfax County Health Department had vaccinated 15,980 people since Christmas. This does not include vaccinations administered by Inova or at long-term care facilities.

As of late Wednesday (Jan. 13), 31,000 residents had scheduled an appointment with the Health Department since Monday.

On Tues., Jan. 19, Virginia Hospital Center's online message read: "VHC is not currently able to accommodate the individuals in the priority group 1b, age 65+ or those 16+ with underlying medical conditions. Updates will be made to this site as we are able to accommodate additional groups... Our community vaccine clinic is located at Walter Reed Community Center and you must schedule an appointment online. If you are a healthcare worker or a person over the age of 75, you can schedule your COVID-19 vaccination online now."

The hospital's website clarified vaccine distribution and availability. The following are highlights:

Q-What happens if I don't meet the criteria, but I have already scheduled my appointment?

If your appointment is this week and you are not a healthcare worker or over the age of 75, please arrive at your appointment as scheduled.

Q-Can I schedule an appointment if I am not an Arlington County resident?

Yes. However, if you are not an Arlington County resident, we ask that you check with your local health district about the availability of vaccines in your area.

Q-What do I do if there are no available appointments?

We are scheduling appointments based on the supply of vaccines we are receiving. Due to high demand, our scheduling system may not be displaying any available appointments.

Future appointments will open as we receive more vaccines. Please check the website later.

Motorcyclist Killed on Beltway

t 12:51 p.m. on Friday, Jan. 8, Virginia State Police responded to a crash on the southbound side of Interstate 495 near the 54.8 mile marker.

A 2005 BMW R1200 GS motorcycle ran off the right side of the road and struck a disabled dump truck parked on the right shoulder. The driver of the motorcycle, William H. Engelbrecht, 53, of Alexan-

dria, Va. died at the scene. He was wearing a helmet.

There was no one in the dump truck at the time of the crash. The crash remains under investigation.

ENTERTAINMENT



Dumplings from Kisso Asian Bistro.

Get Ready for Winter Restaurant Week – To Go

By Hope Nelson Gazette Packett

fter last summer's Alexandria Restaurant Week, you know the drill by now: Instead of simply offering dine-in deals, restaurants are offering up takeout or curbside options as well. And they're not phoning it in; dozens of restaurants are participating, and the menu selections are plentiful. From pan-Asian to pizza to pubs, there are a multitude of ways to support your local businesses.

By and large, from Jan. 22 through Feb. 7, \$49 will net you a three-course meal for two; \$25 will do fine for a three-course meal for one.

See www.visitalexandriava.com/restaurants/restaurant-week/ for more.

Here are some of the city's best bets.

Barkhaus,

529 E. Howell Ave.

The new dog-friendly pub has teamed up with the Laughing Pig for a tasting menu that's available for takeout or curbside pickup.

Choose between fried Brussels sprouts or parmesan truffle fries for an appetizer; then select two flatbreads ranging from bacon-sausage-pico to the Barkhaus special; then finish things off with a crepe or fried apple pie. And don't forget to pick a beverage – red wine or Crafters Union beer are both at the ready.

Kisso Asian Bistro,

300 King St.

Kisso is offering two prix-fixe experiences depending on your tastes. Combo A features

Calendar

NOW THRU

MARCH 29 (MONDAYS)

Yoga for Gardeners I. 9:30-10:30 a.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adults) This class features a gentle introduction to the Vinyasa method, which helps participants increase the strength, flexibility and endurance necessary for gardening. \$129 per person for 11 sessions. Class held

www.ConnectionNewspapers.com

seaweed salad and miso soup for two, plus a sushi-sashimi combo and cheesecake for dessert. Combo B features hot and sour soup, meat or chicken dumplings, and a choice of two of five hot (read: non-sushi) entrees, as well as cheesecake to sweeten things up.

Pasara Thai, 2051 Jamieson Ave.

Like Kisso, Pasara is offering two separate prix-fixe choices for their Restaurant Week special. The first choice features a papaya salad and crispy spring rolls to start, followed by pad Thai with chicken and pattaya seafood as entrees and then wrapped up with mango sticky rice or sticky rice with coconut custard. The second option starts off with Thai salad and fried calamari, then moves into drunken noodles with beef and seafood green curry, and ties things up with mango sticky rice or sticky rice with coconut custard.

Piece Out, 2419 Mount Vernon Ave.

Del Ray's newest pizza place is offering up some treats and treasures for Restaurant Week. Select a bottle of house red or white wine to start the proceedings and then dive right into the feast: A choice of two starters, including Greek or winter squash salad and minestrone; then a choice of two pastas; then a gelato or cannoli to share. Toast to your takeout – and to your time out of the kitchen!

Hope Nelson is the author of "Classic Restaurants of Alexandria" and owns the Kitchen Recessionista blog, located at www.kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.

indoors. Register online at www.fairfaxcounty. gov/parks/parktakes (code 6E6.JNLA) or call Green Spring Gardens at 703-642-5173.

SATURDAYS THRU MARCH

Virtual Pure Barre. 1:30-2:30 p.m. Virtual via Zoom. Pure Barre has again partnered with the National Landing BID to bring free virtual

See Calendar, Page 9



AlexandriaRestaurantWeek.com #ALXRestaurantWeek

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News

Salt Enhances Safety, Can Harm Environment

By Glenda C. Booth Gazette Packet

alt season is upon us. On Nov. 6, Virginia Department of Transportation (VDOT) announced they were ready to spread 2.1 million gallons of salt brine and 690,000 tons of granular salt, sand and abrasives on the state's 128,000 miles of roads to make them safe for drivers in any winter weather. Homeowners, shopping centers and others typically use similar amounts to reduce the adherence of snow and ice to pavement. Deicing can reduce crash frequency by 88.3 percent and cut the average cost of each crash by 10 percent, according to a Minnesota study

A U.S. Geological Survey study found that many of the nation's streams and rivers, including the Potomac River, are becoming saltier. In the Mid-Atlantic, a major contributor is road salt.

Share Your Views

The Virginia Department of Environmental Quality (DEQ) has developed a salt management strategy (SaMS) or toolkit for Northern Virginia, intended to offer best practices and educational information. On Jan. 21, at 6:30 p.m., DEQ will hold a virtual public meeting on the toolkit followed by a 30-day comment period.

The toolkit in part grew out of a regulatory requirement called total maximum daily loads (TMDLs) for Accotink Creek, which drains 52 square miles of Northern Virginia and has "chloride impairments" that harm aquatic life. A TMDL represents the total pollutant loading that a waterbody can receive without exceeding water quality standards. DEQ assumes that other streams across Northern Virginia are in a similar condition.

On the salt strategy, Thomas Faha, Director of DEQ's Northern Regional Office, comments, "We have high hopes that it will advance efforts to meet winter public safety goals while reducing negative impacts of salts on the environment and drinking water supplies in the years ahead."

Salt's Harms

Salts do not bio-degrade so they accumulate and end up in streams, rivers and the ocean. Drinking water agencies, like Fairfax Water, lack the technology to remove salt, and it is prohibitively expensive, they argue. Increased salinization in the region "could impact the local ecology and, from a drinking water perspective, the need for a costly change to our drinking 8 ♦ Mount Vernon Gazette ♦ January 21-27, 2021



Trucks pre-staged to deal with anticipated snow, December 2020.



An apparent salt spill in 2018 on Shenandoah Road in the Mount Vernon area next to the Hollin Hall Shopping Center.



Uncovered salt piles at the Springfield Plaza Shopping Center, November 2018.

Public Meeting on Salt Management Strategy (SaMS) Toolkit

Thu, Jan 21, 2021; 6:30 PM - 8:30 PM EST

https://www.deq.virginia.gov/water/water-quality/tmdl-development/salt-management-strategy-development; David.Evans@DEQ. Virginia.gov; 703-583-3835. To register for the meeting, visit https:// register.gotowebinar.com/register/2180983979203362831.

water treatment processes," says Fairfax Water's Susan Miller, Public Affairs Manager.

Elevated salt in drinking water can pose human health risks, especially for people on low-sodium diets. Because salt is corrosive, it can deteriorate highway infrastructure like bridges. Salt also accelerates corrosion of metal in vehicles.

Wildlife attracted to road salt can create hazards. About 200 people are killed annually in approximately one million crashes because of animals on roads.

Birds often mistake road salt crystals for seeds or grit. When ingested, salt can be lethal to birds, reports the New Hampshire Department of Environmental Services. Excessive salt can degrade soil, water and terrestrial and

aquatic plants and animals. Salty sprays from vehicles, spreaders and the wind and runoff can disrupt nutrient uptake and kill trees near roads.

VDOT applies salt to prevent ice bonding to roads, not to melt snow or ice, explains Branco Vlacich, VDOT's Maintenance Division Administrator. If they expect roads to freeze, spreaders apply brine 24 hours in advance, a mixture of 23 percent salt and 77 percent water. Trucks' spreaders have controls so that they spread salt only when the truck is moving. And VDOT pays applicators to return unused salt so drivers do not dump it.

In Northern Virginia, "The challenge is traffic," says Vlacich, so their priority is to get vehicles off the road so 3,000 trucks can



Shopping center managers covered the salt piles after county officials visited and required that the salt be contained.

spread the brine. They also prestage trucks to avoid traffic congestion and enable prompt action. VDOT coordinates planning with local authorities and the federal government. "If we can get traffic off the roads, most snow events are resolved in 24-48 hours," Vlacich says.

Alternatives to salt like beet juice and agricultural byproducts are not economical and many have adverse environmental impacts, say highway managers. Research is needed to find safer approaches.

Vlacich acknowledges salt's downsides and would like to reduce its use. "It's like medicine. For all the good it does you, there are some undesirable effects."

"The good news is there are actions that can be taken to help stop or reverse the trend," says Fairfax Water's Susan Miller, Public Affairs Manager.

What You Can Do

Several studies contend that people probably apply too much, that people "are all too quick to throw salt on sidewalks and streets -- with dangerous consequences for nature," wrote Kristan Uhlenbrock in a 2019 National Wildlife Federation article.

From Fairfax Water:

Shovel early. Remove snow from pavements before it turns to ice. Use salt only after snow has been cleared and only in areas needed for safety.

Use less. More salt does not mean more melting. A 12-ounce coffee mug of salt should be enough for a 20-foot driveway or about 10 sidewalk squares.

Spread evenly. Try to not distribute in clumps.

Watch the temps. When it is colder than 15°F, do not apply winter salt - it will not work. In those cases, consider building traction with alternatives like sand or native birdseed.

Look for leftovers. If you see salt remaining after the ice melts, sweep it into safe storage to keep out of our rivers and streams.

Divert downspouts. If possible, channel downspout spillage to drain onto lawn areas rather than walks and driveways.

Calendar

From Page 7

classes to the community. Visit the website: https://nationallanding. org/do/virtual-pure-barre-intro-classes

THURSDAYS THRU MARCH 11

Happy Hour Yoga. 5:30-6:30 p.m. Virtual via WebEx. The National Landing BID has partnered with Erin Sonn, owner of eat.YOGA. drink, to bring unique yoga experiences to you virtually. This free, hour-long class will have a different theme and playlist each week and requires registration. Visit the website: https://nationallanding. org/do/happy-hour-yoga

JAN. 22 TO FEB. 7

- Alexandria Restaurant Week To-Go. More than 60 restaurants in Alexandria will offer a \$49 takeout. delivery or curbside pick-up dinner for two during Alexandria Restaurant Week To-Go. New this winter. more than half of these restaurants will offer a \$25 takeout dinner for one in addition to the \$49 for two deal.
- This expanded offering was created in response to popular demand from single diners during Alexandria's first Restaurant Week To-Go in August 2020. New Alexandria Restaurant Week participants include Aldo's Italian Kitchen, an Italian eatery on Eisenhower Ave.; Barkhaus, Alexandria's new dog bar; Carlyle neighborhood eatery Pasara Thai and The Alexandrian hotel's new restaurant King & Rye. Restaurants offering to-go deals for one and two people include Los Cuates, Rus Uz, Sonoma Cellar, Village Brauhaus and more.
- View the menu flip-book and make reservations at www.AlexandriaRestaurantWeek.com or 703-838-5005

SATURDAY/JAN. 23

- Garden Talk -- Easy Houseplants to Grow. 10-11 a.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. You don't have to wait for spring to satisfy that itch to garden.
- Take your passion for gardening indoors this winter with some help from the folks at Green Spring Gardens. Come to the "Garden Talk-Easy Houseplants to Grow' program and Extension Master Gardeners will show you how you can enjoy beautiful flowering plants and foliage plants inside your home. Get the know-how to be successful gardening indoors when it is too cold to be digging in the soil outside. The cost is \$10 per person. Call 703-642-5173; or visit Green Spring Gardens.

SUNDAY/JAN. 24

- Sizzling Succulents. 1:30-2:30 p.m. At Green Spring Gardens 4603 Green Spring Road, Alexandria. (16-Adult) Colorful and creative succulents are the one of the easiest ways to brighten a patio or garden with little effort. Garden professional Brie Arthur shares growing and propagation advice about her favorite tender and hardy succulents.
- Learn creative combinations for yearround interest and new introductions for cold hardiness. Low maintenance, drought tolerant and eye catching, Sizzling Succulents will encourage you to indulge in this sustainable growing trend. Register with code 7QN.XCYD.

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Legals Legals Announcements Announcements Notice of Availability of an Environmental Assessment and Draft Finding of No Significant Impact Addressing the Proposed Construction of the Feeling Stressed **Training Support Facility at Humphreys Engineer Center in** Alexandria, Virginia Interested parties are hereby notified that Humphreys Engineer Center has prepared an Environmental Assessment (EA) and a Draft Finding of No Significant Impact (FONSI) in about COVID? accordance with the National Environmental Policy Act (NEPA) of 1969, and regulations implementing the procedural provisions of the NEPA, 40 Code of Federal Regulations (CFR) 1500-1508, and Environmental Analysis of Army Actions, 32 CFR 651. The EA analyzed the potential environmental impacts that may occur as a result of the proposed construction of the Training Support Facility at Humphreys Engineer Center in Alexandria, Virginia. A copy of the EA and Draft FONSI are available for review and comment at the following Virginia C.O.P.E.S. Warmline Fairfax County Public Library locations: Lorton Branch, Sherwood Regional Branch, and Kingstowne Branch. The documents are also available at: https://www.nab.usace.army. mil/CorpsNotices/. Comments on the EA and Draft FONSI should be submitted to Mr. Victor H. Stephenson, at Victor.H.Stephenson@usace.army.mil. Please contact Ms. Elizabeth 877-349-MHAV (6428) Shipley at 410-962-4993 with any questions. Comments must be received no later than 30 days after publication of this Notice of Availability. Announcements Announcements Monday - Friday 9am - 9pm Saturday - Sunday 5pm - 9pm **OUTER BANKS, NORTH CAROLINA · VACATION RENTALS OPEN TO ALL VIRGINIANS | YOU ARE NOT ALONE 500 VACATION HOMES** Selling fast for summer 2021 due to need to escape covid dlev Announcements Announcements **Book now for best selection!** American Standard Walk-In Tubs www.brindleybeach.com WALK-IN BATHTUB SALE! SAVE \$1,500 Announcements Announcements ✓ EXPERIENCE YOU CAN TRUST! Only American Standard has OVER 140 years of experience and offers Leaf 1/ Filter INSTALLS ON NEW the Liberation Walk-In Bathtub. & EXISTING GUTTERS SUPERIOR DESIGN Ultra low easy entry and exit design, wide door, built-in safety bar and textured floor provides a safer bathing experience ✓ PATENTED QUICK-DRAIN® TECHNOLOGY ✓ LIFETIME WARRANTY! The ONLY Lifetime Warranty on the **AFTER LeafFilter** bath AND installation, INCLUDING **BEFORE LeafFilter** labor backed by American Standard. 44 HYDROTHERAPY JETS! More than any other tub we've seen FREE! Savings Include an American Standard Right Height Toilet FREE! (\$500 Value) % Lifetime Warranty! AND! Finance Options Available OFF OFF OFF YOUR ENTIRE PURCHASE SENIOR & MILITARY DISCOUNTS Limited Time Offer! Call Today! TO THE FIRST 50 CALLERS!** 7-69 Promo Number: 285 CALL US TODAY FOR 1-877-614-6667 Or visit: www.walkintubinfo.com/vapa Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST An expert is someone who knows some *For those who qualify. One coupon per household. No obligation estimate valid for 1 year. ** Offer valid at es-timate 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 Li-cense# 2705132153A License# LEAFFNV822JZ License# WV056912 License# WC25998H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# (12722) Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H of the worst mistakes that can be made

in his subject and how to avoid them. -Werner Heisenberg

Cancer and Covid ...

By KENNETH B. LOURIE

.. don't exactly go together like milk and cookies. Rather they go together like snow and ice. One or the other is bad enough, but together they become even worse. And unfortunately I have one, and am constantly worried/mindful of the other. Moreover, since covid is kind of a pulmonary issue, those of us who have cancer in the lungs, where we're already compromised, need to contract a virus like this like Washington, DC needs a "wintry mix" in the forecast.

In the course of my ongoing papillary thyroid cancer protocol, recently I spoke with an oncology pharmacist (who knew?). When he asked me, during our regular monthly phone call if I was experiencing any new symptoms, I was honest and said "Yes, shortness of breath." He noted my response and subsequently completed our call, as per usual. Not 10 minutes later, he called back. He had just spoken with my oncologist who he advised said that I should go to Urgent Care immediately. "Excuse me? What do I tell the doctor? Will my oncologist have spoken to them/expressed his concern/coordinated my care?" "No," I was told. "Just tell them your symptoms." Having had a negative covid test the week before Christmas, and have pretty much been at home ever since. I didn't believe I had the virus. But considering how little I know about such matters, I went with the medical flow and made an Urgent Care appointment for 2 pm that same day.

What I learned later that day after three hours in Urgent Care after an examination, lab work and chest X-Ray was the true reason why my oncologist wanted me not to wait for care: bloods clots which could lead to a pulmonary embolism (clots moving through the bloodstream and ending up in the lungs) where they could burst, so to speak, and cause a sudden death. So the concern wasn't covid, it was more sinister: immediate death if left unresolved. Little did I know, thankfully. Otherwise, I might have been a bit more anxious.

Luckily, my lab work was normal, my chest X-Ray was clear, and I had no corroborating symptoms: my legs weren't swollen and I had no chest pain. Nothing was mentioned about covid. Even though that was my presumption for the urgency, apparently, that was not my oncologist's concern. By 5 pm, with no new symptoms to report, I was released on my own recognizance. If I experienced any shortness of breath, I was encouraged to call. I was prescribed an inhaler - like those used by asthmatics, with the proper medicine and advised not to hesitate using it should the need arise. I was given approximately 30 doses, I was told.

I then went to the pharmacy to pick up my parting gift. After a 30 minute or so wait, my name was called and I went up the window to collect my goodies. Now I was free to go. Within 45 minutes I was home. No fuss, no muss, as it turned out. My follow up appointment with my oncologist is next Tuesday (as I write this on Sunday) which also happens is my next scheduled video visit, previously scheduled to discuss the results of the previous week's CT Scan and brain/ abdomen MRI which amazingly, miraculously continue to show shrinkage of the thyroid tumors located in my lungs (you know, my pre-existing comorbidity). And of course this comorbidity is the reason I'm extremely cautious and occasionally even proactive because to not would be incredibly stupid and irresponsible.

Now, if I could only figure out how to lock and load this inhaler, I might actually be able reduce the stress and discomfort when I become short of breath. But knowing now that my symptoms were not covid-related, nor as I learned later that day, blood-clot-oriented, I can breathe easier before, during and after I'm short of breath, if you know what I mean?

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







Helping Children Navigate Anxiety

Sharing feelings, listening without judgement during current political turmoil.

or unsettling event, it

is important to gauge

or young adult under-

stands the situation."

- Marla Zometsky, Therapist and Well-

ness, Health Promotion & Prevention

Manager at the Fairfax-Falls Church

Community Services Board (CSB).

how a child, adolescent

By Marilyn Campbell Gazette Packet

s communities cope with the shock of daunting images of the recent riot at the U.S. Capitol, the mental health toll children and teens can be significant but go unnoticed, say local therapists. Some children turn inward, withdraw and refuse to discuss their feelings. A child's response to these intense situations will vary based on age. "This is because "As with Any challenge

"This is because they are at different stages of development and how they process and understand the world around them," said Marla Zometsky, therapist and Wellness, Health Promotion & Prevention Manager at the Fairfax-Falls Church Community Services Board (CSB). "Children may not know how

or be able to express their feelings. Some may have trouble sleeping, be irritable, or be more frightened in general. Middle school children may have trouble focusing, be preoccupied with the events, or withdrawal more. Teenagers may feel overwhelmed by the intensity of their emotions."

Parents and caretakers can begin to help their children by starting a dialogue, listening without interrupting and validating a child's feelings. "As with any challenge or unsettling event, it is important to gauge how a child, adolescent or young adult understands the situation," said Zometsky. "They may believe they are in direct harm or at risk. Knowing what a child or youth believes or thinks about a situation helps parents and caregivers know how to respond and to provide correct, reliable and age-appropriate information."

From anxiety to depression, children absorb the reactions of their parents, which might include stress, anxiety, depression, anger, frustration and other emotions. "Parents sharing their feelings with their children is

Bulletin Board

From Page 3

System to vaccinate frontline essential workers and 40,000 public and private school staff and teachers.

VOLUNTEERS NEEDED

Assistance League of Northern Virginia, a volunteer nonprofit, invites community members positive, as it normalizes that we all have emotions which need to be expressed," said Laura Finkelstein, Ph.D., Marymount University's Assistant Vice President of Student Health and Well-Being. "However, parents ideally share feelings in a boundaried way, without children feeling like they have to take care of their parents."

The mental health of middle and high school might be impacted by what they might see on television, hear at school or

> learn from peers regarding the political climate, added Finkelstein. "[It] impacts most of us, and children are no exception," she said.

> In fact therapists have seen a significant spike in cases of anxiety and depression in children and teens since the beginning of COVID-19 and during the recent political instabil-

ity, says Maryland-based therapist Courtney Hart, LCSW-C. Hart, who specializes in treating adolescents who struggle with anxiety and depression, said "If parents or caretakers are concerned ... I think one of the best things that they could do is have their child meet with a mental health professional," she said.

Among the signs that seeking help from a therapist might be prudent are a lack of interest in activities that they normally enjoy or expressing emotions that are normally out of character such anger, irritability or sadness, advises Hart.

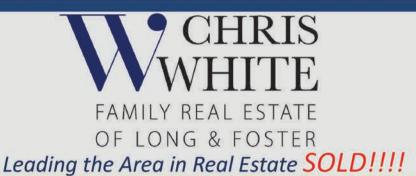
"Children and teens are going through an unprecedented time and they are isolated from most of their social interactions," she said. "They are at home with parents even though developmentally tweens and teens are starting to separate from their parents and look to peers for acceptance. They are dealing with huge losses of a typical childhood. A child or teen in individual or group counseling will find a safe place to process those feelings and develop healthy coping skills."

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 lynnieb517@ verizon.net.







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