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Mount Vernon Gazette

WELLBEING
 PAGE 8

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

APRIL 2, 2020

Mount Air Estate Housed Yankees, Rebels and Railroad Builders

The first of three articles exploring historic Telegraph Road in southern Fairfax County.

By Mike Salmon
 THE CONNECTION

The American history thread that laces through the Mount Vernon District seems to focus on George Washington's plantation and sites along the Potomac River. But the Telegraph Road corridor is rich in Civil War lore with a few sites that seem overlooked in the history books.

Telegraph Road stretches 9.3 miles from Pohick Church on the southern end to the Capital Beltway in Alexandria. The road was first built in 1847 as a path for the first telegraph between Washington, D.C. and New Orleans. It was known in those days as Stage Road and Post Road. Old maps have Telegraph Road following the same path, but the landmarks have changed. In the "David Rumsey Historical Map," dated 1862, it's hard to connect any sites noted on the map but Telegraph Road is marked, as is Pohick Church, Potters Hill and at the bottom of Potters Hill is Piney Run, which eventually runs into Dogue Creek. Today there is a road called

Piney Run in that location.

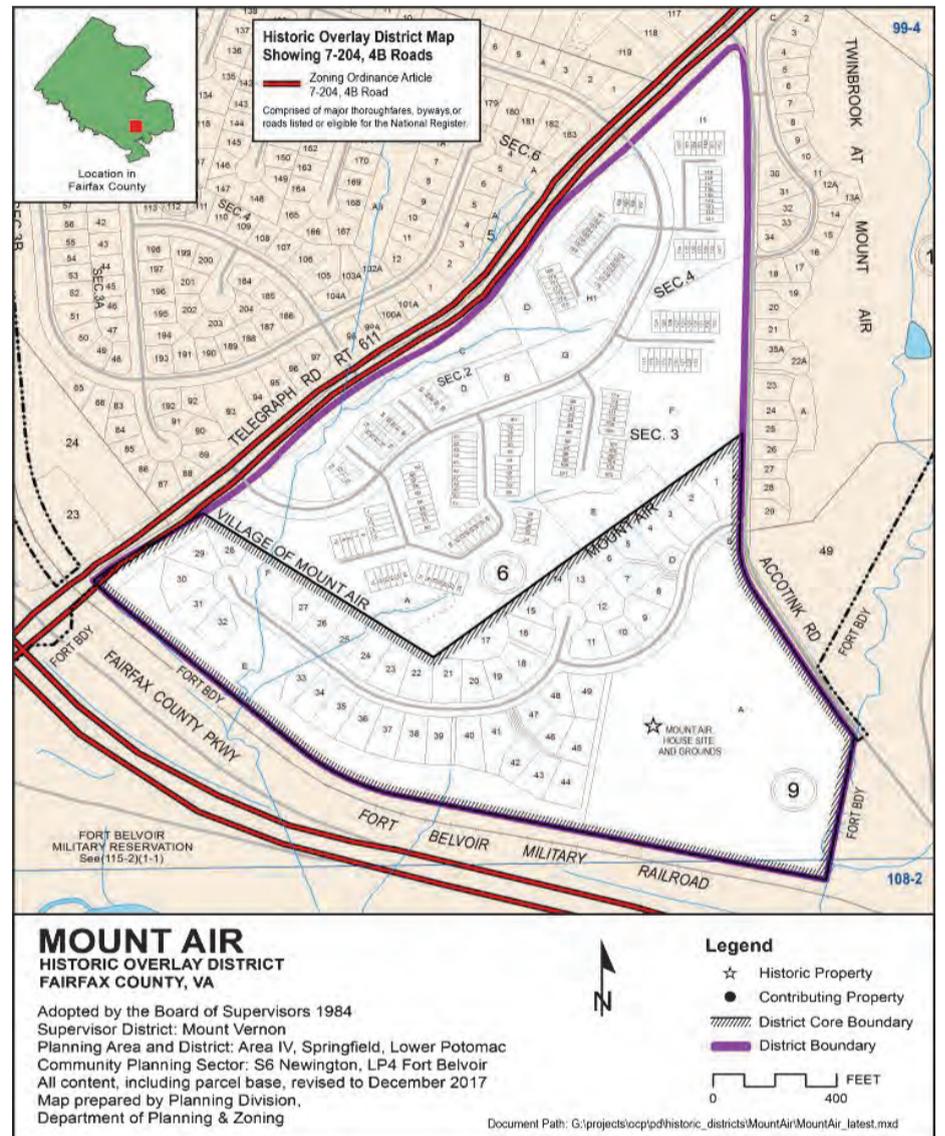
Mount Air

There are property names on the map, such as Devers, Col. McCarty, Cash, and Triplett, which don't ring the historic bell, but Col. McCarty once lived at Mount Air. According to information listed on the Fairfax County's Mount Air Overlay District document, "the McCarty's, a prominent colonial Virginia family, owned the Mount Air property in the 18th century; several maps prepared by George Washington showing his neighbors' properties indicate this site as Colonel McCarty's residence."

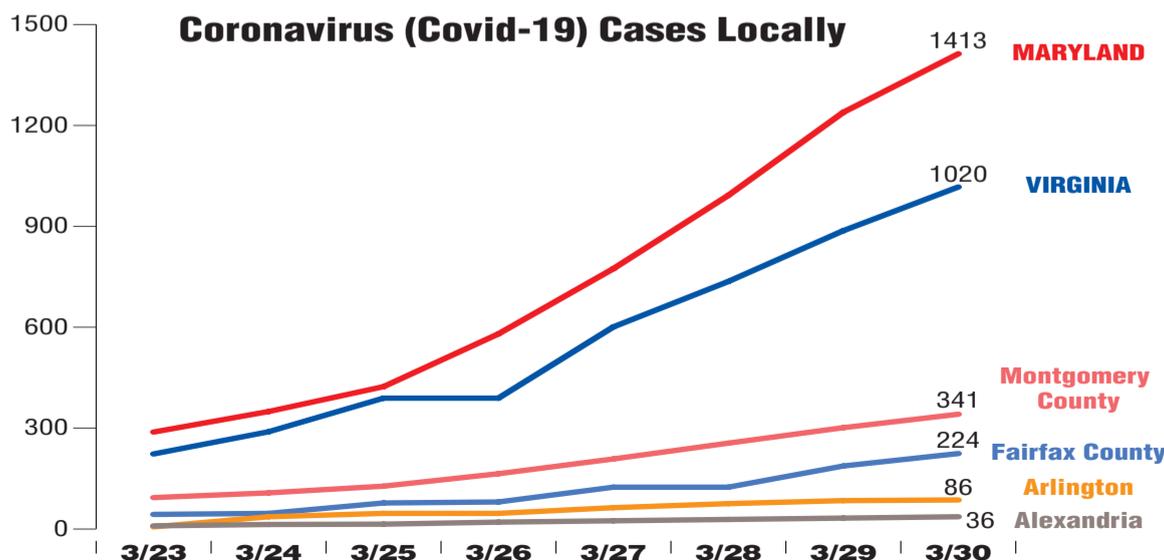
Dennis McCarty, they say, married Sarah Ball, a relative of Mary Ball Washington, the mother of George Washington.

Accotink Drive is an old road that borders the Mount Air historic site which is marked with a historical marker. The remains of several structures can be seen, each surrounded by fencing and covered with vegetation. It was called Mount Air because of the breezy location.

SEE MOUNT AIR ESTATE, PAGE 4



Fairfax County Reports Additional COVID-19 Deaths



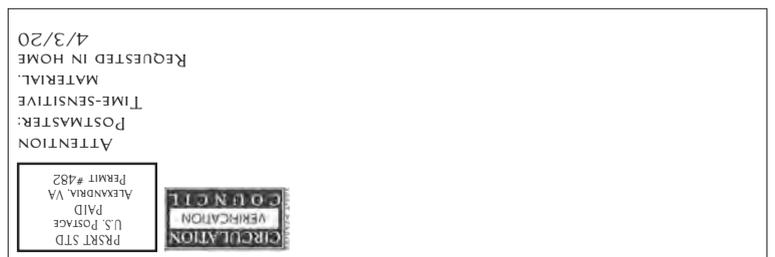
The Fairfax County Health Department is reporting three additional deaths due to complications of COVID-19 – bringing the total number of deaths in the health district to five on April 1.

A male in his 60s
 A male in his 80s

A male in his 90s
 All three were hospitalized at the time of death and were previously included in case reporting.

On April 1, 43 new positive cases of COVID-19 were reported in the Fairfax Health District, bringing the total number of positive cases

SEE COVID-19 DEATHS, PAGE 14



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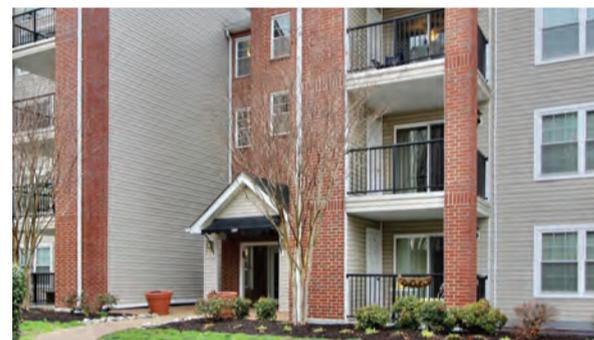
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Seniors from St. Stephen's & St. Agnes gather March 30 while practicing social distancing.



PHOTOS BY JANET BARNETT/GAZETTE PACKET

Working out on the steps of the George Washington Masonic National Memorial.

Social While Distancing Students, organizations stay connected while staying safe.

BY JEANNE THEISMANN
GAZETTE PACKET

Social distancing has become the new normal as friends, neighbors and businesses look for ways to stay connected while staying safe amid the COVID-19 pandemic.

Businesses have taken to web conferencing while teens are finding ways to stay in touch in the absence of classes.

"It's a frustrating situation but I think our teachers and staff at T.C. are handling it really well with getting out content," said T.C. Williams High School junior Maeve Waller as she was hanging out in a parking lot with a few of her friends. "It's nice that we can still do things like this – staying 6 feet apart

but still be with our friends."

Governor Ralph Northam made the decision March 23 to cancel all classes for the remainder of the academic year.

A group of high school seniors from Saint Stephen's & St. Agnes got together March 30 in a parking lot to enjoy the outdoors but also practice social distancing.

"Our hope is to have graduation," said SSSA senior Liliana Dowling. "We don't have classes but are trying to stay connected as much as we can as a senior class."

The Alexandria Rotary Club has been conducting its weekly meetings via the web conferencing app Zoom.

"I think the consensus is that our virtual Rotary meetings have gone very well," said club president Sharon Meisel. "This is going

to be a great way to stay connected and to keep our work on-going for however long we need to."

Northam's Executive Order of March 30 included a stay-at-home provision that is in effect through June 10 that prohibits any public gatherings of more than 10 people.

Virtual Mount Vernon Town Hall

This Saturday morning, join Supervisor Dan Storck, School Board Member and Chair Karen Corbett Sanders, School Superintendent Scott Brabrand and County Health Director Dr. Gloria Addo-Ayensu, on April 4 at 10 a.m. for a virtual Town Meeting on Coronavirus (COVID-19). The meeting will include the latest updates from the Mount Vernon District, FCPS and the Health De-

partment, and viewers will have the opportunity to get their questions answered. The program will air live on Facebook, Channel 16, Cox Channel 1016, Verizon/Comcast Channel 16 and FCPS Channel 21.

Ask questions in a variety of ways. In advance of Saturday, send email questions to MtVernon@fairfaxcounty.gov. During the program, you can email, post questions to our Facebook Live Feed, Tweet us @Dan-Storck or call the call-in line at 703-324-1114.

Virtual Town Hall Business Focus

Lee District Supervisor Rodney Lusk is holding an online town hall meeting on Friday, April 3, 11:30 am to 1:30 pm. Many
SEE SOCIAL WHILE, PAGE 11

Distance Learning Begins on April 14

Superintendent's letter to Fairfax County Public Schools' families.

Scott Brabrand, Superintendent, Fairfax County Public Schools, has sent the following letter to the FCPS families on March 26, 2020:



Scott Brabrand

"Dear FCPS Families,

Now that the governor has ordered all Virginia schools to remain closed through the end of the academic year, FCPS, with the support of our School Board, is planning to begin distance instruction and learning with our students on April 14.

Launching a distance learning plan to reach 189,000 stu-

dents that engages nearly 16,000 classroom teachers is a complex challenge. We acknowledge that distance learning cannot reasonably replace daily in-person instructional programs, and we will not be trying to replicate the regular school day.

Our Distance Learning Plan provides for students to continue learning in developmentally appropriate ways, while being mindful of their health and wellness. The plan includes paper learning packets, video broadcasts, lessons/assignments and learning materials posted to Blackboard and completed individually or collaboratively, along with scheduled web chats.

Our Instructional Services team held web conferences with elementary and secondary principals last week to communicate the plan for staff training and resuming instruction. Teachers will be returning to work virtually on Monday, March 30 in order to complete their distance learning training.

Please be assured that this plan was created with the understanding that some of our staff and families may face challenges participating in distance learning, and we will all need to work together in the best interest of our students.

Here is how the Distance Learning Plan will work:

High School Distance Learning Plan

Students will engage in teach-

er-led, teacher-supported and independent learning in all courses.

During the week of March 30, teachers will be contacting students to reconnect, provide review material for concepts taught prior to closure, and prepare for classes starting on April 14.

The FCPS Online Campus will resume operation on March 30. At this time, students registered for the self-directed Economics and Personal Finance course as of March 19, 2020 for either summer session 1 or summer session 2, will also have the ability to begin the course online through Virtual Virginia.

Distribution has begun of a lim-

ited number of Mifi devices, or wireless hotspots, to high school students in need who do not have any access to the internet at home. Schools have been contacting families directly to arrange for the pickups, by appointment.

Middle School Distance Learning Plan

Students will engage in teacher-led, teacher-supported and independent learning.

Learning packets will be distributed by mail to all students in the four core classes: Language Arts, Math, Science, and Social Studies. Distribution will begin the week of March 30.

SEE DISTANCE, PAGE 10



What appears to be remnants of the barn.



Everything is fenced off at the site.

PHOTOS BY MIKE SALMON/THE CONNECTION

Mount Air Estate Housed Yankees, Rebels and Railroad Builders



Weeds have taken over with some of the ruins at Mount Air.

“Pleasant country vistas may be seen on every side at Mount Air. The white frame house faces north. Constant breezes suggest the origin of the plantation’s name,” wrote local historian Edith Sproue in a description for Fairfax County in 1970.

Story has it, there was a fire when Colonel McCarty owned it in 1820, and another fire in 1859 when the land was owned by the McCarty and Chichester families. In 1860, Aristides Landstreet of Baltimore purchased the property, and when the Civil War broke out, the Landstreets fought on the Confederate side.

Confederate and Union troops stopped at Mount Air for supplies, and, in the case of the Union troops, used the property and house as a camp.

According to an entry on the Fairfax County Park Authority blog “Our Stories and Perspectives,” Landstreet’s Confederate sympathies were noticed, and he was arrested twice and jailed. The Union Army also arrested his wife, Mary, on suspicion of provisioning rebel troops. During the war, Union troops, including the 5th Michi-

gan Volunteer Infantry Regiment, camped at Mount Air and forbade the family to open their curtains for fear that they were signaling nearby Confederates.

Local historian Don Hakenson has written several books on local lore, and when it comes to the Civil War, he is known to focus on John Mosby, a Confederate Cavalry soldier that frequented Fairfax County.

Hakenson’s great, great uncles rode with Mosby, and his two great, great grandfathers, Elijah Columbus and Robert F. McCormick, were in the Virginia Cavalry. “We have a lot of history here,” said Hakenson, who is also a curator of the Franconia Museum.

One account in the book from Annie Landstreet, had a Confederate spy named John Burke tip-toeing around Union soldiers while they were sleeping on the porch of the Mount Air house. Burke was known as “the spy with the glass eye,” said Hakenson, and he wrote an account of this spy on the historical plaque at the Hilltop Village Shopping Center, at the intersection of Beulah Street and Telegraph Road, which is Potter’s Hill.

Three gravestones were on the

Mount Air site, and the stones were relocated to Pohick Church cemetery, but it was not known if the remains were relocated as well.

Rail Comes Through

When World War I came, and the U.S. Army was ramping up operations at Camp Humphrey, which is present day Fort Belvoir, the railroad that was built to Camp Humphreys went along the southern edge of the Mount Air property. The railroad construction workers camped at Mount Air while they were building the railroad. A few remnants of this railroad remain, including an old railroad bridge over Cinder Bed Road in Newington.

North of Mount Air is a “wide fertile valley with but little timber” it says on the map, which is currently occupied by a Coast Guard station and Hayfield Farm. One road labeled Accotink Turnpike is possibly the first version of present-day Richmond Highway.

Next week, the Hayfield Farm and the 16-sided barn.

Trash Volume Up “Dramatically”

Several changes to Fairfax County’s solid waste collection requirements were made Friday, March 27. (news release). The changes, which went into effect Monday, March 30, are temporary and in response to the current public health emergency. There are several reasons why the changes were made, including:

Protecting the workforce to ensure that personnel remain available to collect trash and protect public health.

Minimize workers’ physical contact with surfaces where the coronavirus can survive for several days.

Follow social distancing guidance by reducing crew sizes and using automated collection vehicles.

There has been a dramatic increase in trash, recycling, and yard waste because households are full of students and teleworking adults and spring weather has arrived. The additional volume is straining the solid waste collection system at a time when there are fewer workers available to collect, transport, and process the material.

Solid waste programs throughout the state and the nation are fac-

ing higher absenteeism due to the disruption caused by the coronavirus. Trash and recycling collection workers face the same challenges as everyone else, such as finding childcare and addressing family health concerns. This has caused a significant shortage of trained personnel to cover all the normal functions of solid waste programs. The remaining workforce is being deployed to provide only essential sanitation services – weekly trash collection, which can attract vermin and be a vector for disease if left uncollected. Yard waste collection and glass recycling are not essential to preserving public health.

Glass Recycling
Temporarily removing the purple, glass-only recycling containers not only eliminates additional driving routes, it also eliminates a place where people may congregate during the Virginia Governor’s stay-at-home order. Glass can be stored at home until the purple containers return or placed in the trash.

Yard Waste
The county’s Solid Waste Management Program is no longer requiring licensed companies to collect yard waste separately. Yard

waste can be placed in the trash-can, but not left on the curb in bags or bundles. Residents are encouraged to manage yard waste on their property by mulching, backyard composting, or not generating yard waste at all if possible.

Best Practices for Residents
Residents can help reduce the volume of trash and create safer working conditions for workers by following these best practices:

Reduce the waste households generate so the system isn’t overwhelmed. (Postpone spring cleaning.)

Wipe and disinfect cart handles and lids.

Stop setting out yard waste at the curb. Implement mulching or backyard composting.

Seal sharp medical objects in a rigid plastic container with sturdy tape and label it “sharps.”

Bag all trash to limit workers’ exposure to harmful materials.

These changes are only temporary. Full service will be restored when the public health emergency is over. Thank you for your patience as we work to protect the men and women who keep Fairfax County’s communities clean and healthy.

Thank you!

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

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

GIVE THE GIFT OF BUSINESS
Buy a gift card to use at a later date and shop locally online when possible.

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

BUY NOW, PICK UP LATER
Planning to make a purchase? Call the business to see if you can make the purchase but pick it up later.

ORDER FOOD-TO-GO OR HAVE IT DELIVERED
Local restaurants are open and ready to provide their delicious food. Order and pay online. Consider adding a generous tip.

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431



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Alex/Woodleigh Woods \$698,500
3709 Maryland Street
Welcome to this stunning 4BR, 3BA, 2 car garage, contemporary-complete w/a gorgeous court yard out front & a large deck & hot tub which overlooks a beautifully landscaped back yard. Numerous updates to include: kitchen w/granite counters & SS appliances, recently replaced DBL pane, energy efficient windows, freshly painted interior, & all 3 baths. The kitchen, dining & living rooms all face out back & have a wall of picture windows looking out at the deck, hot tub & fenced back yard. The lower level offers a 4th BR, 3rd full bath & family room that opens out to the court yard. As you walk thru this home you marvel at the open contemporary design that makes you feel like you are one w/your environment. Walkable ¼ mile to Mt. Vernon bike/walking trail along the Potomac. Five minutes to Ft. Belvoir (S), 15 minutes to Old Town (N), 25 minutes to National Airport (N), all along the scenic GW Pkwy, each season gives you beautiful views.



Alex/Riverside Estates \$579,900
8501 Wagon Wheel Road
Beautifully updated 4BR, 3BA Split w/carport - 2500+ square ft. on a large landscaped .3 acre lot w/fenced-in back yard. Freshly painted interior, newly refinished hardwood floors throughout the main level. Large family room w/wood burning FPL & 4th BR on lower level w/a refinished bath, & two large utility rooms. Perfect for workshop/storage. You can't find a better value or neighborhood for this price! 5 minutes to Fort Belvoir, (S) 15 minutes to Old Town Alex. (N) along the beautiful GW Parkway.



Alex/Riverside Estates \$619,000
3026 Battersea Lane
Riverside Estates, the Biggest Bang for your Buck!! This large Virginia model offers 5BRs, 3 updated baths, a gorgeous upgraded kitchen w/granite counters, cherry cabinets & 12" ceramic tile flooring. Beautiful hardwood floors on the main level plus upgraded, energy efficient DBL pane windows throughout. The electric panel had major upgrades in 2008, & the deck was rebuilt in 2016, it looks out at the beautifully landscaped backyard complete w/a new privacy fence & underground sprinkler system. Don't miss the 2 car garage as well - Check out the competition, then come talk with us. We're always ready to reach out with a helping hand.



Alex/Mt. Zephyr \$491,000
8541 Mt. Zephyr Dr.
Great price for this lovely two level solid all-brick home with garage on 1/3 acre in Mt. Vernon community. 3 Bedrooms, 2 Baths. Renovated eat-in kitchen, spacious and open, with sliding glass doors to private backyard. Charming front living room with ample windows, and wood burning fireplace with white, colonial style mantel. Spacious lower level has finished family room w/ 2nd fireplace and a bonus workroom. Conveniently located near Ft. Belvoir (10 mins), GW Parkway and Potomac River, Old Town Alexandria, Pentagon, and D.C



Mt. Vernon/Wessynton \$759,900
3102 Cunningham Drive
Gorgeous, newly renovated 4 Bedroom, 3 BA contemporary home in sought after waterfront community of Wessynton, 1 car garage, new deck, .34 acre lot. Large, spectacular new kitchen w/all the bells & whistles. Beautiful new bathrooms. Separate dining room. Living room w/fireplace. Large picture windows on back wall overlook private wooded setting. Family Room w/nice wood paneled ceiling. Wessynton amenities include tennis courts, swimming pool, walking paths, & boat ramp on Little Hunting Creek which flows to the Potomac River. Located just a half mile from Mount Vernon Estate & the GW Parkway, it is a mere 10 minutes to Ft. Belvoir, 20 mins to Old Town, & 30 mins to D.C.



Alex/Mt.Zephyr \$515,000
4100 Woodley Drive
Lovely all brick 2 level raised/ranch ramble deep in the heart of Mt. Vernon - Large .25 acre corner lot with carport. Lovely hardwood floors on the main level, double pane windows. 2 updated baths on the main level and an updated 3rd full bath on the lower level. 2 wood burning FPLs, one on each level. Potential 4th bedroom on the lower level. Roof is 10 years old, furnace 5 months, A/C 7 years. Commute along GW Pkwy to Old Town-minutes to Ft. Belvoir.



Alex/Riverside Estates \$2,800
8506 Wagon Wheel Road
Beautifully remodeled 4BR, 3BA Split - Kitchen w/granite, SS & ceramic tile floor opens to the living & dining rooms - hardwood floors on main level, 6 panel doors - replacement double pane windows-lower level w/large family room & wood burning fireplace w/large 3rd & 4th bedrooms & 3rd full bath-walkout to large fenced bkyd - deck overlooks bkyd- Carport w/large storage shed-Close to Ft. Belvoir- Walk to elementary, high school & Mt. Vernon Estate - Great commute along GW Pkwy to Old Town, - Owner is Realtor.

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Grateful, Scared and Hopeful

On the front lines of the pandemic.

BY WINIFRED ALLEN

As I reflect on the last few weeks and the changes that I and my co-workers throughout Fairfax County are navigating, the first word that comes to mind is gratefulness. Difficult times have pushed us together in ways that we could never have imagined, and I'm grateful more than ever for everyone who is coming together to protect our community.

Day in and day out, Fairfax County nurses, social workers, first responders and educators -- along with grocery workers, home care providers, hospital staff, and countless others -- are on the front lines keeping our community safe and healthy. In the middle of this pandemic, I have seen how hard everyone is working to implement changes that seem to occur minute by minute while we maintain services for the community and try to care for our own families. I see co-workers continue to show up every day, despite their fears, because of their dedication and love for what we do.

I see my fellow mental health professionals providing comfort and counseling to our community members with mental illness. I see our housing staff working to ensure that every family has a roof over their heads and that no one loses their homes. I see our community center staff making sure that seniors still get health care, food, and companionship. Their courage and commitment are incredibly inspiring.

As a Board member of the Fairfax County Government Employees Union, SEIU Virginia 512, I also hear my co-workers' concerns regarding safety and health. I hear the fear that some express now that coronavirus is at our doorstep. We are afraid for our loved ones and for the people we serve. And when we learn of fellow employees directly affected, as we did last week, it hurts us all because we are not just co-workers, we are family. We are bonded by our employer, Fairfax County, but we have banded together in unity to take care of each other.

I am so grateful for my co-workers who support me every day so that I can continue serving

those in need. I am so grateful for our union, which is fighting for all working families every day. I am grateful for Chairman Jeff McKay and the Board of Supervisors for listening to and partnering with us to keep our community and our workforce safe.

Now we are standing with working people across the country with urgent demands for our federal government. Every one of us on the front lines need protective equipment such as gloves, masks, and cleaning supplies, as well as expanded opportunities for telework so we can continue to serve our communities. We demand paid leave for all impacted workers so everyone can care for their own families no matter where we are from or what race we are.

While it's clear that many challenges are coming, I know that the gratefulness I have now for the people who make our community a wonderful place can expand. I know that if our elected leaders take action now, all of us can look back at this critical moment with gratitude.

The writer is Mental Health Therapist and SEIU Virginia 512 member.

Low Wage Workers on Front Line of Pandemic

BY DELEGATE PAUL KRIZEK

The last few weeks have reminded us that many essential jobs in our Commonwealth are, in fact, minimum and low wage jobs. These low wage workers are on the front line of the coronavirus pandemic, making sure that we have the necessary services our society needs to weather this awful crisis. While we stay home to "flatten the curve," workers in health care, shipping, food service, retail, and sanitation have quickly been thrust on to the front lines of fighting the COVID-19 pandemic, and have become the essential workers that we rely on daily. Many of them are putting their lives on the line for us. I am pleased that now many people have come to recognize their labor as valuable. At one hospital the entire staff applauded the housekeepers who are responsible for cleaning the patient rooms, nursing units, surgical areas, offices, labs, restrooms, and the waiting rooms. I hope that at least one good thing to come out of this pandemic is to eliminate the stigma and recognize the value of this labor and that that continues long after the crisis is over. One way we will do that is by raising the minimum wage.

It has been less than three weeks since I was down in Richmond for the end of the General Assembly's historic session where we passed a bill to finally raise the minimum

Year	Minimum Wage	Total Virginia Workers Impacted	Total Workers of Color Impacted	Change In Average Annual Earnings For All Impacted Workers	Impacted Workers With Annual Household Incomes Below \$50
2021	\$9.50	409,000	207,000	+ \$881	229,000
2022	\$11.00	691,000	350,000	+ \$1,412	387,000
2023	\$12.00	788,000	398,000	+ \$1,890	439,000

Year	Health Care Workers	Restaurants & Food Service Workers	Retail Trade Workers (e.g. Grocery Stores)
2021	46,200	107,800	100,800
2022	88,500	142,700	167,400
2023	103,600	155,300	187,400

(charts courtesy of The Commonwealth Institute)

wage. Once signed into law, this will be the first increase in the minimum wage in Virginia in over 11 years. As passed by the General Assembly, the minimum wage will rise from \$7.25 to \$9.50 on January 1, 2021, and will reach \$12 by 2023. There are a few exemptions and some that were necessary

compromises to get the bill passed. As it stands, close to 800,000 Virginians will benefit, including those essential workers getting us through the COVID-19 pandemic crisis.

Especially considering what will be a post-COVID-19 rebuilding of our economy, raising the minimum

wage has never been more essential for Virginia's working families and for Virginia's businesses. Raising the minimum wage will not only give more economic security to hundreds of thousands of workers who are currently living paycheck to paycheck, but it will also bolster Virginia's economy by increasing the buying power of working families.

By 2021, a minimum wage of \$9.50 will lift average annual earnings for impacted workers by \$881 per year. With the future increases in the legislation, that figure will grow to more than \$1,400 in 2022 and nearly \$2,000 in 2023. So, as the phase-in period increases, the rising wage floor would generate millions of dollars in additional wages, which will spread out to the families of these workers and their communities. Because lower-paid workers spend much of their extra earnings, this injection of wages will help stimulate the economy and spur greater business activity and job growth.

Not only will this raise consumer spending, and give critical essential workers well-deserved raises, but our economy will become more equitable. More than half of all workers who will benefit from an increased minimum wage are workers of color. By 2023, nearly 400,000 minority workers in Virginia will have greater economic security due to the increases in the minimum wage from this legislation.

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A Connection Newspaper



LETTERS

Still Saying No to Meals Tax?

Dear Editor:

During the 2020 legislative session, the General Assembly passed House Bill 785 and Senate Bill 588. These bills which have been reconciled with each other, would, if signed into law by the Governor, authorize the Fairfax County Board of Supervisors to enact a meals tax without being required to hold a referendum. Notably, the legislation requires a locality contemplating enacting a meals tax to wait six years from a referendum that was defeated prior to July 1, 2020 before seeking to enact a meals tax through vote of the Board of Supervisors without a referendum. Additionally, the legislation, if enacted, raises the limit on the tax rate from 4% to 6%.

In November 2016, Fairfax County voters resoundingly voted down a meals tax referendum. The vote was 56% against and 44% in favor. Under the pending legislation, if signed into law by the Governor, this means the Board of Supervisors could not enact a meals tax by their own vote without a referendum until, at earliest, November 2022. Since all members of the Board of Supervisors are up for re-election in November 2023, the subject of a meals tax would become an election issue, as it should be.

If the law is enacted, it does not impose an obligation on the part of the Board of Supervisors to enact a meals tax only by their own vote. They could still call for a referendum.

Over the past six years, the Board of Supervisors has raised our taxes by an astounding 30%. Since they are required by law to operate under a balanced budget every fiscal year, what this means is that with extremely low inflation in recent years, they have added close to 30% to our budget in new spending that wasn't previously in the budget six years ago. Continuing this trend is more than unconscionable. The 30% increase in taxation is well above (1) the rate of inflation and (2) the population growth of the County over the past 6 years. Adding a meals tax on top of all of this spending would be outrageous, particularly given the vote on the 2016 referendum.

If, presuming the Governor signs the legislation into law, our Board of Supervisors decides to seek to add a meals tax after November 2022, I suggest they do it in the form of a referendum appearing on the November 2023 ballot so that taxpaying voters can use the referendum as a basis for voting out of office Supervisors who are on public record supporting adding a

meals tax to our already steep tax burden.

Finally, the Governor has until April 11, 2020 to take action on this legislation. If readers wish to share their views with the Governor, I suggest contacting him as soon as possible by filling out the form at this link: <https://www.governor.virginia.gov/constituent-services/communicating-with-the-governors-office/>

H. Jay Spiegel
Mount Vernon

A Little Essay on Lawns

A lawn is grass under totalitarian rule.

A liberated and considerate lawn would:

- ❖ give up some water to stressed woody plants during hot dry summer months,
- ❖ not be so needy regarding fertilizer which goes mostly into the waterways i.e. Potomac
- ❖ adjust to no lime in consideration of native plants nearby
- ❖ welcome clover, dandelions, violets etc to support pollinators knowing that their numbers are plummeting

❖ lose some size to earth friendly beds of shrubs and understory trees

❖ be less insistent on leaf blowers, realizing Mother Nature decomposes many leaves all by herself

❖ give up every third mowing to the removal of vinca, English ivy, Japanese honeysuckle, and multiflora rose

To quote Margaret Roach, author of *A Way to Garden*, "Turfgrass is dimensionless, supporting none of the beneficial insect life that in turn supports birds and other wildlife, and pollinates plants."

Karen Young
Mount Vernon

Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name. Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

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WELLBEING

Cooking in the Age of Coronavirus

Turning pantry staples into delicious and nutritious meals.

BY MARILYN CAMPBELL
THE CONNECTION

During this time of social distancing, more time spent indoors and fewer trips to bare-shelf supermarkets, stocking the pantry with a food supply that's meant to last for weeks has become the new normal. No longer is dining out an option. From potato chips washed down by soda to canned tuna paired with frozen broccoli, cooking and eating food that's on hand can throw an entire household into an unhealthy culinary rut.

"This is not a snow storm that will melt in a few days. This isn't the time to eat more brownies, drink more wine and munch continually because you don't have much structure in your life," said licensed nutritionist Janet Zalman, MS, of the Zalman Nutrition Group. "You can't say, 'I'm going to go back to eating healthy when this pandemic is over,' because we don't know how long it's going to last. Eating healthy and keeping our bodies healthy can make a difference in a crisis, especially for preexisting health conditions like heart disease, obesity and diabetes."

With a little creativity, it's possible to turn pantry staples into healthy, but savory dishes that can be soul-soothing during this time of heightened anxiety, says Terri Carr of Terri's Table in Potomac. "Stews, chilies and soups [made with] ground meats, potatoes, canned beans and tomatoes and stock or broth cooking in a slow cooker or on the stovetop for a couple of hours release aromas that are inviting and comforting," she said. "Pasta dishes can be very diverse depending upon what ingredients you have available. They don't have to be limited to typical pasta sauces. Adding lots of onions, a bit of garlic, parmesan and even greens at the end of cooking the pasta can be very tasty and healthy."

The right mixture of herbs and seasonings can turn ho-hum meals into flavorful powerhouses. "Pesto is a terrific change and several types of pesto are easily available at grocery stores," said Carr. "I add leftover chicken to pasta dishes to provide protein and use up leftovers. Adding sundried tomatoes gives a big flavor boost in pasta dishes."

Even with the limited availability of some foods, it's still possible to find key ingredients to stock a healthy pantry. "Whole-grain pasta such as brown rice or buckwheat is a complete protein and you can add beans and vegetables on top of that for a complete protein ... option," said Teri Cochrane, author of *The Wildatarian Diet —Living as Nature Intended*,



PHOTOS BY TERRI CARR

A pantry stocked with a carefully planned array of staples can keep meals healthy and interesting.

and founder of the Global Sustainable Health Institute. "Dried beans or canned, organic beans are very cost-effective. You can get a bag of dried beans for less than two dollars. You can sauté frozen vegetables and when you pair that with brown or wild rice you can have a full protein meal for almost pennies per person."

"There are no frozen vegetables right now, but fresh vegetables are still in the supermarket," said Zalman. "You can wash them with soap and water."

From savory to sweet, ideas for preparing that produce abound, says Zalman. "You can roast carrots,"

she said. "Apples are around. You can make baked apples if you want something sweet. Have it with yogurt or ice cream or almond milk and you have a dessert."

Instead of reaching for a bag of potato chips, Zalman suggest slicing and baking sweet potatoes that have been brushed with oil and sprinkled with a dash of salt. "You can make popcorn on the stove and add herbs, a drop of salt unless you have high blood pressure," she said.

When the butcher section of the grocery store is low on meat, it's time to think inside the can. "If you want turkey burgers, but don't have turkey use canned salmon and make a

salmon burger," said Zalman. "It's delicious inexpensive and healthy. 'If you have kids you can make casseroles like a tuna casserole or a salmon casserole.'"

In fact, healthy cooking is a way to spend the extra family time we're given. "A good way to get families together in the kitchen is [making] things from scratch such as soups and breads or treats," said Cochrane.

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

GOVERNOR ORDERS STAY-AT-HOME ORDER

Governor Ralph Northam issued a statewide Stay-at-Home Order this week to protect the health and safety of Virginians and mitigate the spread of the novel coronavirus, or COVID-19. The executive order takes effect immediately and will remain in place until June 10, 2020, unless amended or rescinded by a further executive order. The order directs all Virginians to stay home except in extremely limited circumstances. Individuals may leave their residence for allowable travel, including to seek medical attention, work, care for family or household members, obtain goods and services like groceries, prescriptions, and others as outlined in Executive Order 53, and engage in outdoor activity with strict social distancing requirements. The executive order also directs all Virginia institutions of higher education to stop in-person classes and instruction. Private campgrounds must close for short-term stays, and beaches will be closed statewide except for fishing and exercise.

GOVERNOR ORDERS STATEWIDE CLOSURES

Governor Ralph Northam last week issued a statewide order to protect the health and safety of Virginians and reduce the spread of the novel coronavirus, or COVID-19. Executive Order 53 orders the closure of certain non-essential businesses, bans all gatherings of more than 10 people, and closes all K-12 schools for the remainder of the academic year. This order went into effect at 11:59 p.m. on Tuesday, March 24, 2020 and will remain in place until 11:59 p.m. on Thursday, April 23, 2020.

Public Gatherings -- All gatherings of more than 10 people are banned statewide, beginning at 11:59 p.m. on Tuesday, March 24, 2020. This does not include gatherings that involve the provision of health care or medical services, access to essential services for low-income residents, such as food banks; operations of the media; law enforcement agencies; or operations of government.

K-12 Schools -- All schools will remain closed through the end of this academic year. The Virginia Department of Education (VDOE) will issue guidance to help divisions execute plans to continue instruction, while ensuring students are served equitably, regardless of income level, access to technology, English learner status, or special needs.

Recreation and Entertainment Businesses -- The following recreation and entertainment businesses are considered non-essential and must close to the public beginning at 11:59 p.m. on Tuesday, March 24, 2020:

Theaters, performing arts centers, concert venues, museums, and other indoor entertainment centers; Fitness centers, gymnasiums, recreation centers, indoor sports facilities, indoor exercise facilities; Beauty salons, barber shops, spas, massage parlors, tanning salons, tattoo shops, and any other location where personal care or person-

al grooming services are performed that would not allow compliance with social distancing guidelines to remain six feet apart;

Racetracks and historic horse racing facilities;
Bowling alleys, skating rinks, arcades, amusement parks, trampoline parks, fairs, arts and craft facilities, aquariums, zoos, escape rooms, indoor shooting ranges, public and private social clubs, and all other places of indoor public amusement.
Dining and On-Site Alcohol Establishments -- All dining and congregation areas in the following establishments must close to the public beginning at 11:59 p.m. on Tuesday, March 24, 2020. These establishments may continue to offer delivery and/or takeout services.

Establishments include:

Restaurants;
Dining establishments;
Food courts;
Farmers markets;
Breweries;
Microbreweries;
Distilleries;
Wineries; and
Tasting rooms.

Retail Businesses -- The following retail businesses are considered essential and may remain open during normal business hours:

Grocery stores, pharmacies, and other retailers that sell food and beverage products or pharmacy products, including dollar stores, and department stores with grocery or pharmacy operations;

Medical, laboratory, and vision supply retailers;

Electronic retailers that sell or service cell phones, computers, tablets, and other communications technology;

Automotive parts, accessories, and tire retailers as well as automotive repair facilities;

Home improvement, hardware, building material, and building supply retailers;

Lawn and garden equipment retailers;

Beer, wine, and liquor stores;

Retail functions of gas stations and convenience stores;

Retail located within healthcare facilities;

Banks and other financial institutions with retail functions;

Pet stores and feed stores;

Printing and office supply stores; and
Laundromats and dry cleaners.

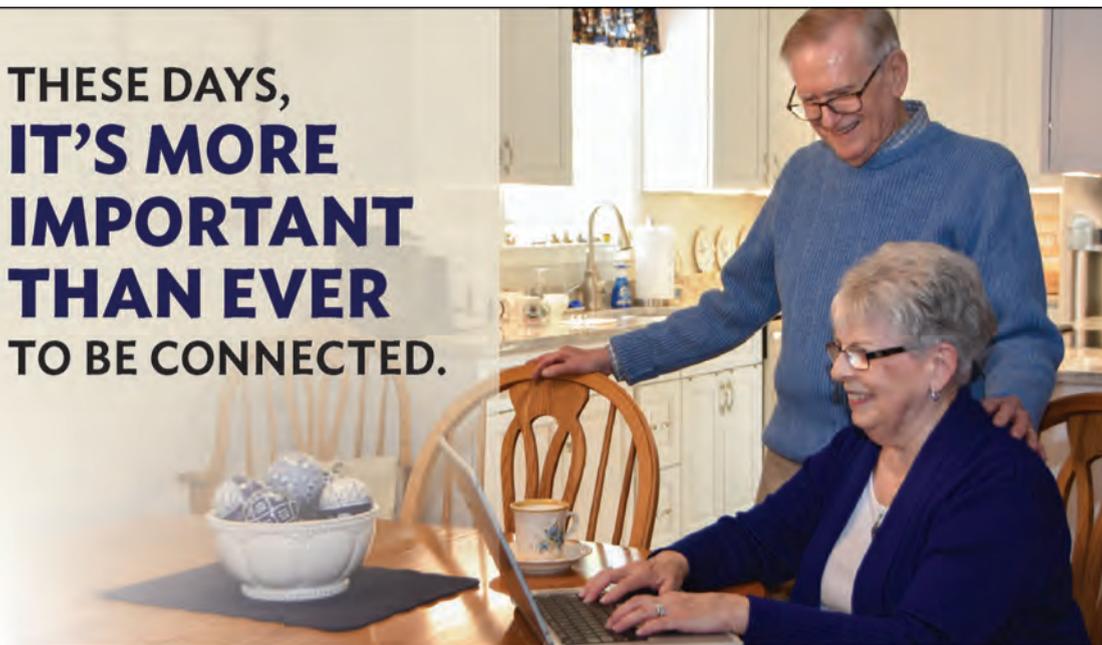
FARMERS' MARKETS OPEN FOR PICKUP OF PRE-ORDERS

Farmers' market food vendors may offer only pickup of pre-ordered food. No food or other items may be displayed or offered for sampling or sale at the market location. Vendors who offer pre-ordering are listed at www.ALXatHome.com. Market managers have been asked to increase the distance between vendor stands, encourage handwashing and social distancing by vendors and customers, actively discourage lines, and ensure that customers who have picked up their orders exit promptly.

METRO CLOSES STATIONS

Metro has significantly reduced Metrorail and Metrobus services to protect the health and safety of Metro employees and customers and respond to dramatic reductions in ridership and the difficulty keeping shared surfaces clean. Effective March 26, Metro will

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SEE BULLETIN, PAGE 13

Stay At Home

BY SEN. SCOTT SUROVELL

The last two weeks brought us two executive orders and one consistent message from our Governor – Stay. At. Home.

Last week, Governor Northam issued an order extending school closures, closing all entertainment and personal care venues and businesses, and restricting access at certain non-essential businesses. This Monday, the Governor further restricted public gatherings after Virginians continued to appear in large groups at the beaches and a few restaurants.

It is important to understand that this disease can be transmitted before carriers develop symptoms. It also appears to transmit without physical contact. The majority of individuals diagnosed with this virus are under age 50. While people under 50 tend to be less at risk for death, if one person under 50 infects 20 other people, the chain of transmission ultimately results in more deaths. Continuing to socialize with others is incredibly selfish.

On Tuesday, the Commonwealth reported



230 new confirmed infections. At that daily rate with no acceleration, the number of confirmed cases in Virginia could double in five days. With new testing coming on line, we are still in the process of getting this crisis under control. In addition, much testing takes 4-6 days to return results, plus people are often not symptomatic for a period of time. The results we are seeing today could be a result of social activity that occurred 1-2 weeks ago.

A model put out by the University of Washington predicts that Virginia will see a peak in early May with 3,400 beds needed including 512 Intensive Care Unit (ICU) beds. In Virginia we have 329 ICU beds available.

Executive Order #55 which was issued on Monday does a few things. First, it directs everyone to stay at home unless engaging in nine excepted activities such as getting food, medical attention, taking care of family members or going to work – if your place of employment is still open, can meet the requirements of the other Executive Order and you cannot telecommute, and a few other categories. It also says it is acceptable to engage in outdoor activity provided that you

can comply with social distancing requirements.

The new order closes Virginia's beaches to everything except exercising and fishing. It prohibits all in-person higher education classes such as what was occurring at Liberty University, and any stays at campgrounds under 14 days. It clarifies that any gathering, public or private, of more than 10 persons is prohibited. Violations of most provisions of the order are a Class 1 misdemeanor punishable by up to twelve months in jail and \$2,500 fine and is enforceable by state or local law enforcement.

In the meantime, the Commonwealth is attempting to procure more testing, but is severely limited by competing demands of 49 other states and 130 other counties, and a lack of federal coordination. The Commonwealth has developed some independent testing capacity at our university hospitals and private hospital systems, but the sources of reagents needed to manufacture the tests is limited and equipment manpower to process the results is being acquired. Therefore, testing availability continues to be limited. The Commonwealth is making contingency plans for a surge on hospital resources and the National Guard has been activated, but

not deployed.

Virginia is also working on implementing the resources created by the recent federal stimulus act to enhance unemployment benefits, deploy housing assistance, and food resources that are administered at the federal level. Given Virginia's balanced budget requirements, reprogramming massive parts of our budget without tax increases is relatively difficult, but we are also preparing to make adjustments as we approach the Reconvened or Veto Session on April 22.

This week, the Fairfax County General Assembly Delegation collectively donated \$5,000 to area foodbanks. Please consider doing so yourself. Please consider volunteering for the Virginia Medical Reserve Corps if you are able at <https://vvh.vamrc.org/>.

You can find complete information on my blog at scottsurovell.blogspot.com or the state's new website www.virginia.gov/coronavirus.

If you have any questions about government assistance, small business programs, questions about the executive orders, or any policy ideas, please contact my office at 571.249.4484 or email me at scott@scottsurovell.org.

Distance Learning Begins on April 14

FROM PAGE 3

Middle school students will be engaged in virtual, teacher-directed learning in the four core classes along with world languages (HS credit) beginning the week of April 14. Elective teachers will post learning activities to Blackboard.

Distribution of laptops began this week for students in need who do not have access to a device at home. Schools have been contacting families directly to arrange for the pickups.

Elementary School Distance Learning Plan

Students will engage in teacher-led and independent learning.

There is also time for teacher check-ins, virtual chats, phone calls and emails with students.

Learning packets will be distributed by mail to all students (PK-6) beginning the week of March 30.

Principals will send parents a published schedule of instruction.

Literacy and math content will also be made available on FCPS Cable Channel 21 (check your local listings or stream online) beginning the week of March 30.

Teacher-student virtual connec-

tions are encouraged.

Specials teachers will post learning activities to Blackboard.

Resources for Special Education FCPS staff is working hard to prepare distance learning materials to ensure that all students have access to educational materials and activities, including our students with Individualized Education Programs and 504 Plans.

Many disability-related modifications and services may be effectively provided online. These may include, for instance, extensions of time for assignments, modifications to assignments, videos with captioning or embedded sign language interpreting, accessible reading materials, and speech or language services through video conferencing. The Office of Special Education Instruction has developed and posted on the FCPS Continuity of Learning webpage, an Accommodations Toolbox that includes strategies and resources on how students may be able to access accommodations at home.

Continuity of Learning resources are also posted in Blackboard as well as on the FCPS public web located at: <https://www.fcps.edu/news/coronavirus-update-academics-distance>. In addition, FCPS is currently reviewing additional online platforms to ensure

accessibility for all students and teachers.

English Language Learners

The Office of ESOL Services is collaborating with the content-area teams to create accessible resources for English learners. English learners (ELs) will participate in grade-level instruction and activities as well as engage in English Language Development (ELD) activities to simultaneously develop English language proficiency, content understandings, and Portrait of a Graduate attributes. It is important for students to read, write, speak and listen to English every day. FCPS is creating ELD resources that incorporate a variety of reading, writing, listening, and speaking activities.

English Learners and families will receive support from ESOL teachers and school-based Parent Liaisons. Additionally, FCPS provides Parent Information Phone Lines for families who speak a language other than English. Phone responders will answer questions and connect families to resources.

Parent Information Phone Lines: Amharic 571-423-4957; Arabic 571-423-4952; Chinese 571-423-4953; Farsi 571-423-4954; Korean 571-423-4951; Spanish 571-423-4950; Urdu 571-423-4955; Vietnamese 571-423-4956.

3rd Quarter Update

The third quarter grading book is not closed. We are working to ensure that students will have the opportunity to complete all assignments issued prior to the closing of schools before we close the third quarter. We will provide maximum flexibility for our students to be sure they can get those assignments submitted.

Distance Learning Timeline

The Virginia Department of Education (VDOE) provided guidance to school systems not to require any new instruction during the past two weeks. As a result, FCPS quickly developed parent resources to support continuity of learning. Tens of thousands of individuals have utilized the tools in Blackboard, our FCPS website as well as the programming available on our cable channels.

Factors that need to be addressed to begin distance learning include:

Technology infrastructure availability for all students

The diverse learning needs of our students

Appropriate teacher training to ensure fidelity of implementation

Laptop distribution to approximately 15,000 middle school and elementary school students in accordance with health department

guidelines, one student at a time
Printing and mailing of 125,000 learning packets weekly to homes across Fairfax County

This distance learning plan also recognizes the challenges of FCPS staff members working from home trying to take care of loved ones while ensuring their own health and safety.

In Conclusion

We are being challenged in ways that we didn't imagine just a few weeks ago. Our teachers are professionals who are adjusting, adapting and learning to do whatever is necessary to create meaningful learning experiences for your students. Thank you for your support and patience. Our schools and teachers will be connecting with you in the days ahead as we embark on this distance learning mission.

This is the first of several communications you can expect to receive that will provide details and guidance about the distance learning plan.

Please continue to encourage and support one another as we face this unprecedented challenge.

Scott Brabrand, Superintendent
Fairfax County Public Schools

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The Rotary Club of Alexandria holds its weekly meeting via the Zoom web conferencing app.

Social While Distancing

FROM PAGE 3

local elected officials will be participating in the event including Congressman Don Beyer to give updates on the coronavirus relief efforts.

A portion of the program is for local businesses that are still operating to get the word out about their current state of operations, and any other information that they'd like the public to have. There will be digital buttons that

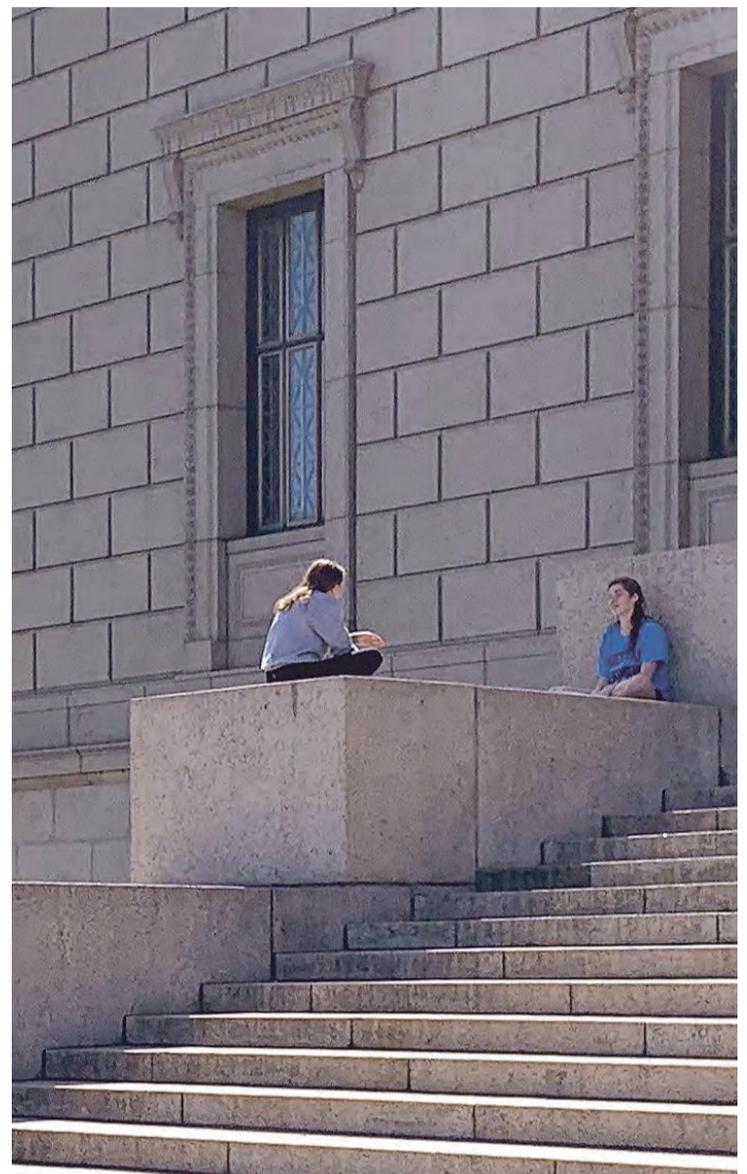
will be on screen during the town hall that will link directly to those businesses.

If you would like to be featured on this town hall, email Holly Dougherty and we will work with Supervisor Lusk's office to include as many businesses as possible. hollydougherty@mtvernon-lee-chamber.org

Register for the town hall here: <https://www.crowdcast.io/e/lee-district-digital/register>

Supervisor Dan Storck 2nd Saturday Hours for April 11, 2020

Mount Vernon District office 2511 Parkers Lane, Mount Vernon, VA 9 a.m.-3 p.m. Due to the library closures, all meetings will be at the Supervisor's office. Storck is willing to meet in-person with anyone who would like to do so, with proper social distancing. He is also available for virtual and phone meetings during this time.



Friends catch up March 30 at the George Washington Masonic National Memorial while keeping a safe distance.

PHOTOS BY JANET BARNETT/GAZETTE PACKET

“We don't have classes but are trying to stay connected as much as we can as a senior class.”

— SSSA senior Liliana Dowling

Browne Academy's Distance Learning Program

Browne's Academy's campus may be closed for the rest of the school year, but its distance learning program is off to a strong start. All students, from preschool-8th grade, are continuing with a robust, comprehensive curriculum from afar.

Designing the distance learning program was a fast and furious affair, requiring all hands on deck. Teachers and administrators dove into learning about distance learning, taking online courses, and collaborating with other educational leaders and professionals. This is a challenging time for everyone, and Browne is striving to make thoughtful, empathetic, and equitable decisions for its families. Through teamwork and a bit of trial and re-tweaking, with input from

parents and students, the program is going full steam ahead.

Browne's students are engaging in both synchronous and asynchronous learning, using tools such as Zoom, Google Docs, FaceTime, and the school's student/parent portal. Interactive learning is a key component of the distance curriculum for all ages, as feeling connected socially is crucial during this isolating time.

Middle school students (5th-8th grades) have daily 40-minute real-time class sessions via Zoom in all their core subjects – science, math, English, history, and Spanish – as well as continued instruction in art, music, and PE. Students then have the rest of the afternoon to complete homework, get fresh air and exercise, and enjoy family time.

Lower school students (preschool-4th

grade) have regular digital classroom connections to support educational and emotional growth.

The schedule includes asynchronous learning, where teachers post the morning's lesson and then hold office hours to answer individual questions. There are also synchronous learning days, where the students and teacher engage in real-time learning via Zoom. Lower school specials are still an important part of the curriculum, with music, art, Spanish, art, science, innovation, PE, and library teachers posting weekly instructional videos to engage and challenge the students.

Another important part of Browne's curriculum is social-emotional development of all students. To that end, middle school students still meet with their advisories every

day and have regular advisory lunches via Zoom. The school's counselor is providing online resources for all students and their families and is available for individual conferencing.

Browne's music teachers are continuing private instrument and voice lessons via Zoom and are even starting a weekly virtual open mic night so students can perform for the Browne community.

Even though school and life as we know it have been turned on their heads, Browne has seized the opportunity to develop an engaging, hands-on, predictable, steady, and community-building distance learning program. The school plans to share some of its resources to the greater community in the not-too-distant future.



The HomeGrown Restaurant Group is providing contactless take out from Holy Cow, the Sushi Bar and Pork Barrel BBQ on Mount Vernon Avenue in Del Ray. The statewide closure of on-site dining has been extended to June 10.



Free boxed dinners from Family Meal Alexandria are available from 2-4 p.m. daily at Cheesetique in Del Ray for local restaurant and hospitality workers.

PHOTOS CONTRIBUTED

To the Rescue CARES Act, SBA loans aim to save small businesses.

JEANNE THEISMANN
GAZETTE PACKET

In just a matter of weeks, the COVID-19 pandemic brought most small businesses across the country to a standstill. On March 27, Congress passed the Coronavirus Aid, Relief and Economic Security act (CARES Act), a \$2.2 trillion unprecedented financial assistance package aimed at helping small and mid-size businesses survive mandated closures. “There are 600,000 restaurants in America alone,” said “Mango” Mike Anderson of the HomeGrown Restaurant Group. “If it weren’t for these loans, I don’t know how we would make it otherwise.”

Prior to passage of the CARES Act, the Small Business Administration made funds available through its Economic Injury Disaster Loan (EIDL) program. The CARES Act creates a new loan program – the “Paycheck Protection Program” (PPP) Loans.

“Nothing has been predictable about this crisis,” said Bill Reagan, Executive Director of the Alexandria Small Business Development Center. “But these loans are a lifeline to try to sustain small businesses.”

Reagan suggests that local business owners apply for the SBA’s Economic Injury Disaster Grant Program, which provides up to \$10,000 of emergency funds that do not require repayment.

“This is the low-hanging fruit,” Reagan said. “I advise all business owners to start filling out the application. Receiving funds through the EIDL grant does not preclude you from applying for other programs – the grant amount received

would be deducted from any future loans.”

The Paycheck Protection Program loan program will be administered through local banks beginning April 3.

“Lending institutions are now all aware of how this will work and have the application forms,” Reagan said. “We’re waiting to see how this will shake out and trying to put out the latest information on our website.”

Paycheck Protection Program loans may have a principal loan amount of up to \$10 million, a term of up to 10 years and an interest rate of no more than 4 percent per annum. Payments can be deferred between 6 months and 1 year. In addition to payroll, the Paycheck Protection Program loans can be used for: payroll support (including paid sick or medical leave); employee salaries; mortgage, rent and utility payments; insurance premiums; and other debt obligations.

“The CARES Act loans are supposed to be incredibly fast,” said Anderson, who has started the application process. “Still, it’s been incredibly hard. Everything changes day by day and we have no way of knowing what long-term effect this will have. At the end of the day we’ll still have to pay the piper.”

With the state-wide stay-at-home mandate in place through June 10, many small business owners are unsure of what the future holds.

“Closing Imagine was very sad,” said Carol Supplee, owner of Imagine Artwear boutique on King Street. “It feels very different from other times we have been through – snowstorms, 9/11 – because you



Jill Erber, owner of Cheesetique in Del Ray, started the Family Meal Alexandria program March 27. The initiative provides free meals to Alexandria restaurant and hospitality workers economically impacted during the COVID-19 pandemic.

don’t really know if you are going to reopen and don’t know how long you can hang on.”

Supplee said that she and other business owners did their best to remain open despite the uncertainty.

“A lot of shop owners tried to hang in there as long as possible but realized that the customers just stopped shopping,” Supplee added. “One by one we’ve thrown in the towel as far as trying to keep open for business.”

And if we get through this part, we don’t know whether shoppers will ever get back to shopping as they used to.”

Anderson points to Jill Erber, owner of Cheesetique in Del Ray, as a hero in the hard-hit restaurant and hospitality industry.



Imagine Artwear is one of many small businesses that have been forced to temporarily close due to the COVID-19 pandemic.

Erber is also accepting donations via GoFundMe to help with supplies and labor.

“We will feed those in need and employ more people in order to prepare and distribute meals,” Erber said. “That’s what we call a win/win.”

Still, the rapidly changing pace of daily updates to loan program guidelines and state mandates leaves a lot of uncertainty.

“I hope these loans can sustain our local businesses until they can ratchet back up,” Reagan said. “June 10 is a benchmark date at this stage but we can’t rush back in before it’s healthy for the community good.”

As Anderson added: “This is not easy – a lot of guys are not going to make it to the other side.”

PHOTO BY JANET BARNETT/GAZETTE PACKET

New Director of Police Media Relations

Anthony J. Guglielmi is the new Director of the Police Department's Media Relations Bureau, following a national search. Mr. Guglielmi has an impressive professional communications background in television and radio news, media relations and crisis communications.

Guglielmi is currently chief communication officer for the Chicago Police Department, where he helped restore the public trust by establishing progressive transparency in law enforcement communications. Among many achievements during his tenure with the department, Guglielmi led a successful communications strategy that helped pass the Illinois Safe Neighborhoods Act. The law expands services for crime victims, rehabilitation programs and judicial

discretion for some sentencing decisions. He also received an Emmy Award for using social media to effectively deliver public information and highlight the department's positive community contributions.

Guglielmi brings more than 15 years of high-level leadership experience as a communications director. Prior to his position with the Chicago Police Department he served as Director of Public Affairs for the Baltimore Police Department, where he was responsible for the development of a citywide text/email alert system. He previously held positions with a New York State Senator and the U.S. Office of Special Counsel as Director of Communications.

Mr. Guglielmi's anticipated start date is Monday, April 27.

Inmate in 20s Tests Positive for COVID-19

On March 30, 2020, an inmate in his 20s at the Fairfax County Adult Detention Center tested positive for COVID-19. He has been incarcerated since Jan. 29, 2020 and is now in isolation at the Adult Detention Center.

The Sheriff's Office said they will continue to work closely with the Health Department to identify individuals who have been in close contact and are at increased risk.

"While we are doing everything we can to prevent the spread of illness, it is possible that additional

cases will occur since individuals already could have been exposed.

Since mid-March, at the recommendation of the Health Department, we have implemented enhanced screening and cleaning protocols to limit the spread of disease within our facility. The agency also suspended personal visiting and volunteer-led programs.

The Sheriff's Office is taking every possible precaution to ensure the safety of our staff and the incarcerated population for whom we are responsible," the office said in a statement.

Fairfax County Urges Residents to Stay Home

Fairfax County strongly urges residents to follow the stay-at-home order issued by Virginia Gov. Ralph Northam today.

This order is critical to help slow the spread of the coronavirus as cases continue to climb across the state with 225 confirmed cases in the Fairfax County Health District.

Social distancing is the most effective method to limit the disease's transmission.

The governor's action, which remains in effect until June 10, means that residents should stay in homes with only a few exceptions for essential activities, in-

cluding:

- Getting groceries or medicines.
 - Caring for a sick family member or friend.
 - Getting medical care for yourself.
 - Going outside for exercise for yourself or pets (although not in groups larger than 10 people).
 - Getting essential social or government services.
 - Traveling to and from work or place of worship.
 - Do not go out unless you need to go out.
- "To date, this has been a suggestion to Virginians," said Northam. "Today it's an order."

More details: <https://bit.ly/2yImDtH>

BULLETIN BOARD

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close 17 of its 91 Metrorail stations, including Braddock Road, Eisenhower Avenue and Van Dorn Street. The public is urged to only use Metro services if absolutely necessary.

SCHOLARSHIP APPLICATIONS OPEN

Applications are now available for business scholarships provided by Mount Vernon Lee Chamber of Commerce. At least \$12,000 will be awarded to local graduating seniors pursuing further education in business. Students may apply online at www.mountvernonleechamber.org/education-partnership/ or call 703-360-6925 to request an application. The application deadline is Friday April 24. Those applying for the scholarships must plan to pursue further education in a business-related field whether academic or in the trades, live in Lee or Mount Vernon Districts or attend one of the seven high schools in these

districts.

SNAP BENEFITS EXPANDED

On March 25, the Virginia Department of Social Services announced that it is extending services and providing emergency allotments for households currently receiving Supplemental Nutritional Assistance Program (SNAP) benefits. Certifications expiring in March, April and May will be extended for six months until September, October and November, respectively. Emergency allotments for current SNAP households will be issued for the months of March and April, and the work requirement will be waived effective April 1.

ASSISTANCE FOR PET OWNERS

The Animal Welfare League of Alexandria (AWLA) has a Pet Pantry program in place for residents in need of pet food or other pet supplies. Pet items will be available for pick up at the AWLA (4101 Eisenhower Ave., Alexandria) by appointment only. Residents in need are encouraged to email community@alexandrianimals.org or call 703-

746-5508 to request pet food or supplies. If transportation is a problem, contact the AWLA to discuss options.

RESTAURANT DELIVERY, TAKE-OUT SERVICES

Per the Gov. Northam's executive order requiring social distancing, restaurants may provide takeout and delivery service only. Restaurant lobbies are permitted to remain open only to provide adequate space to allow social distancing practices and do not allow more than 10 patrons at any one time. The Alexandria Health Department has advised restaurants to remove or relocate tables and chairs, both indoors and outdoors, to reinforce that the establishments are only open for takeout and delivery.

REVIVE! TRAININGS POSTPONED

REVIVE! Opioid Overdose and Narcan Trainings are temporarily postponed. SEE BULLETIN, PAGE 14

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Cancer in a Pandemic



By KENNETH B. LOURIE

So far as I can tell, I'm being treated as per usual. Meaning, treatment for my recently diagnosed thyroid cancer is on track. On track meaning multiple hospital visits at two health care facilities (some even on the same day) over five consecutive days to include four radioiodine injections, pre-and post-treatment CT scans, lab work, miscellaneous other medical appointments and a low iodine diet to boot spread out over a nearly six-week interval including one over-night at the hospital.

To say I'm looking forward to the experience would be naive. To say I'm looking forward to killing the remaining thyroid cancer in my body would be more accurate. The thyroidectomy I had in late January was very successful but approximately 15 percent of the cancer remains, embedded under my collarbone and elsewhere. Consequently, treatment of my pre-existing/underlying stage IV non small cell lung cancer will be further delayed while we address the thyroid cancer which the surgeon was unable to remove. And now that I have my schedule, as of March 27, I now know when and where and how the process will play out.

One potential major complication: the coronavirus pandemic. Given the screening questions I have been asked of late when calling for medical information, if I am unlucky and somehow become infected or come in contact with someone who has been diagnosed or travel/have traveled to an area of the country/world particularly hard hit, I am guessing my treatment stops/never gets started. And not to be too paranoid about something which hasn't even happened yet but, I'd just as soon not become another statistic and/or not get my cancer treatment and allow my two types of cancer to live on without any checks or balances. (Generally speaking, if the cancer is left alone, it likely won't spontaneously go into remission. Quite the opposite in fact and therein lies my fear of having 'cancer in a pandemic.')

I imagine that at any time over the next six weeks, a hundred things could change that could adversely affect my treatment/schedule, many of which are beyond my control. And not that I'm a controlling person, but when it comes to medical treatment that might actually be saving/extending my life, I do become a bit preoccupied. And if push does come to shove, so to speak, there's not much that I can say or do about circumstances (staffing issues, medicine shortages, reduced hours, increase in patients, etc.) which might affect the availability of health care. As a cancer patient, you'd like to have a little predictability given that your normal routine is hardly what you anticipated. However, none of us anticipated a pandemic and now all us patients are waiting for chips to fall and wondering/hoping our names will be on the treatment list.

Unfortunately, cancer treatment is not hit or miss. It mostly needs to hit. And if some of the hits can't happen when protocol says it should, there is reason to be afraid. But being afraid now, before any of these pandemic-related complications have even occurred is a waste of time, energy and emotional wherewithal. I don't need to worry yet. If any of these worse-case scenarios do happen, there will be plenty of time to worry later. At the moment, I'm scheduled, I'm not sick and I'm able to social-distance, self-isolate and shelter-in-place until further notice.

I just wish 'further notice' wasn't a month from now. So much can happen to so many at so many places, most of which I can't prevent. And yet, if these happenings are not prevented, it's possible the powers that most likely will inform me that circumstances have overtaken their plans and my treatment will have to be delayed. I'm so close. Thirty days however is an eternity for a cancer patient. Somehow, I have to stop watching the calendar. I have to watch my "ps" and "qs" instead and avoid any unnecessary social interactions. I'd like to think that come the end of April, I'll be ready, willing and available. I just hope that I can say the same thing about the medical professionals and hospitals where I'll be getting treatment.

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

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NEWS

COVID-19 Deaths

FROM PAGE 1

to 288. The health district includes Fairfax County, City of Fairfax, City of Falls Church and towns within the county.

"This is a reminder that we have to be diligent in doing our part to slow the spread of virus in our community," said Dr. Gloria Addo-Ayensu, director of health. "Please remember to wash your hands thoroughly and often, cover your coughs and sneezes, avoid touching your face, stay home if you are sick, and abide by Governor Ralph Northam's 'stay at home' order."

The coronavirus that causes COVID-19 can cause mild to more severe respiratory illness. Symptoms include fever, cough, and difficulty breathing. Symptoms appear within 14 days of being exposed to an infectious person. COVID-19 spreads primarily through respiratory droplets produced when an infected person coughs or sneezes, according to the health department. If symptoms develop, they advise contacting your health care provider to describe the situation.

To lower the risk of transmission:
Stay at home.

Avoid non-essential travel, especially if you are an individual who is at increased risk for severe illness, including pregnant women, older adults and persons of any age with underlying health conditions.

Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer only if soap and water are not available.

Avoid touching your eyes, nose, and mouth.

Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Clean and disinfect frequently touched objects and surfaces.

Those with high risk factors and who have fever or new or worsening cough, should consider contacting their providers when they are sick. Call ahead to let them know of your symptoms.

BULLETIN BOARD

FROM PAGE 13

ily postponed. Individuals can make an appointment to pick up free Narcan by calling 571-305-3685, Monday - Friday, 9 a.m. - 5 p.m. If you have Narcan on hand, you could save the life of someone overdosing on opioids. Visit alexandriava.gov/Opioids.

BIRCHMERE GOFUNDME PAGE

The Birchmere has had to cancel or postpone all of its shows for the foreseeable future, at least into May. With no shows this means that all of the hourly and tipped workers (kitchen, wait and bar staff) are not getting paid. To help them during this time, the Birchmere has set up a GoFundMe page. All proceeds will go directly to staff that have been affected, not management but the staff themselves. Visit the website: <https://www.gofundme.com/f/support-staff-of-the-birchmere>

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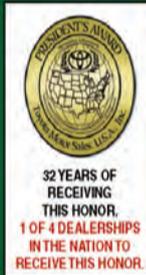
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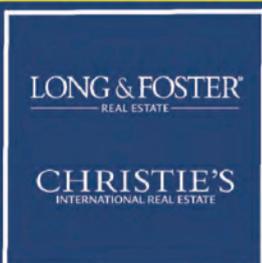
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