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CONNECTION

Reston ♦ ^{Oak Hill} Herndon ♦ Chantilly ♦ CENTRE VIEW



(From left) Picking up from Anita's in Herndon for Herndon Cares are volunteers Madison Austell, Josh Killian, Christine Mayuga, and Renee Austell. Herndon Cares currently involves 10 Herndon and Reston faith communities, 17 local restaurants, more than 1,000 people in need, and lots of volunteers.

Herndon Cares, Deliciously

NEWS, PAGE 3

Mourning the Passing of Darryl "Smitty" C. Smith, Sr.

NEWS, PAGE 8

Food Donations Needed For Centreville Families

NEWS, PAGE 3

WELLBEING

PAGE 10

PHOTO BY K SCARRY OPINION, PAGE 4 ♦ CLASSIFIEDS, PAGE 10

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NEWS



PHOTO BY HUMBERTO PEREZ

Virginia Kitchen owner Linc Krueger (far left) and his staff (from left) Anthony Lewis, Norma Ortiz, Kashmir Singh and Silvia Tamara stay late to make takeout dinners in support of Herndon Cares.

Herndon Cares, Deliciously

First Baptist Church of Herndon spearheads a new program.

BY MERCIA HOBSON
THE CONNECTION

Two thousand three hundred and counting. That is the number of takeout meals purchased from local restaurants through donations that Herndon Cares provided to individuals in need during a recent four-week period. Increased food insecurity, employee layoffs and small business instability continued to spike as COVID-19 gained a foothold locally and elsewhere, and the need had never been greater.

Pastor Sean Roberds of the First Baptist Church of Herndon found himself struggling with how to support those in need while adhering to social distancing. He shared his concerns with his Deacons and suggested raising funds to purchase and order takeout meals for neighbors with food insecurity. With those words and volunteer support, the new program, Herndon Cares.org, was born. "The Deacons and the rest of the congregation loved the idea, as this meant the church could help those needing food, as well as local restaurants needing business," according to herndoncares.org.

VOLUNTEER Renee Maxwell, said, "(Herndon Cares) currently involves 10 Herndon and Reston faith communities, 17 local restaurants, more than 1,000 people in need, and lots of volunteers." It seeks donations in any amount to First Baptist Church of Herndon through its herndoncares.org website. Herndon Cares is the epitome of what Town of Herndon Mayor Lisa Merkel said she loved about the Town - congregations



PHOTO COURTESY OF MADISON AUSTELL

Renee Austell and her daughter, Madison (left), prepare to deliver dinners from Enatye Ethiopian Restaurant, one of seventeen restaurants participating in Herndon Cares.

and neighbors coming together to contribute to a fund, not only to bring meals to families in need but also to do so by supporting local restaurants in the process. "It is exactly what Herndon is all about," she said.

According to K Scarry of the First Baptist Church of Herndon, in Reston and Herndon, there are hungry neighbors, excited restaurateurs and engaged community members set to deliver with Herndon Cares. "Now we need financial support," she said. Linc Krueger is the owner of The Virginia Kitchen, one of the many participating Herndon Cares restaurants in Reston and Herndon. "Our staff felt so fortunate to be able to work for such a wonderful cause. When a community comes together to serve those most in need, it becomes stronger," she said.

Participating faith-based organizations in Herndon are Trinity Presbyterian Church, Christ Fellowship Church, First Baptist Church of Herndon, Floris United Methodist, Herndon United Methodist Church, Holy Cross Lutheran Church and Mount Pleasant Baptist Church. In Reston, the participating faith-based organizations are Northern Virginia Hebrew Congregation, John Neumann Catholic Community and Washington Plaza Baptist Church.

HERNDON CARES invites all residing in zip code areas 20170, 20171, 20190 and 20194 to be a part of this grassroots campaign to help keep the community viable. To request a meal, become a partner or participating business, or donate, visit www.HerndonCares.org.



Nicole Martinez at Centreville Baptist Church with food for distribution.

PHOTOS COURTESY OF JENNIE BUSH

Food Donations Needed for Centreville Families

BY BONNIE HOBBS
THE CONNECTION

With schools currently closed, London Towne Elementary is serving as a "Grab and Go" site where families may drive through and receive free, bagged meals for breakfast and lunch. But for some families, it's not enough.

So at Fairfax County's request, Centreville Baptist Church is helping these families by distributing additional food once a week to approximately 125 families. But the community's help is needed. So the church is collecting donated food, Mondays-Thursdays, 9 a.m.-4:30 p.m.; and Fridays, 9 a.m.-noon, at its door 2. All items should be non-perishable and not outdated. Centreville Baptist is at 15100 Lee Highway.

Last week, church members packed 110 bags of groceries for families in the London Towne community. They contained cereal, pasta and sauce, tuna and tuna helper, boxed macaroni and cheese, fruit, vegetables and snacks.

This week, they'll be filled with 16-ounce bags of beans; small bags of rice; canned diced tomatoes or tomato sauce; canned corn, carrots or mixed vegetables; individual cups of applesauce, peanut butter and jelly; and individual servings of instant oatmeal. So these are the items the volunteers hope the community will donate.



Jennie Bush with several bags of food collected for families in need.

The church is also collecting money to buy more food. Donate at cbcva.org/give, then choose the fund "Tithes and Offering" and type "Benevolence" in the notes section. Or send checks payable to "CBC," write "Benevolence" on the memo line and mail to Centreville Baptist Church, 15100 Lee Highway, Centreville, VA 20120.

Volunteers are needed, as well, to shop for food, bag it at the church and distribute it at London Towne Elementary. For safety reasons, only adults 18 and older may volunteer, and each must pass an FCPS Health Screening Questionnaire. They must wear their own masks and adhere to the 6-foot, social-distancing requirements. For more information and to sign up to help, go to <https://cbcva.churchcenter.com/registrations/events/416535>.

In addition, Centreville United Methodist Church is doing the same thing for Centre Ridge Elementary. Those wishing to help with this church's efforts should call 703-830-2684.

OPINION

Make Every Day Mom's Day

Mother's Day can be every day during quarantine.

BY STACIA DATSKOVSKA

When I go to bed each night, I thank God for how saturated my life is with my mom's presence, especially now that we are together at home: safe and closer than ever. I know this is more than a typical sixteen-year-old girl (at the peak of her rebellious, parent-averse phase, no less) can say for herself, but it has not always been this way.

My mom and I did not share mutual understanding from the get-go— apparent even in



the difference between how we now spend Mother's Day and how we used to spend it. I once took this special day to be a go-hard-or-go-home shot at proving my love for the woman who created me. Mother's Day is every day in my heart now: gone is my yearn to redeem myself as a daughter, only to retire from the effort on Monday. Realizing that love and devotion cannot be resized to fit a square on the calendar, I can finally rest easy. As long as I remind her daily, my mom already knows I appreciate her— box of chocolates not required.

Don't get me wrong: I am glad there is a day set out for female caregivers all over the world to feel valued. God knows they don't get enough of it. But gifts or even kind words on Mother's Day cannot stand as placeholders in the spot where mutual love should reside if that place is vacant and dusty the rest of the

year.

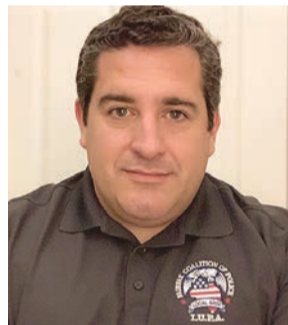
Once my mom and I agreed to seek something deeper in the holiday, beyond material gifts, we realized that what brought us the most happiness was simply sharing experiences and each other's company. This was one gift I could give every day! From then on, I tried (with shortcomings) to make it so my mom just as likely feels special on May 10th as on June 10th or even February 29th—to the point where she wouldn't feel Mother's Day is any different from a lowercase "d" day at all.

Now is the easiest time to live by this tenet: when all our days seem to blend into an indistinguishable haze of sameness. More time on your hands could not only allow you to rekindle your relationship but also think of a more thoughtful, soulful gift for Mom. Here are some suggestions for how to bolster her spirit this Mother's Day— easy to replicate on any given day you wish to simply reconnect.

SEE MOM'S DAY, PAGE 11



Kimberly Adams



Sean Corcoran



Ron Kuley



Tina Williams



Tammie Wondong

Hazard Pay in Honor of Frontline Workers

We are putting our lives on the line; Hazard pay honors our sacrifices.

BY KIMBERLY ADAMS,
FAIRFAX EDUCATION ASSOCIATION
SEAN CORCORAN,
FCOP LOCAL 5000
RON KULEY,
IAFF LOCAL 2068
TINA WILLIAMS,
FAIRFAX COUNTY FEDERATION OF TEACHERS
TAMMIE WONDONG,
FCGEU - SEIU VIRGINIA 512

As frontline workers and as rank-and-file labor leaders representing Fairfax County firefighters, law enforcement officers, educators, nurses, social workers, trash collectors, and other hard-working county employees, we are proud of the work that our members do every day to keep Fairfax County running.

We keep families safe, care for and educate children, keep our public spaces clean, take care of people who are sick and need support, maintain our community's infrastructure, help people get where they need to go -- and more.

We are Black, White, Latino, Asian, and many of us are immigrants. We are every religion and every kind of family.

Right now, we are responding to the biggest

crisis we have seen in our lifetimes. In the midst of this global pandemic, we continue to keep Fairfax County moving forward.

We are picking up trash, putting out fires, protecting the community, delivering health care and mental health services, educating children, cleaning and maintaining public spaces -- and so many other things that may be invisible to the community because they happen without people thinking about them.

We're also reaching out to our neighbors, raising money for nonprofits, donating food, and supporting those hit hardest by the virus and closures.

We are proud to continue serving our community during this crisis. To do so however, we are risking our health and well-being, and the health and well-being of our loved ones.

In recognition of this reality, neighboring jurisdictions, including Arlington, Alexandria, Washington, DC and the State of Maryland, have all begun offering hazard pay to their workforce.

Hazard pay honors the commitment and sacrifices that frontline workers make every day as we risk exposure to perform essential services.

Before coronavirus, when we left the house

each day, many of us feared that we might not return to our families. Now, we fear that we might bring this virus home to our families.

Hazard pay offers frontline workers an extra measure of financial security to stay focused on our critical work.

We have been offering ideas, and will continue to work with the Fairfax County Board of Supervisors to pass a county budget that invests in good jobs, quality health care, affordable housing, public education, PPE, and services and supports for every family in Fairfax County.

We believe that budgets are moral documents that must reflect the values of our community, putting people before profits.

Fairfax County has long been a wonderful place to live, work and play. We stand united with elected officials and community leaders who are fighting to support working people throughout our county. Together, we can keep our community safe, healthy, and thriving for years to come.

Kimberly Adams is President of the Fairfax Education Association. Sean Corcoran is President of FCOP Local 5000. Ron Kuley is President of IAFF Local 2068. Tina Williams is President of the Fairfax County Federation of Teachers. Tammie Wondong is President of the FCGEU - SEIU Virginia 512. United together, we advocate for good jobs and quality public services for all people in Fairfax County.

CONNECTION

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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LETTERS
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

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18	19	20	21	22	23	24
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Special Salute from the Blue Angels

PHOTO COURTESY OF CHARLIE GUNN

Centreville's Charlie Gunn took this photo of the Navy's Blue Angels, Saturday morning, May 2, from his driveway in Virginia Run, when they and the Air Force Thunderbirds did a flyover en route to Inova Fair Oaks and Fairfax hospitals to salute healthcare workers and other essential personnel serving on the frontline against COVID-19.

Life Goes On

Hank and Jocelynn Bailey are announcing the upcoming nuptials of their son, Brent Bailey, to Kathleen Matthews, the daughter of Kelly and Susan Matthews of Bristow. They will marry on June 20, 2020.

The bride will graduate in May from Radford University with a degree in Secondary Education. The groom is an alumnus of Centreville High School ('16) and will graduate this May from Virginia Tech with a degree in Mechanical Engineering. After their honeymoon, they plan to make their home in Huntsville, Alabama, where Brent has secured a job with a local engineering firm.



AREA ROUNDUPS

Free Meals Available for Children

Free meals are available for children, 18 and under, Mondays, Wednesdays and Fridays, from noon-2 p.m., at Ox Hill Baptist Church, 4101 Elmwood St. in Chantilly. Pick up the meals under the carport.

is at 12300 Lee Jackson Memorial Hwy., Fair Oaks. Needed are: Toothpaste, toothbrushes, deodorant, lotions, diapers, baby wipes, soap, shampoo, conditioner, feminine hygiene products, adult incontinence underwear, laundry and dish detergent, household cleaners, paper towels and toilet paper.

Residents Can Help from the Heart

Fairfax County's Communities of Trust is holding a Help from the Heart community drive, collecting items for local food pantries to distribute to people in need. Only new items are accepted; put them into plastic grocery bags and drop them off, 24/7, into collection bins at all Fairfax County police stations.

Locally, the Sully District Station is at 4900 Stonecroft Blvd., Chantilly; the Fair Oaks District Station

Registration at Union Mill Elementary

Union Mill Elementary School is currently registering all students for the 2020-21 school year. To enroll your child, go to the school website, <https://unionmilles.fcps.edu/> and click registrations to find an available registration appointment. Contact the school registrar lmilla@fcps.edu if you have any questions. If you are not sure which school your child should attend, check the FCPS Boundary Locator: <http://boundary.fcps.edu/boundary/>

Chantilly Man Is Charged with Rape



Fairfax County police have charged a 19-year-old Chantilly man with rape. He is Antonio Fredis Paz Orellana. Officers responded April 26, around 1 a.m., to the 4200 block of Airline Parkway in Chantilly, after a woman reported being approached by an unknown man on a neighborhood sidewalk there.

Police say the man grabbed her and allegedly sexually assaulted her. Detectives from the Major Crimes Bureau later identified the suspect as Orellana and arrested him that day. He's being held without bond in the Adult Detention Center.

Anyone with information about this event or who may have witnessed it are asked to call the Major Crimes Bureau at 703-246-7800, option 3. Tips may also be submitted anonymously via Crime Solvers by phoning 1-866-411-TIPS (866-411-8477), texting FCCS plus the tip to 847411, or going to <http://www.fairfaxcrimesolvers.org/>. Tipsters are eligible for cash rewards of \$100-\$1,000 for information leading to an arrest.

— BONNIE HOBBS

Man Charged with Arson, Malicious Wounding



Fairfax County police have arrested a man on five felony charges in connection with an April 10 fire that destroyed a single-family home in Chantilly's Franklin Farm community. He is Rogerio Ribeiro, 52, of Herndon.

Officers responded shortly before 4 a.m. for a report of a disturbance in the 13500 block of Coates Lane. But when they arrived, they discovered the home was fully engulfed in flames. They also encountered Ribeiro trying to leave in a car.

Police say he allegedly pointed a handgun at the officers. However, after a struggle over the firearm, they were able to safely disarm him and take him into custody. One person injured in the fire was treated at the hospital and released, but an injured dog remains under a veterinarian's care.

Based on preliminary findings, investigators with the Fairfax County Fire Marshal's Office charged Ribeiro that day with arson and

setting fire to damage another's property. He was taken to the Adult Detention Center and held without bond.

Detectives from the Major Crimes Bureau also responded to the scene and began investigating. They later charged Ribeiro with additional crimes – aggravated malicious wounding, cruelty to animals and two counts of assault on a law-enforcement officer.

Anyone with information about this incident is asked to call the Major Crimes Bureau at 703-246-7800, option 2. Tips may also be submitted anonymously through Crime Solvers by calling 866-411-8477, texting "FCCS" plus the tip to 847411, and via <http://www.fairfaxcrimesolvers.org/>. Anonymous tipsters are eligible for cash rewards of \$100 to \$1,000 if their information leads to an arrest.

— BONNIE HOBBS

Local Men Charged with Soliciting Minors

Fairfax County police have charged two local men in connection with an online sting that sought to identify and apprehend predators who use the internet to exploit children. Last Tuesday, April 21, police said the arrests took place earlier this month.

Renzo Portal, 26, of Centreville, was charged with solicitation of a minor and soliciting a minor for prostitution. Thomas Kuglin, 39, of Chantilly, was charged with solicitation of a minor and attempted indecent liberties.

Detectives from the Major Crimes and Organized Crime and Intelligence Bureaus arrested 30 men total during "Operation COVID Crackdown." In each case, the alleged offenders used online platforms to initiate explicit conversations and solicit sex from po-

lice officers posing as children.

Then, when each of the suspects arrived at agreed-upon locations to meet these "children" in person, detectives took them into custody. The men, ranging in age from 20-74, were charged with a combined 68 felonies.

"Our detectives have remained vigilant, and they recognized the increased threat posed by online predators in recent weeks," said Major Ed O'Carroll, Bureau Commander, Major Crimes. "I commend their ability to adapt during this unprecedented, public-health pandemic and to do so in the interest of protecting our children and bringing justice to those who commit these repugnant crimes."

— BONNIE HOBBS

PHOTOS BY MERCIA HOBSON/THE CONNECTION



The Fairfax County Police Motor Squad holds up their banner of appreciation to medical providers at Reston Hospital Center.



Local police, fire and rescue agencies recognize and celebrate nurses and health care workers at Reston Hospital Center in anticipation of National Nurses Week, May 6-12 and Hospital Week, May 10-16, 2020.

Kicking Off National Nurses Week and Hospital Week 2020

A ground and air salute to healthcare workers at Reston Hospital Center.

BY MERCIA HOBSON
THE CONNECTION

In a show of support and gratitude for frontline health care workers at Reston Hospital Center, area police, fire and rescue agencies held a parade and a flyover Monday evening, as a pre-kickoff for National Nurses Week, which traditionally begins on May 6 and Hospital Week that starts May 10. “It truly takes a village to care for our community and manage our public health and safety successfully during critical times like these,” said John Deardorff, Chief Executive Officer of HCA Healthcare’s Northern Virginia Market and Reston Hospital Center.

Emergency vehicles from Fairfax County Fire and Rescue Department, Fairfax County Police Department, Virginia State Police, George Mason University Police Department, Metropolitan Washington Airports Authority Fire and Rescue Department and Sterling Volunteer Rescue Squad sounded their sirens and flashed their lights thanking hospital health caregivers in a show of support.

Leading the parade procession was Fairfax County Fire Station 25-Reston. “We are honored to be able to thank workers at Reston Hospital for their dedicated service to the community. Their teamwork and dedication deserves the utmost recognition,” said Chris Seaman, Technician Fire Station 25-Reston.

For Supervisor Walter Alcorn (D-Hunter Mill), the opportunity proved to be “a privilege” to thank the healthcare heroes at Reston Hospital Center, as well as dedicated



Fairfax County Fire Station 425 Reston prepares to lead the parade procession.

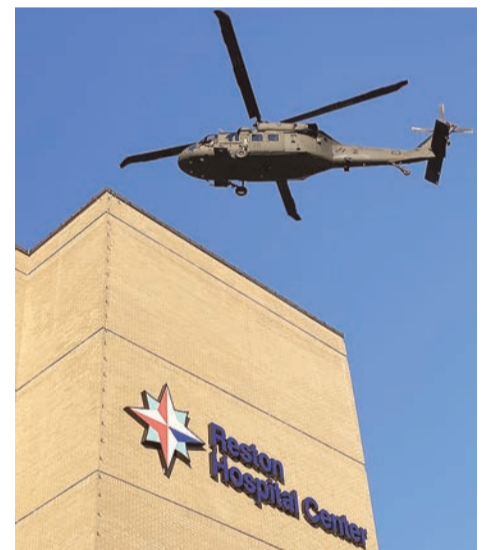
public safety employees. They work on the frontlines of the pandemic. “Our community is grateful for your service and sacrifice,” said Alcorn.

Similar in many ways to Reston Hospital Center’s health caregivers, best-in-class and known to save lives, a BLACK HAWK helicopter circled low over the hospital multiple times, its pilot giving rotor blade salutes of gratitude.

“Each day, we work hand-in-hand with the outstanding team of doctors, nurses and care team members here at Reston Hospital

Center. We are proud to recognize the frontline caregivers and want to show our sincere appreciation for their hard work and dedication during this challenging time,” said Captain Mike Lighthiser Special Operations, Research and Training at George Mason University Department of Police & Public Safety. “Together, we will persevere to get our community back on track.”

Reston Hospital Center is part of the HCA Healthcare family. It is located at 1850 Town Center Parkway in Reston, VA and serves residents in the Northern Virginia area.



A BLACK HAWK helicopter completes a low-level flight over Reston Hospital Center Monday, May 4 in a salute of gratitude thanking health care providers and workers for their service.



Virginia State Police give thumbs up and thank you to all essential workers at Reston Hospital Center.

Purcellville Police Department Chief Cindy McAlister (left) and Herndon Police Department Chief Maggie DeBoard salute the family of Chief Darryl C. Smith, Sr. (Retired) as they arrive at Chestnut Grove Cemetery in Herndon.



HERNDON POLICE FACEBOOK PAGE

Mourning the Passing of Darryl “Smitty” C. Smith, Sr.

Herndon Police Departments say goodbye to the man with a big heart.

BY MERCIA HOBSON
THE CONNECTION

To the Town of Herndon, he was Captain Darryl “Smitty” Smith, Sr., Herndon Police Department. To the Town of Purcellville, he was Chief Darryl “Smitty” Smith, Sr., Purcellville Police Department. In both towns, Smith left a legacy of community and youth engagement programs. “He will be forever remembered for his huge heart, compassionate nature, and sincere commitment to improving the lives of our youth in Town,” said Herndon Police Chief Maggie DeBoard. He was the man with a big heart, big soul and love of fishing. Darryl C. Smith, Sr. died Sunday, April 26, at the age of 70.

Smith started his law enforcement career with Herndon Police Department when at age 22 in 1973, he was the first African American officer hired by the Town. Smith went on to make history in Herndon again in May of 2004, elected as the first African American to the Town Council. He served as Vice Mayor from July 1, 2004-June 30, 2006. Smith retired as Captain from the Herndon Police Department in 2004 after 31 years of dedicated service.

According to The Connection Newspaper story, “Smitty Retires,” dated September 30, 2004: “At the reception, Smith thanked his family for their support...but also his aunts, uncles, siblings, his mother and late father...You can’t do anything without good people helping you,” said Smith on the verge of tears. Smith’s philosophy, that the support of good people can help you succeed, was repeated at his ceremony by every person who took to the podium to speak about his involvement in the community.”



HERNDON POLICE FACEBOOK PAGE

Herndon Police Captain Darryl C. Smith, Sr.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Individuals socially distance and say goodbye to their law enforcement hero, Darryl “Smitty” Smith, Sr. who served as Police Chief for the Town of Purcellville from 2006 to 2015 after retiring as Captain from the Herndon Police Department in 2004.

In 2006, Smith was sworn in as Police Chief for the Town of Purcellville. For nine years, he served the community, retiring on April 1, 2015. As Police Chief in Purcellville, the 2007 Virginia Municipal League recognized Smith with an achievement award for youth engagement, and in 2009 his department received the Webber Seavey Award from the International Association of Chiefs of Police (IACP) for his youth engagement programs. “Chief Smith was well respected...The incredible work he did in regards to community engagement will be his legacy. He made a difference for so many of our youth,” said Purcellville Chief of Police Cynthia McAlister.

His wife Maria of 50 years, and two sons, Darryl and Kevin, survive Darryl C. Smith, Sr. His daughter, Rena, previously passed in 2006.

A New Normal

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



Our personal lives will be returning to what we can call a more usual pattern of living over the next several months as the threat of the coronavirus passes or as a treatment or vaccine is developed. There will at some point be an official lifting of the stay-at-home requirement, hopefully when the medical experts say it is safe rather than when an angry crowd insists on it. In the meantime I think it may be useful to review what we have learned over the past several months and to consider what we have learned that will impact the way we live our lives in the future.

Every story will be different, and I ask that you please understand that as I muse about how my life may have been changed I understand that there are many others whose lives have been changed much more deeply than I can ever fully understand or appreciate. My heartfelt sympathy goes out to those who have lost or will lose family or friends to the coronavirus. My strongest appreciation goes to those who have fought the virus day after day as nurses, doctors, police officers, technicians and others who have had to walk into the face of the virus every day to help others while we stayed away at home. I will never look at all those in the health services the same way again. The bravery, the selflessness, and the dedication leave me in awe.

As someone in government service I have long been aware of the inequities in our economies and in some aspects of our community. The new normal has brought to me a renewed

commitment to work for equity in our society. As members of the wealthiest nation ever on the earth, we cannot allow to continue the gross disparities in income and wealth that have grown greater for too many years in our history. We cannot allow people to go hungry and to be without health care. No one should feel comfortable returning to the society of the past once the gross inequities of that society have so glaringly been brought to our attention.

Our neighbors and our friends have become closer even as we have had to maintain a social distance. As we can officially return to a more open society, I trust that we can all make a commitment to reject blaming, hating, and bullying that have become much too evident in recent time. I plan to continue to speak out more strongly for justice and compassion and against inequality and hatred.

On a personal note I hope that the new normal will leave me with a habit of exercising more with the wonderful programs that are available on streaming media, eating less, and being more mindful of the blessed life I live with a greater appreciation of the amazing people who are my family, friends and supporters. I would be pleased to learn of your hopes for the new normal. Write to me at kenplum@aol.com.

BULLETIN BOARD

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

TOWN ELECTIONS ON MAY 19

The Vienna and Clifton town elections are rescheduled to Tuesday, May 19 with polling locations opening at 6 a.m. and closing at 7 p.m. However, the Virginia Department of Elections encourages voters to protect their health during the COVID-19 outbreak. Voting by mail is strongly encouraged and a ballot can be requested today. Voters may choose reason “2A My disability or illness” for absentee voting. Tuesday, May 12 at 5 p.m. is the deadline to request an absentee ballot. Visit the Fairfax County

Office of Elections website (www.fairfaxcounty.gov/elections) for more information about absentee voting. The Town of Vienna is the only jurisdiction in Fairfax County that has a contested election on May 19.

CEDAR LANE BRIDGE RECONSTRUCTION

Fairfax County Department of Transportation announces the expansion of service on Fairfax Connector bus routes 462 and 467, effective Saturday, May 9, 2020, to assist

SEE BULLETIN, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

Reston, Mount Vernon and Burke Farmers Markets to Open in May

It could pave the way for more as the county gradually reopens.

By MIKE SALMON
THE CONNECTION

As the country heads into the third month of COVID-19 restrictions, the Mount Vernon Farmers Market on Sherwood Hall Lane is one of three markets that are opening in May.

The other two are in Burke and Reston, which are central locations that can cater to a wide scope of the county residents, said Fairfax County Park Authority spokesperson Judy Pederson. "These three are located in different areas of the county which places them within reasonable travel distances for all our residents."

THE FIRST OPENING will be Saturday, May 9 in Reston, followed by Mount Vernon on Wednesday, May 13 and Burke opening day on Saturday, May 16.

This is a step towards normalcy but operations in the markets will not be business as usual, due to the pandemic. Social distancing will be urged, as will face masks. "Face covering strongly recommended," the rules state. Face masks are required at the Reston market.

Throughout the pandemic, grocery stores have been allowed to operate with special rules in place. Most stores have had tape marks on the floor to ensure social distancing. Grocery stores are listed as essential businesses by Governor Ralph Northam (D), but the markets are not. "Because of that, the markets must operate under more stringent safety protocols in order to open," Pederson said.

The governor is currently making other moves that open facilities across the state. For example,



PHOTO BY FAIRFAX COUNTY PARK AUTHORITY

Fresh air, fruits and vegetables bring out the smiles at the county's Farmers Markets.

he announced that hospitals and dentists will be allowed to resume non-emergency procedures as of midnight Thursday, April 30. On April 15, Governor Northam's office put out a directive for restrictions including extending Executive Order 53 for two weeks, through Friday, May 8, 2020.

Executive Order 53 originally signed on March 24, bans crowds of more than 10 people; closes recreation, entertainment, and personal care businesses; and limits restaurants to offering takeout and delivery services only.

Executive Order Fifty-Five, which directs Virginians to stay home unless they must leave for essential services, remains in effect until June 10.

MARKET MASTERS

According to the Fairfax County Park Authority, there are usually two market managers overseeing each market, and the size of the market, depends on the number

of vendors at the site. "As we open the markets this year, because of the extra safety precautions relat-



PHOTO CONTRIBUTED

Fran and John Lovaas are co-managers of Reston Farmers Market, the first to open on Saturday, May 9.

ed to the pandemic, we're seeking to place between four and six volunteer market masters and park staff members at each market," Pederson said.

There will be a combination of old and new vendors at the markets, and as with the market standards that have been in place through the years, each vendor has to go through the application and acceptance process.

The Fairfax County Park Authority markets are strictly producer-only, which means that all

Opening Schedule

Reston: Saturdays, beginning May 9: Reston Farmers Market at Reston Lake Anne Village Center, 1609-A Washington Plaza, 8 a.m. to noon.

Mount Vernon: Wednesdays, beginning May 13: Mount Vernon/McCutcheon Farmers Market, Mount Vernon Sherwood Library, 2501 Sherwood Hall Lane, 8 a.m. to noon.

Burke: Saturdays, beginning May 16: Burke Farmers Market at Burke VRE parking Lot, 5671 Roberts Parkway, 8 a.m. to noon.

of the farmers and producers sell only what they grow on their farms or make from scratch. To stick with the "locally-grown" mantra, the vendors must be located within 125 miles of Fairfax County.

"We also encourage value added vendors to use local ingredients," Pederson said.

After evaluating these three market openings, the Park Authority will assess the situation to determine if any changes are needed. The agency is hoping for successful 2020 market debuts that will pave the way for the opening of all FCPA farmers markets, their information said.

Up to date information about COVID-19 can be found at virginia.gov/coronavirus.

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COVID-19 Restrictions

Market shoppers are asked to comply with all COVID-19 health and social distancing requirements:

- ❖ No more than 2 family members in the market
- ❖ Face covering strongly recommended
- ❖ No pets
- ❖ Keep a 6-foot distance from others
- ❖ One customer per stall
- ❖ Do not touch surfaces. Let vendors bag purchases.
- ❖ Credit or debit card payments preferred
- ❖ No on-site eating of purchases or sampling
- ❖ Do not linger. Get in and get out quickly.
- ❖ Leave by Exits only

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WELLBEING

Virtual fitness classes aid in the effort to stay healthy and fit.

PHOTO COURTESY OF CHRISTIAN ELLIOT



Virtual Fitness Classes Offer Options

Online choices for those who want to get or stay in shape.

BY MARILYN CAMPBELL
THE CONNECTION

Staying physically and mentally fit is proving to be a challenge for some as local gyms, yoga studios and weight management clinics have closed their doors in an effort to prevent the spread of the coronavirus. As a solution, many local health and fitness studios are offering live-streamed and recorded digital classes that can be joined from almost anywhere. From pre-recorded sessions on Facebook to live sessions with an instructor and personal sessions with a physical trainer, instructors are giving the curious and uninitiated a look inside their cyber classrooms.

“I am encouraging people to focus on the mental health benefits from exercise and movement to help deal with the stress of COVID-19,” said Rachel Trope, clinical exercise physiologist at the Washington Center for Weight Management and Research in Arlington. “I am also encouraging people to be okay with exercise looking and feeling different right now. Something is better than nothing.”

Practicing yoga can offer mental health benefits, says Luann Fulbright, Studio Director of Dream Yoga in McLean. “Yoga means to unite, and human beings, like other mammals, need to connect to stay well,” she said. “The virtual classes enable our community to continue to come together to practice.”

A disrupted schedule can lead to increased anxiety during this time of uncertainty. “The crux of regular exercise for many people is routine and familiarity, when that gets interrupted, it can be difficult to establish a new normal with exercise,” said Trope. “This is a very tricky time. We are using both live exercise classes and pre-recorded exercise content combined with written workouts.”

Creating as close to a real experience as possible for students, including allowing for teacher-student interaction makes the classes more effective. “We transformed one of our classrooms into a virtual studio with good equipment so our classes look as professionally done as possible,” said Fulbright. “We have a good camera, microphone, umbrella lighting, and large monitor screen so teachers can better see their students and alignment.”

The students who are joining the classes represent a wide demographic. “Many of our regular students have gone virtual with us,” said Fulbright. “The ones that surprised us were our older students in our Yoga for Creaky People and other classes. At first, we wondered if they would want to Zoom, but we were wowed. Most of them are Zooming with us now. They are rocking it.”

There are even solutions for those who are only marginally interested in fitness or need help staying motivated.

“I had a former client reach out to me yesterday saying she just couldn’t stay motivated doing the free home workouts because no one cared if she did or didn’t show up,” said Christian Elliot, Health Coach at TRUE Whole Human. “She’s finding she prefers an appointment to keep her accountable. The one-to-one personal training with trained eyes watching, although more expensive, often provides the most accountability and bang for the buck, especially if you don’t have much equipment to work with.”

Classes can be tailored to the abilities and interests of each student. “I’ve found, probably not surprisingly, that different people prefer different formats,” said Elliot. “Not having to think of what to do may be the biggest draw, regardless of the format. Some like the structure of a program and thoughtful movement and a slower pace, others like showing up at a particular time, doing whatever the workout is for the day, and knowing when the workout will be over.”

“I’m excited to watch our great, collective, American ingenuity have a new outlet for creativity,” added Elliot. “I look forward to seeing how this strange blip in history brings new and better solutions to the market that we otherwise would not have come up with.”

“I am encouraging people to focus on the mental health benefits from exercise and movement to help deal with the stress of COVID-19.”

—Rachel Trope,
Clinical Exercise Physiologist
at the Washington Center for
Weight Management and Research

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BULLETIN BOARD

FROM PAGE 8

travelers during the demolition and reconstruction of the Cedar Lane Bridge over I-66. The Cedar Lane Bridge reconstruction effort is part of the Virginia Department of Transportation's Transform 66-Outside the Beltway project and is expected to begin mid-May, 2020, and last through November 2020. The expanded service on Fairfax Connector routes 462 and 467 will be free for the duration of the Cedar Lane Bridge closure, and provides expanded hours during weekdays and new service during the weekends. During the bridge closure, Cedar Lane will be closed between Cottage Street and Hilltop Road, and the bridge itself will be demolished and rebuilt to accommodate the widening of I-66 that is underway. Drivers, pedestrians and bicyclists will also be impacted by the bridge closure and should be aware of the following detours: Drivers will be re-routed to Gallows Road to cross I-66 using either Cottage Street (north side of I-66) or Hilltop Road and Lee Highway (south side of I-66).

Mom's Day

FROM PAGE 4

Start a mailbox garden together. You see neighbors walking their dogs by your front yard daily, so why not let Mom's mailbox receive a "spring refresh" and impress the passerby? Buy some flowers and a trellis for an uplifting arrangement, then plant together and catch up on all sorts of things in the process. If you live far away, surprise Mom with a giftcard to a nearby plant nursery or a delivery of fresh, garden-ready botanicals from a local business.

Digitize old photos. Looking at old snapshots is currently keeping my mom and I busy reminiscing on past travels— while also planting a seed of hope for what is still possible in the future. This Mother's Day, sit Mom down and let her pick a few favorite photos, as a start, to scan at home. Ask her about where she was in the photo, what she was doing during its taking, and what she remembers thinking about.

Indulge in a themed night to remember. While wine tours of Tuscany and Vespa-powered adventures around Rome are out of the question, who says you and Mom can't enjoy an evening infused with the culture of a chosen country? Whether it's a place you wish to visit or one you loved traveling to with Mom, pick a few signature recipes, a movie filmed there (or in the country's language, if you're bold!), and a virtual offering that relates to the region, such as a Louvre tour or Canada's own Northern Lights livestream. Savor connecting with your mom over this unprecedented experience.

When you wake up the next Monday, take it as a chance to give your mom the gift of a second Mother's Day. And then a third. And then a fourth. Call her, Zoom her, and, if you are so fortunate, hug her! But don't idolize these simple gestures. Don't give them as much glamour as to say they are fit only for a designated day in spring. No— this Mother's Day, let your celebration of God's best gift last a whole year! Then watch as your quarantined days take on a new meaning.

Stacia Datskovska, 16, is an 11th grader at Langley High and lives in Vienna.

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Hair Today, Not Gone Tomorrow



By KENNETH B. LOURIE

Sheltering in place while isolating at home, like so many others are, in a state, Maryland, where non-essential businesses remain closed, life has mostly come to a screeching halt. And unlike Georgia and nearly 30 other common-sense offenders, salons - among many other trying-to-get-going concerns, are not open. Moreover, given the social-distancing guidelines and the stay-at-home mandate, it's unlikely I'll be receiving any service providers in my home either. And considering that I'm not running a bowling alley in my basement, the chance that my hair stylist is going to unexpectedly knock on my front door is fairly slim. As a non result, what's continuing to happen then is my hair is continuing to grow. Despite my year of immunotherapy, I have a full head of hair; now more than ever, in fact. So what did I dream about last night? Getting a haircut.

As it was dreamt, I was in Virginia (I live in Maryland) doing non-barbershop/salon things when quite unintentionally I walked by a salon that was open and operating. Since I wasn't on a schedule and I needed a haircut, to quote Bob Seeger: "I tucked my hair up under my hat," (sort of) and went inside to make inquiries. I remember asking, as I have previously in real life, if anyone there knew how to cut curly hair. One stylist/operator, who was not familiar to me, offered his services for the task at hand. That's all I remember except feeling pleased with myself when I woke up this morning as if I had accomplished something overnight. Which of course, I hadn't. Oh, how the mighty have fallen.

Of all the things I've dreamt about: interacting with my deceased parents, flying through the air with the greatest of ease, sex, the past, the future, adventures, etc., I dreamt about getting a haircut. How pathetic is that?

One week into my low iodine diet (as preparation for my thyroid cancer treatment), when I haven't had any salt, any dairy, any bread, any most especially, no chocolate or sweets of any kind (jelly beans are on back order), I would have thought that if there was a dream to be dreamt, it would involve food at the very general and chocolate at the very specific, like being in an endless dessert buffet line (social distancing and limiting crown size notwithstanding). But no. What my subconscious focused on was yours truly getting a stupid haircut. There was no special occasion or event for which I was needing my hair cut, it was simply, maintenance. All the more disappointing given the endless possibilities to dream that exist in our heads. What a waste of a deep sleep.

What makes the dream even worse is that for the past month or so I've had very poor sleep, lying in bed for hours with very little to show for it. Specifically, rest, relaxation and dreams; not dreaming at all in fact. Then, in the midst of this poor sleep pattern I awake this morning with the recollection of having dreamt (meaning a deep sleep) about getting my curly locks cut. Mundane minutiae if there ever was such a combination.

Granted, getting my hair cut was a very important part of my life, particularly so for my mother. For my mother, her sons getting a proper haircut was paramount and once she found a barber, Rocky Spirazzo, who cut hair with a scissors instead of a clipper, she was smitten, so to speak. As such, we followed Rocky to whatever barbershop/salon he worked at, including some of the finest hotel barber shops in Boston. We even occasionally went to his home in Roslindale, where he had a barber chair set up in his unfinished basement. I can still that lone bulb above my head attached to a chord hanging from the ceiling.

And so it was, throughout my life when my mother had control of my hair-cutting, that hair cuts were not nearly so arbitrary as they might have otherwise been. Without really admitting it, I guess I would say that getting my hair cut is of some importance, dating back to my "yout," to quote Joe Pesci from "My Cousin Vinny." Like it or not, my mother's influence persists. Now in the midst of a pandemic, with so many other potential problems impacting our life, apparently my subconscious still has its priorities.

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



Fairfax County Board of Supervisors.



Fairfax County Board of Supervisors and staff meet socially distanced and remotely for the Wednesday, April 29 public hearing on the revised fiscal year (FY) 2021 budget proposal before them.

‘Don’t Forget About Us’

County supervisors hold public budget hearings.

BY MERCIA HOBSON
THE CONNECTION

One of the ACLU People Power Fairfax lead advocates, Diane Burkley Alejandro testified on the revised fiscal year (FY) 2021 budget proposal before the Fairfax Board of Supervisors. “Let me first say that my heart goes out to all of you. You have difficult choices to make in uncharted territory. The health, welfare and lives of Fairfax residents are in your hands. I urge you to remember that you will never be faulted for overreacting. You will be faulted forever for under-reacting,” Alejandro said. The revised budget differed from the one County Executive Bryan Hill presented to the board before the COVID-19 pandemic. Slashed were nearly all new programs, staff positions, compensation increases and more.

FOR THREE DAYS, April 28-30, people testified live by phone, and by video and written testimony. Whether the person represented an organization, like John Cartmill, Faith Alliance for Climate Solutions who advocated Supervisors be fiscally responsible, reduce the County’s carbon footprint and purchase electric vehicles or represented a union, like Emily VanDerhoff, Fairfax County Federation of Teachers who advocated for increased numbers of school psychologists, counselors and social workers, a common theme emerged - don’t forget us. “We are here, and we are serving. Please, when you are making your decisions, don’t forget about us,” said Naketa Proctor, a supervisor with Self-Sufficiency in South County in a video submitted by the Fairfax County Government Employees Union SEIU Virginia 512.

Individuals testified for current funding to “stay the course.” They solicited additional funds to offset increased need or abort program closure, and they offered the fiscal solutions to use reserve funds now, save programs and lives later.

Alison DeCoursey is the executive director of United Community. She said the organization served the largest island of the disadvantaged in Fairfax County, the neighborhoods along Route 1. DeCoursey reported a recent 890 percent increase in the number of clients at its food pantry. “Coronavirus is going to require extra resources... but



SEIU Virginia 512 member, Naketa Proctor is a supervisor with Self-Sufficiency in South County. During her testimony at the County’s FY21 budget hearings she asked that Fairfax County Board of Supervisors not forget about them, those who serve the county community “all day, every day.”

we cannot lose sight of our goal ...ending multi-generational poverty by turning these islands of disadvantage into communities of opportunity. Just as United Community stays the course, we urge the County to stay the course on its own plans to actualize One Fairfax.”

Nancy Scott also urged Supervisors to stay the course. Speaking on behalf of Insight Memory Care Center, a nonprofit adult day health and resource center for individuals with Alzheimer’s disease and other memory impairments, Scott said, “Insight was a lifeline for me and my late husband, Jim ... (and) relies on funding from Fairfax County to sustain its programs, and is hopeful it will continue to receive CCFP (Consolidated Community Funding Pool) funds.”

Judith Dittman is CEO of Second Story, an organization that provides services to homeless and at-risk young people and families. She said Second Story tried to find other revenue sources to fund increased expenses but failed. She asked the Supervisors for \$190,000. “Without this funding, we will have to close Second Story for Teens in Crisis,” Dittman said.

FAIRFAX COUNTY SHERIFF Stacey Kin-



Judith Dittman, CEO of Second Story.

caid described the extraordinary effort the men and women in the public safety agency make on the front lines of COVID-19 and its toll. She said, “Front line responders have not been able to get pandemic-related types of leave... We support providing flexible leave...(and) expanding the limits of carry-over compensatory time.” Kincaid said she hoped Supervisors addressed funding for 2.06 percent of the Market Rate Adjustment during FY 21, considered equitable compensation and focused “on Diversion First, which ensures that our residents with mental illness or substance use disorders receive the care and assistance they need.”

Burkley Alejandro testified COVID-19 disproportionately hurt the immigrant community, and they too needed a safety net. She offered a financial solution saying, “Be bold and swift. Use your emergency powers... Feel free to act incrementally... People’s lives are more important than the County’s credit rating...Let the scores be damned. The balanced budget requirement is a red herring. Here, you have more than sufficient reserves and TEC SAC funding (Tertiary Education Commission Student Achievement Component funding).

Meanwhile, turning attention to Schools, Fairfax County Council PTA President Jane Miscavage called the earlier budget “forward-looking.” However, with the COVID-19 crisis and the economic recovery that lies ahead, she said, “It is with great sadness that we support the county executive’s recommendation to defer much of this spend-



John Cartmill, Faith Alliance for Climate Solutions.

Upcoming Events

Visit: <https://fairfaxcounty.gov/cableconsumer/> to watch the budget public hearings.

May 5: Board of Supervisors marks up FY 2021 Budget and adopts FY 2020 Third Quarter Review

May 12: Board of Supervisors adopts FY 2021 Budget, tax rate and budget transfer amount to FCPS

TBD: School Board adopts FCPS FY 2021 Approved Budget

July 1: FY 2021 begins

ing that was originally proposed for Fiscal Year 21.”

Fairfax County Federation of Teachers member Lisa Demmel said there was a “huge educational socio-economic divide” especially felt on the Route 1 corridor. She said resources should be increased to eliminate the digital divide for students and other needs. She urged the board to increase funding by “using our reserve funds and to aggressively seek federal aid to beef up and improve our educational system.”

According to Tiffany Finck-Haynes Lobbyist-Organizer Fairfax County Federation of Teachers, on April 17, the union sent a letter to the School Board concerned that Superintendent Brabrand proposed to increase pay for elementary school principals while simultaneously freezing the pay of nearly all other FCPS staff.