

Oak Hill Herndon CONNECTION



PHOTO BY MERCIA HOBSON/THE CONNECTION OPINION, PAGE 2 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 6

Friday, March 13:
Fairfax County
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mentary in Hern-
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meals to students.

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OPINION

Session Wrap-Up 2020

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

The General Assembly session that adjourned last week was a busy one; 3,001 bills and resolutions were introduced, and 1,351 of those passed. But the historic nature of the session was not in the number of bills introduced: it was in the shift in philosophy governing the state that went from conservative to progressive. The Associated Press termed it "one of the most consequential sessions in Virginia's history."

Some of the more noteworthy bills that passed are summarized below. I voted for them unless otherwise noted.

The General Assembly ratified the **Equal Right Amendment** after about 40 years of refusing to do so. Virginia is the 38th state to ratify the ERA; federal courts will decide if the amendment was ratified within the deadline set for it.

Numerous laws that had been put in place over the last several decades to make it difficult for a woman to have **access to an abortion** were repealed including a mandatory 24-hour waiting period and ultrasound testing. Dozens of **Jim Crow era laws** that limited the rights of Black people were removed from the code as they had been declared unconstitutional by federal courts years ago. Local governments were given authority to determine the fate of **Confederate monuments** in their jurisdictions.

The **Virginia Values Act** prohibits discrimination in housing and employment for all persons. My bill to bring **protections of the hate crime law** to all persons regardless of



COMMENTARY

sexual orientation or gender identity passed as did other bills to **prohibit LGBTQ discrimination**. **Conversion therapy** on minors is banned under a new law.

Major bills passed to **make voting easier**. No-excuse absentee voting passed, and election day will now be a holiday. Repeal of the photo ID requirement for voting passed.

The environment received extra attention. The **Clean Energy Act** sets Virginia on course to be carbon neutral by 2045 as well setting timelines on the move to wind and solar power and the use of more renewables. My bill to **clean up the Chesapeake Bay** with more nutrient management of agricultural run-off passed as did my bill to manage the menhaden fishery as an important part of the ecology of the Bay.

Seven of the eight bills to **end gun violence** proposed by Governor Northam passed including my bill to establish universal background checks for all firearm purchases. Other bills to limit handgun purchases to one a month passed as did a bill to limit gun possession for persons who are the subject of a restrictive order for violent behavior.

The biggest step in decades towards **transportation** improvements passed. The additional gas tax raised by the bill will provide monies necessary to improve the roads in the state as well as provide monies for mass transit and rail. A bill to ban holding a **cell phone** while driving passed. No longer will driver's licenses be suspended for unpaid court fees and fines under a bill that passed. Undocumented immigrants will be able to get a driver's license.

For workers, the **minimum wage** will be going up from its current \$7.25 to \$9.50 this year and to \$12 in three years. My bill to raise the minimum wage at a greater level was incorporated into the bill that passed. A bill to allow **collective bargaining** between local governments and their employees passed.

Balance billing for hospital and medical costs are eliminated by another bill that passed. A Virginia **health insurance exchange** will be established to replace the federal one.

I voted against a bill that passed that allows five cities to have a referendum on **casino gambling**. I voted for a bill that will ban thousands of slot-machine-like games of skills in restaurants and stores.

Possession of a small amount of **marijuana** has been decriminalized. As part of legislation to end the **school-to-prison pipeline**, a bill passed to prohibit students from being found guilty of disorderly conduct for actions in school.

A **constitutional amendment** to have a 16-member panel of legislators and citizens redraw legislative and congressional district lines passed for a second time and will be on the ballot for voter approval in November.

A \$135 billion **biennial budget** provides more money for pre-school education, raises for teachers and state employees, more school counselors, more developmental disability waiver slots, free community college for certain eligible students, among other improvements.

For more information on bills summarized here and on other legislation passed, go to <https://lis.virginia.gov/>. Most bills have not been signed by the Governor but are expected to be.

LETTERS TO THE EDITOR

A Pattern That Can't Be Ignored

To the Editor:

I am writing in response to the article titled "Wellbeing: Inflicting Pain to Gain Relief" (Connection, March 4-10, 2020.) As mentioned in the article, there has been a rise in teen self-harm over the years. I think it is important to take a step back and recognize the causes of the increases in self-harm. This isn't something that is randomly affecting people but rather something that is largely affecting teens, starting as early as middle school. This is a pattern that cannot be ignored.

Why is it that so many teenagers are experiencing self-harm? Could it be our school environments? Could it be that screen time is replacing in-person contact? Perhaps teenagers find that their only outlet left is to turn to self-harm. It's vital that we help

the individuals going through self-harm, but it is just as important that we take a step back and try to understand the outside forces that have caused this disproportionate pattern in teenagers. I believe that there is something more significant going on than individual events but rather a group of people situated in a society that could be an outside force causing this problem. It is up to us to address this.

Lianna Williams
Vienna

Inspirational Fight for Women's Rights

To the Editor:

This year's Women's History Month is particularly special because Virginia became the 38th state to ratify the Equal Rights

Amendment (ERA). The ERA is designed to guarantee equal rights for all American citizens, regardless of gender. While it's disappointing to know that it took so long to ratify women's equality, we have seen women, such as, Malala Yousafzai, fight for justice in all parts of the world. As a college student and young Muslim women, seeing someone like her who is not afraid to fight for women's rights while maintaining her Muslim identity is inspirational.

It is disappointing that Pakistan and other Muslim countries deny women the access to education, which is what Malala Yousafzai bravely fought for. The Holy Prophet Muhammad (peace and blessings be upon him) emphasized the importance of education for both genders. He said, "It is the duty of every Muslim man and every Muslim woman to acquire knowledge."

This Women's History Month, as we celebrate Virginia's historic

achievement, let us also not forget about Muslim women role models such as Malala Yousafzai or political leaders, such as, Ilhan Omar and Rashida Tlaib. Let's come together to celebrate the achievements of women from all nationalities and religions.

Sabiha Basit
Centreville

Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.
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Global to Local: This Is Not a Test

WEEK ONE: 03/09-03/15

BY MERCIA HOBSON
THE CONNECTION

We are in this together to save the lives of people in Fairfax County, the Commonwealth of Virginia, the nation and across the globe - a fight against COVID-19. It's real; it's here, and this is not a test. Take it seriously. Cesar del Aguila, Town of Herndon Councilmember, reflected on the week's events late Sun. night, March 15. "This is a generational transformation to our country and culture. This will affect everything. How we work, communicate and congregate," he said.

During the days leading up to Sunday, March 15, events related to COVID-19 escalate. Residents and leaders in the Town of Herndon, nearby communities of Reston and Great Falls, Fairfax County, the Commonwealth of Virginia, the nation and globally try to make sense of it and how best to respond. They consider needs and risks as COVID-19 spreads.

TUESDAY, MARCH 10: The World Health Organization releases the statement: "The International Federation of the Red Cross (IFRC), UNICEF and the World Health Organization (WHO) today issued new guidance to help protect children and schools from transmission of the COVID-19 virus... In the event of school closures, the guidance includes recommendations to mitigate against the possible negative impacts on children's learning and well-being. This means having solid plans in place to ensure the continuity of learning, including remote learning options such as online education strategies and radio broadcasts of academic content, and access to essential services for all children."

In Fairfax County, Health Director Dr. Gloria Addo-Ayensu and Benjamin Schwartz M.D., Division Director, Epidemiology and Population Health, Health Department provide a coronavirus (COVID-19) briefing to the Board of Supervisors at its regular meeting. "What you will hear today is the Health Department turning up that dial-in collaboration with partners like the healthcare community, schools and businesses, community organizations and leaders of our diverse ethnic communities and places of worship and so on...and minimize potential impact of this global public threat on our community," says Addo-Ayensu.

Schwartz addresses the Supervisors. "The spread is mainly from person-to-person through respiratory droplets when an infected person coughs or sneezes...those droplets do not remain suspended in the air...and only travel less than six feet. That is our magic distance," he said... Is this going to be a global pandemic that engulfs our communities and our country?" says Schwartz. "Certainly, we cannot predict the future, but I think there is a better question than what can we predict, and that is what



Thursday, March 12: Restaurants are empty shortly after 7 p.m.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Friday, March 13: School is closed because of COVID-19, yet only two children play on the equipment in Herndon.

we should be planning for," he says.

WEDNESDAY, MARCH 11: The World Health Organization officially declares the new coronavirus disease COVID-19 a pandemic. It is rapidly spreading far and wide.

THURSDAY, MARCH 12: COVID-19 becomes a reality in Fairfax County. At a press conference that evening, Jeff McKay, Chairman of the Fairfax County Board of Supervisors, says, "It is a challenging and evolving situation, but we are well prepared in Fairfax County." Dr. Scott Brabrand Superintendent of Fairfax County Public Schools says they will guide with a "tiered approach" collaborating with local medical authorities and others. He adds that the public schools will stay open because there is no evidence of "community spread" in the Northern Virginia area of the virus, according to health officials.

At 11:34 p.m. that evening Fairfax Schools

@ fcps tweets: "All FCPS schools will be closed Friday, March 13, 2020. School offices and central offices will open on time with an unscheduled leave policy in effect for 12-month employees. (Condition 2). More details to follow."

FRIDAY, MARCH 13: World Health Organization announces: "More than 132,000 cases of COVID-19 have now been reported to WHO, from 123 countries and territories. 5,000 people have lost their lives, a tragic milestone. Europe has now become the epicenter of the pandemic, with more reported cases and deaths than the rest of the world combined, apart from China. More cases are now being reported every day than were reported in China at the height of its epidemic...Our message to countries continues to be: you must take a comprehensive approach. Not testing alone. Not contact tracing alone. Not quarantine alone. Not social distancing alone. Do it all."

COVID-19 Pandemic hits the area.



Friday, March 13: Fairfax County schools are closed. At Hutchison Elementary School in Herndon, Dawn Dzurilla, food manager at Terraset Elementary School in Reston, distributes grab-and-go meals to students.

Virginia Gov. Ralph Northam declares a state of emergency in response to the coronavirus pandemic as public school districts across the Commonwealth start to announce closures. "Quite frankly, we're getting mixed messages from the federal government. We find that unacceptable, so I'm taking the lead on this, but we will do everything and continue to do everything in Virginia to keep Virginians safe," says Northam. A declaration is an administrative tool that allows for additional flexibility in dealing with the virus.

Fairfax County Public Schools announces schools closed through April 10; for staff who work less than 12 months, schools closed for at least two weeks. According to the Fairfax County Public Schools website: "We will reassess schools reopening for those staff members after two weeks, and we will make that decision no later than Friday, March 27...Schools will be open on Monday, March 16, to assist with providing technology to students in grades 3-8 that do not have technology at home."

St. Joseph Catholic School in Herndon announces it is closed until Apr. 10. However, students can access the building to gather materials for distance learning, which begins Tuesday, March 17.

Fairfax County Emergency Information, Fairfax Alerts posts 4:26 p.m.: "Fairfax Alerts: Two new presumptive positive COVID-19 cases announced Friday, March 13 <https://bit.ly/2WdrGWW> nixle.us/BPC4E"

Fairfax County Emergency Information, Fairfax Alerts posts 6:20 p.m.: "March 13 daily update: info on getting tested, school closures, SACC, courts, businesses and more <https://bit.ly/3cZ4mST> nixle.us/BPCFC"

Shelves at local Costco, Walgreens, Giant and other stores empty of given items, with rationing of goods such as rice, sugar and antiviral cleaning supplies. Home Depot in Reston posts a sign "No N-95 masks."

Emergency food programs stand up overnight at five public schools to cope with food

SEE THIS IS NOT A TEST, PAGE 4

This Is Not a Test

FROM PAGE 3

insecurity for some of the community's neediest. At Hutchison Elementary School in Herndon, Dawn Dzurilla, food manager at Terraset Elementary School in Reston, helps out. She stands on the sidewalk in front of a table piled high with grab-and-go meals. In the first thirty minutes of being open, she reports 96 free lunches served at no cost to students and 12 adult lunches at \$2 each distributed. Plans are to expand the food distribution to other schools the week of March 16, according to the FCPS website. A spokesperson for Fairfax County Schools confirms, "The grab-and-go meals are available to anyone, regardless of age or residency."

In the Town of Herndon, a handwritten sign inside the Herndon Community Center reads, "HCC Classes CANCELLED Friday @12:00 until Sunday night." The hallway is empty. No one is in the gym, two people are in the exercise room and one person is in the pool. At an adjacent outdoor playground, a woman, who asked not to be identified, sits with a bottle of sanitizer in her hands and watches children from a karate studio play on the equipment.

SATURDAY, MARCH 14: Fairfax County Emergency Information, Fairfax Alerts posts: "Four new presumptive positive COVID-19 cases announced Saturday. Details: <https://bit.ly/38Knv7G> nixle.us/BPEQN

"The total number of (COVID-19) cases in the Fairfax Health District is now 10. The results are considered presumptive, pending confirmation by the Centers for Disease Control and Prevention (CDC), which has not yet occurred for any of the cases." The alert adds: "One of the individuals is a Fairfax County Public Schools teacher at Lynbrook Elementary School."

The release quotes Dr. Gloria Addo-Ayensu, Director of Health with the Fairfax County Health Department, to say: "At this time, there is no evidence of sustained community spread of the novel coronavirus, and the risk to the general FCPS community remains low."

Reston Community Center announces on its website: "RCC will follow Fairfax County Government decision-making and guidance...Our facilities are receiving added hygienic cleaning attention regularly...Aquatics Patrons: The CDC has issued the following guidance with respect to the ability of people to use swimming pools during the pandemic: There is no evidence that COVID-19 can be spread to humans through the use of pools and hot tubs." As of 3:30 p.m., RCC cancels 15 programs and events at its Lake Anne Community Center Only two programs remain open.

The Virginia Department of Health reports the state's first COVID-19 death, a hospitalized man in his 70s who previously tested positive for COVID-19 and died of respiratory failure after acquiring the virus through an unknown source.

SUNDAY, MARCH 15: Closures trend. "VDH (Virginia Department of Health) is no longer reporting the pending number of tests as testing capacity has expanded to include commercial laboratories. Commercial laboratories report all results to VDH," according to the Virginia Department of Health.

At 1:08 p.m. Fairfax County Emergency Information posts: Senior Centers, Adult Day Health Care Centers closed effective immediately. Details: <https://bit.ly/39To4xm> nixle.us/BPFN4.

Additionally, beginning Monday, March 16, Fairfax County will provide meal delivery service to regis-



PHOTO BY MERCIA HOBSON/THE CONNECTION

Saturday, March 14: John Hobson chooses some mushrooms at the Great Falls Farmers' Market, a Winter Indoor Market located at the Great Falls Grange, 9818 Georgetown Pike Great Falls.

tered participants who wish to obtain them. County staff will be contacting participants and caregivers directly to make those arrangements."

At 4:46 p.m., Fairfax County Emergency Information posts: "Fairfax Alerts: Park, library and other community facilities to close for two weeks. Details: <https://bit.ly/39To4xm> nixle.us/BPFN4

At 6:07 p.m., Fairfax County Emergency Information posts: Fairfax Alerts: Guidance for community events includes state ban on gatherings of more than 100. Details: <https://bit.ly/33IYm2b> nixle.us/BPGBJ

The Herndon Community Center and Tennis Bubble close until Mar. 27; preschool classes close until April 10, according to the Herndon Parks and Recreation Facebook page.

At 7:43 p.m., Fairfax County Emergency Information posts: "Fairfax Alerts: Circuit Court open Monday, General District Court cancels all dockets (GDC bond hearings will continue)."

Meanwhile, small crowds are out and about at weekend events in the northwestern area of Fairfax County. An indoor Farmers Market in Great Falls Saturday at the Grange draws a reported 100 patrons over the four hours of operation, with individuals spread out over the two floors. In Herndon, families and individuals stroll and cycle on the W & OD Trail. In Reston, the Kalypso Sports Bar Leprechaun arrives by pontoon boat, docking at Lake Anne. He distributes gold coins much to the delight of the 10-person crowd. In Herndon, patrons visit a local nursery planning their next garden.

RELIABLE SOURCES (NOT SOCIAL MEDIA)

Current information on the COVID-19 pandemic changes not just daily but hourly. Situation reports are being updated; facts presented and myths knocked down. Reliable information can be sourced from local to global sites such as:

Fairfax County - Fairfax County Health Department www.fairfaxcounty.gov/health/novel-coronavirus Call 703-267-3511. The center is open from 9:30 a.m. until 9 p.m. on weekdays and from 9:30 a.m. to 5 p.m. weekends. Residents can text FFXCOVID to 888777 to receive updates from Fairfax County about COVID-19.

State of Virginia - Commonwealth of Virginia Health Department: Virginia Department of Health (VDH) www.vdh.virginia.gov/coronavirus

National Center for Disease Control and Prevention www.cdc.gov/covid19.

Global - World Health Organization <https://www.who.int>

VIEWPOINTS

The Connection asked residents to reflect on how COVID-19 was affecting their lives.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Natalia Vintimilla, 15, of Herndon - I'm not allowed to go to other people's homes. I can always walk my dog, though. He's a priority.

Alexa Schoenenfeldt, 15, of Herndon - My parents are restricting me from going anywhere with a large crowd.



Joanne Guzman of Herndon - We had some concerns (about COVID-19). My first reaction was to work from home. Pictured with baby Elle, 1 1/2.



Vincent Brown of Herndon works in Reston - I'm doing the same things I always did before. I work with the general public, and you have to take caution, always.



Vicky Hadjikyriakou, owner of Reston restaurant, Kalypso's Sports Tavern watches from afar (not pictured) as the Kalypso Leprechaun docks at Lake Anne. - We're fortunate we have a beautiful patio where people can enjoy the warm spring weather in the outdoor air. We are open for business, mindful of the concerns of our community and taking precautions as the CDC recommends.

Town of Herndon COVID-19 Update

The following Town of Herndon update (as of March 16, 2020) was made available to the Connection Newspapers:

Town of Herndon: The Fairfax County Health Department and the Virginia Department of Health are the lead agencies for providing health care resources to citizens in the Town of Herndon. The town government is reliant on and deferring to these agencies in matters related to COVID-19. Text FFXCOVID to 888777 for Fairfax County Health Department updates. Fairfax County Health Department Information and Updates on COVID-19

Virginia Department of Health Information and Updates on COVID-19

Closures, cancellations & suspensions: The Herndon Community Center is closed through Friday, March 27. All classes and programs are canceled. The tennis bubble is also closed. The Herndon Community Center preschool is closed until April 10. The Kids Trout Fishing Derby and Ice Breaker 5K Race, scheduled for later this month, are canceled. The

Herndon Police Department (HPD) is suspending until further notice the following non-emergency services: use of the HPD Community Room; tours of HPD facilities and vehicles; the HPD ride-along program and Friday afternoon fingerprinting services.

Payments: People are discouraged from making in-person payments at the Herndon Municipal Center. Residents and business representatives making payments to the town may: call 703-435-6813, use the drop box outside of the main doors of the HMC on Lynn Street (non-cash payments only), mail non-cash payments to 777 Lynn Street, Herndon VA 20170 and visit <http://herndon.munisselfservice.com/citizens/default.aspx>.

Updates: Additional town updates will be communicated through several channels; the town's e-newsletters, Facebook, Twitter, and <https://www.herndonva.gov/departments/communications-economic-development/covid-19-update>

—MERCIA HOBSON

Reston Teen Earns Gold Award for Mosquito Vector Control

There is a senior Girl Scout who is working to help protect Reston from mosquito bites. As a part of her Girl Scout Gold Award, Julia Cartwright, 16, of Reston - 10th grader at Herndon High - has been giving mosquito vector control presentations in Reston and Northern Virginia on how to reduce mosquito populations and avoid mosquito bites. She is also erecting blue bird houses at select locations in Reston. Blue birds are voracious consumers of insects to include mosquitos. Julia is available to give presentations to your neighborhoods. She also has mosquito prevention brochures as well as mosquito dunks to put in any standing water you have on your property that you can't remove yourself.

Our weather will be warming up soon and with it will come the itchy and potentially dangerous bite of mosquitoes. But what can you do about it? The answer is a lot! Here is some important information you can use to help Reston reduce the population of mosquitoes around our homes and to reduce or eliminate mosquito bites.

The mosquito that is numerous in Reston is the Asian Tiger mosquito. It is a very small mosquito that has white bands on its legs. Like all mosquitoes, Asian tiger mosquitoes are dangerous. A fast moving, very aggressive biter, this type of mosquito comes out during the daytime to feed and has the ability to carry and transmit many dangerous pathogens including the West Nile virus, the Chikungunya virus, encephalomyelitis, dengue fever, yellow fever and dog heartworm.

You can help prevent an infestation of mosquitoes by doing the following.

- ❖ Make sure there is no standing water on or around your property. After a rain, make sure there is no container with standing water in it. Mosquitoes can breed in containers as small as a bottle cap.

- ❖ Cover up your lower legs and feet. Although the Asian Tiger will bite anywhere on your body, it prefers your lower legs and feet. Did you know that if a mosquito bites you, you have provided the blood meal the mosquito needs to produce 300 more mosquitos.

- ❖ Use mosquito repellents that have DEET in them. You can call Julia for mosquito prevention presentations, brochures or mosquito dunks at 571 217 4403 or acartwr501@comcast.net.



PHOTOS CONTRIBUTED

Julia Cartwright Mosquito Vector Control Presentation and distribution of educational material Aug. 25, 2019



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Virginia Department of Transportation

PUBLIC NOTICE

Proposed Limited Access Control Changes Dulles International Airport Access Highway and Dulles Toll Road from Fairfax County Parkway to Monroe Street and Route 28 from Dulles Toll Road to Frying Pan Road Fairfax County

Willingness for Public Comment

The Virginia Department of Transportation (VDOT) and the Metropolitan Washington Airports Authority (MWAA) are accepting comments regarding proposed limited access control changes for the Dulles Corridor Metrorail Project along the Dulles International Airport Access Highway and the Dulles Toll Road (Route 267) between Fairfax County Parkway and Monroe Street, and for Route 28 (Sully Road) between the Dulles Toll Road and Frying Pan Road in Fairfax County. The project will extend the Washington Metrorail Silver Line from Reston to Ashburn. The initiative aims to improve connectivity between Washington and the Dulles Corridor. This project will involve changes and/or breaks in limited access control.

Review the project information and National Environmental Policy Act documentation as required by the Federal Transit Administration at MWAA's Metrorail extension project office at 198 Van Buren Street, Herndon, VA 20170. Please call ahead at 703-572-0800 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

The VDOT Northern Virginia District Office and MWAA invite public comments related to the proposed limited access control changes. Comments must be sent to Mr. Arif Rahman, Project Manager at the above address or Md.Rahman@vdot.virginia.gov on or prior to **April 6, 2020**. Please reference "Dulles Corridor Metrorail Project Limited Access Control Changes" in the subject line.

VDOT and MWAA ensure nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775 or Martha McAllister, MWAA, at 703-572-0506.

State Project: 0267-029-900, C501
 UPC: 97226



Talking to Children about Coronavirus

Sharing developmentally appropriate information can ease fears.

BY MARILYN CAMPBELL
THE CONNECTION

From school closures to travel bans, the rapid spread of coronavirus has led to a time of unprecedented uncertainty. Feelings of anxiety and fear are rampant, particularly in children, say educators. Helping them feel grounded and having open and honest conversations can soothe feelings of angst.

“Stick to routines and schedules when possible,” said Karen Kunz, Middle School Counselor at St. Stephen’s & St. Agnes School. “Children thrive with clear structure and schedules. Even with school closures, start to imagine what a schedule might look like at home.”

A child’s age will affect the approach that a parent might take. “Keep in mind, depending on their developmental level, children will comprehend and be concerned about different things regarding the coronavirus,” said Linda McKenna Guly, Ph.D., professor of psychology at Marymount University.

Those who are of kindergarten age or younger might feel an unrealistic fear of the virus because of the ego-centrism and magical thinking which are common for that age group, says Guly.

“School-aged children probably have a concrete understanding of how this virus is transmitted and understand well the importance of washing their hands,” said Guly. “Their frustration will come from refraining from favorite activities such as sports or music events, school, or socializing in groups of kids.”

Assuring children that there will be a return to normalcy soon and answering their questions honestly, logically and respectfully is the approach Guly suggests.

“Teenagers understand the basics of the virus, but they could get caught up with myths associated with coronavirus, especially because there is a lot of true and false information online,” she said. “I’ve observed that in my own teenage sons. Monitor and discuss what they are hearing and help them learn to distinguish fact from fiction about corona.”

For this age group, living with a heightened level of uncertainty can evoke strong emotions. “Teens will be very frustrated and annoyed by restrictions placed on group activities that they love, especially those that involve time with peers,” said Guly. “Be sympathetic to your teen about those frustrations.”

“For older children, monitor the amount of social media and internet access they are consuming,” added Kunz. “Social media sites can easily aggravate and heighten anxiety and worry by sharing misinformation.”

While information about the virus is moving rapidly and details are evolving, maintaining a sense of normalcy can be challenging. “Stay calm and carry on,” said Susan DeLaurentis, Director of Counseling and the Lower School Counselor at St. Stephen’s & St. Agnes School. “Modeling calm and reasoned reactions to stressful events help children manage their own anxiety. They look to parents and other adults



PHOTO BY MARILYN CAMPBELL

Turning hand washing and the use of hand sanitizer into a game or a competition for younger students can help them find joy in a stressful situation, says Susan DeLaurentis of St. Stephen’s & St. Agnes School.

to see their verbal and non-verbal reactions, and will often follow suit.”

“School nurses, school counselors, school psychologists, and school social workers can support these discussions and follow up with students who may need additional support,” added Lucy H. Caldwell, director of news and Information, Fairfax County Public Schools (FCPS). “In addition to talking with children about the importance of washing hands, covering coughs and sneezes.”

When discussing COVID-19, stick to basic facts in a developmentally appropriate fashion, advises DeLaurentis. “Reassure your children that we are doing exactly what we should do right now,” she said. “Also, using the fact that children don’t seem to be as affected by the virus is a fact that can be reassuring to children.”

“As a parent or caregiver, your first concern is about how to protect and take care of your children and family, added Kurt Larrick, Assistant Director of the Arlington County Department of Human

Services “Some basic knowledge is a great place to start.” It can be comforting to highlight the actions that children can take to protect themselves, suggests DeLaurentis. “Emphasize what children can control in the situations they are in,” she said. “They can wash their hands, and even turning that into a game or a competition for younger students can help them find some joy in a stressful situation.”

Find a balance between staying informed and information overload and monitor the amount of time children are exposed to news about COVID-19, says DeLaurentis.

“Younger children often cannot comprehend the information they hear on the news,” she said. “They may misunderstand or misinterpret the news they hear, and often this misinformation can lead to more fear and anxiety.”

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BULLETIN

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

FAIRFAX COUNTY ACTIVATES CORONAVIRUS INFORMATION CENTER

Fairfax County activated a Joint Information Center in response to the Novel Coronavirus (COVID-19) on March 13.

- ❖ **Fairfax County Health Department COVID-19 webpage** – www.fairfaxcounty.gov/health/novel-coronavirus
- ❖ **Emergency Information Blog** (you can subscribe by email or follow by RSS) – www.fairfaxcounty.gov/emergency/blog
- ❖ **Coronavirus (COVID-19) Call Center** – The community may call 703-267-3511 with questions. The call center is open from 9 a.m. until 9 p.m. weekdays and 9 a.m. to 5 p.m. weekends.
- ❖ Residents may also text FFXCOVID to 888777 to receive updates from Fairfax County about COVID-19.
- ❖ **Twitter** – @fairfaxcounty and @fairfaxhealth
- ❖ **Facebook** – www.facebook.com/fairfaxcounty and www.facebook.com/fairfaxcountyhealth

INPUT SOUGHT ON PLAN FOR HERNDON-RESTON SILVER LINE BUS SERVICE

Fairfax County Department of Transportation will hold a third round of community meetings and engagement opportunities to encourage public input on the preferred plan to provide enhanced Fairfax Connector bus service in the Reston and Herndon areas, including connections to the future Metrorail Silver Line Phase 2 stations. The preferred service plan was developed based on public input received through community engagement in 2019, stakeholder engagement and technical analysis. After this final round of community input meetings, FCDOT will finalize the preferred plan based on public feedback and technical analysis and take to the Board of Supervisors for approval.

- Attend an Interactive Community Meeting:
- ❖ **Hutchison Elementary School** - 13209 Parcher Ave., Herndon
Saturday, March 21, 2020, 10 a.m. - 12 p.m.
Meeting location is accessible via Fairfax Connector Route 937 and Route 950.
 - ❖ **South Lakes High** - 11400 South Lakes Dr., Reston
Wednesday, March 25, 2020, 7-9 pm.
Meeting location is accessible via Fairfax Connector routes RIBS 2 and Route 551.
 - ❖ **Sully District Governmental Center** - 4900 Stonecroft Blvd., Chantilly
Wednesday, April 1, 2020, 7-9 p.m.
Meeting location is accessible via Fairfax Connector routes 640 and 642.

MONDAY/MARCH 23

DMV2Go at the Pavilion. 9 a.m.-4 p.m. at 11900 Market St., Reston Town Center. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at dmv.virginia.gov/general/#dmv_2go.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

ONGOING

Assistance League of Northern Virginia is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children, including those at 11 Title 1 elementary schools in Fairfax and Prince William counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need through Weekend Food for Kids, tutoring programs and providing new clothing and layettes. To learn more, email: info@alnv.org, or visit www.alnv.org

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Feeling Pale By Comparison



By KENNETH B. LOURIE

In a peculiar way, my cancer treatment and all has sort of gotten lost in the coronavirus talk. With so many changes to our regular lifestyle occurring on a daily basis, it feels as if nothing else matters. Granted, one's health is the most important consideration, but now the talk is about everybody's health. Nevertheless, how do I throw caution to the wind and interact with my environment when doing so might endanger the very stability I've worked over 11 years to maintain? I mean, I have to live my life, but will there be a cost to do so? I realize that the good of the many outweigh the good of the few but Spock was speaking from outer space. How do I, while in and out of treatment down here on Earth not worry about myself?

I realize life will go on for almost all of us, but will there be consequences for those unable to secure proper care? Will decisions be made about allocating resources because demand has far outstripped supply? How does life for cancer patients undergoing treatment fit into this new paradigm where so many people might need some kind of medical care? Will there even be enough health care professionals to administer the kind of life-sustaining treatment many of us seriously-diagnosed patients have come to expect and need?

Unfortunately, only time will tell, and there may very well be little of it in the interim, during which we can anticipate and plan accordingly. So many decisions will likely be made by the powers that be that might not exactly consider my set of cancer circumstances. In a way, I might be collateral damage. There simply might not be enough room and medicine and staff and all to accommodate my needs. It's nothing personal. It's just business, or rather the lack thereof. With so much of the world's population affected while going about their usual and customary routine, who, what, where and how will there be any prioritization? Moreover, what about people who are already sick and challenged by a weakened immune system (like yours truly), will the competition from newly diagnosed coronavirus patients overwhelm our health care system?

I can't assume that life will go on as it always has. That would seem to be incredibly naive. I need to proactively make the necessary arrangements and/or contingency plans. I can't presume that being a cancer patient will always get me through the door. I'd like to think I take priority. But it might not be about priority, it might be about availability and a dwindling supply not able to keep up with demand.

Still, going down this rabbit hole of fear, anxiety and worry doesn't help either. As I have since the date of original diagnosis, back in late February, 2009, I need to make the best of a bad/challenging situation. I need to roll with the punches and be prepared for any eventuality and take the good with the bad and vice versa. Normal left the building a long time ago for me. The problem is that building to which I metaphorically refer is the very building where I get my ongoing medical treatment. And though I don't anticipate being kept away from that building, the reality is that it's out of my control.

As with anticipating the results of CT scans and lab results, all in good time, or bad. I need to keep the same positive attitude as I always have because though I might be at greater risk than many of you regular readers, we are all at risk, apparently. As such, if there is indeed anything to be gained by so many people being so similarly affected, the reality is that there are strength in those numbers and even though it may feel that right now the whole world is upside down, things eventually will right themselves. They always do. I just hope I'm still smiling when the dust settles.

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

CALENDAR

Editor's Note: Be aware that many events could be cancelled as a precaution to the spread of COVID-19. Please check before heading to events. Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

AARP Tax-Aide Program. Now thru April 14. At RCC Hunters Woods, 2310 Colts Neck Road, Reston. Tuesdays: 9 a.m. – 2 p.m.; Thursdays: 4:30 p.m./– 8:30 p.m.; and Saturdays: 9 a.m./– 3 p.m. Free. For taxpayers with low and moderate incomes with special attention to those 60 and older. AARP's Tax-Aide program was created nearly 40 years ago to assist older adults as well as persons with low and middle incomes in successfully navigating the tax code. All tax preparation is free and confidential. For more information, contact the Lifelong Learning Program Director, Casmera Lebron at 703-390-6157.

WEDNESDAY/MARCH 18

Legacies: A Chinese Mosaic. 10 a.m. At Scrawl Books, 11911 Freedom Drive, Reston. New members are joining the Wednesday Morning Book Club each month to discuss memoirs and biographies of fascinating people from both the past and present. This month, readers will discuss Legacies: A Chinese Mosaic by Bette Bao Lord, who was born in China, raised in America, authored the bestselling novel Spring Moon, is wife of a former American ambassador to China, and was a resident in Beijing during the "China Spring" of 1989. All are welcome to attend.

Navigating the Digital World. 6-8:15 p.m. At South Lakes High School, 11400 South Lakes Dr., Reston. Support your family in navigating the digital world and a screening of "LIKE."

MARCH 19-21

"Singin' in the Rain." 7:30 p.m. At Dominion High School, 21326 Augusta Drive, Sterling. Cost: \$10 adults \$5 students.

MARCH 20-21

Open Auditions. Friday 7-9 p.m.; Saturday noon to 3:30 p.m. At Sterling Community Center, 120 Enterprise Street, Sterling. Open auditions for the Sterling Playmakers' production of "The Laramie Project" to be presented in June. For

ages 16-plus. More information at: <https://sterlingplaymakers.org/events/the-laramie-project/>

SATURDAY/MARCH 21

Bikes for the World Event. 9 a.m. to 1 p.m. At St. Anne's Episcopal Church, 1700 Wainwright Drive, Reston. Bikes in any condition will be accepted as long as they're repairable and not rusted out; non-working bikes can be used for parts. Bikes will be prepared onsite for shipping around the U.S. and the world. A suggested donation of \$10 per bike is requested to help deliver the bicycle. Contact Sarah Murphy at sarahkeyesmurphy@gmail.com. Visit the website: bikesfortheworld.org

Reduced Shakespeare Company's Hamlet's Big Adventure. 3 p.m. and 9 p.m. At Reston Community Center, 2310 Colts Neck Road, Reston. In this hilarious (and completely fictional) prequel to Hamlet, nothing is rotten in the state of Denmark. There's laughter and joy and music and more laughter as teenage Hamlet leaps into action in this Washington, DC-area, premiere. Written and Directed by Reed Martin and Austin Tichenor. Cost is \$25 Reston/\$35 Non-Reston.

Beethoven's Birthday Bash. 7:30-9:30 p.m. At UCP Reston, 11508 North Shore Drive, Reston. The Pro Arte Chamber Orchestra of Greater Washington performs Ludwig van Beethoven's Piano Trio in E-flat Major, Op. 1, No. 1 and Septet in E-flat Major, Op. 20. Cost is Adults: \$30; Seniors: \$25; Students: \$20; Children free. Visit the website: <http://www.pacodc.org>.

SUNDAY/MARCH 22

Woman Suffragist Presentation. 1 p.m. At Herndon Depot Museum, 717 Lynn Street, Herndon. In honor of Women's History Month the Herndon Historical Society presents: "Mr. President – How Long must Women wait for Liberty?" By Lynne Garvey-Hodge (aka, Suffragist Mrs. Robert Walker). The Depot will be open from noon until 3 p.m. Donations for this presentation will be accepted.

TUESDAYS/MARCH 24

Appraisal Roadshow. 11 a.m. to 1 p.m. At RA Headquarters, 12001 Sunrise Valley Dr., Reston. The Appraisal Roadshow delivers a treasure hunt experience in a fun, educational and rewarding forum. Bring one personal item such as jewelry, coins, timepieces, porcelain, artwork or other heirlooms, and the appraisal experts will educate the audience with interesting facts and information on what it is, what it's worth and what you can do with your treasure. Private appointments with the experts may be scheduled after the show. Fee: \$15/RA members; \$18/non-member.

WEDNESDAY/MARCH 25

Trip to See Second City. 7-10:30 p.m. Bus pickup at RA Headquarters, 12001 Sunrise Valley Drive, Reston. Comedy legends, The Second City, return to the Barns at Wolf Trap with an all-new, all-hilarious show that will leave you laughing...funny 'cause it's true. From searing social satire to poking fun at pop culture, you won't want to miss Second City's hallmark mashup of sketch comedy and world famous improv, including audience participation. No two shows are ever the same! Show begins at 8 p.m. Cost is \$52/RA members; \$59/non-members.

MARCH 26-28

"Singin' in the Rain." 7:30 p.m. At Dominion High School, 21326 Augusta Drive, Sterling. Cost: \$10 adults \$5 students.

SATURDAY/MARCH 28

National Capital Open Tae Kwon Do Championship. 9 a.m. to 6 p.m. At South Lakes High School, 11400 South Lakes Drive, Reston. H. K. Lee Academy of Tae Kwon Do of Herndon will host the 2020 National Capital Open Tae Kwon Do Championship. This event attracts approximately 1,500 people, including competitors, coaches, officials, special guests and spectators. All proceeds from spectator admissions will benefit the South Lakes High

School Athletic Booster Club and is one of the Club's largest fund-raisers. Cost is \$10. Visit the [weparksite: https://hkleetkdfamily.com/2020-natl-capitol-open](https://hkleetkdfamily.com/2020-natl-capitol-open)

Inova Loudoun Hospital Open House. 10 a.m. to 2 p.m. At Inova Loudoun Hospital, 44045 Riverside Parkway, Leesburg. North Tower "Opening Day" community open house. Activities: sneak peek tours of the Tower, exploring the Inova Children's Hospital ambulance, VR baseball games, crafts, meet the Washington Nationals' mascots. Free. Visit the website: inova.org/LoudounTower

SUNDAY/MARCH 29

Local Author Spotlight. 2 p.m. At Scrawl Books, 11911 Freedom Drive, Reston. Meet professional writers from the community. Authors Ridley Nelson, Mary Elizabeth Ames, Greg Drost, Bryant Johnson and Mike and Christina Puterbaugh represent a variety of genres and talents. They will introduce their books, discuss the different aspects of publishing and offer a local perspective on the industry.

Lúnasa with special guest Malinda. 3 p.m. and 7 p.m. At Reston Community Center, 2310 Colts Neck Road, Reston. Lúnasa represents a gathering of some of the top musical talents in Ireland. Joining this Reston favorite is rising star Malinda, a singer, songwriter and actress. Cost is \$25 Reston/\$35 Non-Reston.

MARCH 30-31

Dare to Lead Workshop. 9 a.m. to 5 p.m. both days. At Greater Reston Chamber of Commerce, 1886 Metro Center Drive, Suite 150, Reston. Attend a Dare to Lead workshop based on Brené Brown's groundbreaking research led by a certified Daring Way facilitator—one of only a few such facilitators in the world. A Dare to Lead workshop includes facilitation, self-reflection, practical activities, and short videos hosted by Brené on four teachable, observable, and measurable courage building skills. Cost is \$995 (includes materials, lunch, snacks). To register: imperative-dimensions.com or email lsharon@imperative-dimensions.com or call 703-232-9673.




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