

Back-to-School Doesn't Have the Same Ring To It This Year

West Potomac gets ready with laptops and virtual lessons.

BY MIKE SALMON
THE CONNECTION

In the final days of August, Khadijah Chapman, 17, went up to West Potomac High School to get some paperwork she needs for a drivers license. The upcoming year is a big question mark due to the pandemic, but it will start with her at home in front of a school-supplied laptop computer.

"All my friends are here, that's what I was hoping to see," she said. There were a few people lingering about, finishing up paperwork as well, but the doors were shut and the only way to reach anyone was the door intercom. Chapman practiced social distancing all summer, and communicated with friends "on social media, we text each other," she said. This fall will be more of the same.

Starting Sept. 8, the online classes will begin at FCPS and continue through into the unforeseeable future. Like all the other school systems in this region, Fairfax County Public Schools started the online classes with the quarantine that was implemented in early spring. It started with a few problems but they've had all summer to work them out.

Most of the high school students, like Chapman, still have their laptops from last year, but the county has stocked up for middle and elementary schools in the last few weeks. FCPS recently bought 32,000 laptops for the middle schools and 22,000 laptops for the elementary schools. According to Lucy Caldwell, FCPS public information officer, all of the new laptops have been delivered to schools and are being formatted for the coming lessons. They started distributing the laptops on Aug. 17 and will continue through Sept. 8. Key items of focus by FCPS include professional development on delivering engaging instruction, building relationships and ensuring fluency in technology, according to the website.

The FCPS has started a family workshop called "Survive and Thrive with Virtual Learning," which will be hosted by the Parent Resource Center. Anyone can log on and

Walt Whitman MS on Twitter @W_WhitmanMS: Another great day of laptop distribution as over 270 laptops were issued today! It was great to see our Wildcats and help them prepare for SY20-21



PHOTO VIA WALT WHITMAN MS ON TWITTER



PHOTOS BY MIKE SALMON/THE CONNECTION

Face coverings and social distance are lesson one.

follow the recommendations to learn how to enhance home classes.

Tips for online learning success offers ideas to make this type of virtual learning work. For example, the computer should be placed on a level surface, and even though they are known as "laptops" they should not be on the student's laps. There is also a technology troubleshooting guide, with call-in numbers for help in eight different languages.

Team Wolverine

All this is new territory for the school staff, and at West Potomac, the teamwork is proving to be a success. "Everybody is working



The welcome mat won't have as much traffic as in years past.

together, it's a huge task but everything is going pretty smoothly," said Lori Desantes, the assistant to the principal at West Potomac, where the office is staffed from 9 a.m.-3 p.m. on weekdays.

Sally Murphy, the West Potomac PTSA President, is facing the distance learning challenge with her student too. She said the PTSA is closely working with Principal Tangy Millard and Director of Student Services Kevin McMahon, "to determine how we can best support our students, teachers, and school community this year in every learning scenario," she said. One of the ways is a plan to run a PPE supply donation effort. "Details will be out soon," she said.

FCPS is conducting virtual orientations at schools, and these are coordinated by individual schools. The student orientations, back-to-school-nights, meetings and conferences are all anticipated to be held online for the time being, said Caldwell. And there is an "online etiquette," policy to be followed by the students. As in the many computers used to work from home in the business world, the school system will be monitoring the whole process.

Lunch Time and Football

Even breakfast and lunch time hasn't been forgotten by FCPS. They started distributing grab & go meals in March and these will continue to be provided to those that need them. Since March 14 when the program started, FCPS has served more than 2,200,000 meals, Caldwell said.

In the Mount Vernon area, meals are being distributed from 10 a.m. to 1 p.m. at Bucknell Elementary School, Hybla Valley Elementary School, Hollin Hills Elementary School and Mount Vernon Woods Elementary School.

As far as getting the West Potomac Wolverine football team back on the field, they fall under a schedule the school system calls "Model 3." The Virginia High School League Executive Committee met in special session on July 27, and voted to move forward with Model 3 until possibly re-opening of sports and activities for the 2020-21 school year on Dec. 14. Under Model 3, FCPS winter sports will start first, then fall sports such as football, and then spring sports which will go until the end of the year. Marching band is postponed to when the students are able to return.

Model 3 - Condensed Interscholastic Plan:
Season 1 (Winter) Dec. 14 to Feb. 20 (First Contest Date-Dec. 28): Basketball, Gymnastics, Indoor Track, Swim/Dive, Wrestling.

Season 2 (Fall) Feb. 15 to May 1 (First Contest Date-March 1): Cheer, Cross Country, Field Hockey, Football, Golf, Volleyball.

Season 3 (Spring) April 12 to June 26 (First Contest Date-April 26): Baseball, Lacrosse, Soccer, Softball, Tennis, Track and Field.



The rock out front seems to be freshly painted.



West Potomac senior Khadijah Chapman, 17.



Signs welcome back the West Potomac Wolverines, but

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A Migration Miracle Is Underway

Small efforts can help monarch butterflies.

BY GLENDA C. BOOTH
MOUNT VERNON GAZETTE

Bright orange and black butterflies are zigging and zagging through Northern Virginia in September and October headed south, the migration of monarch butterflies. Each weighing 598 milligrams or one-fifth the weight of a penny, they are headed to central Mexico's mountains to join up to 100 million that annually cluster like grayish beards on oyamel fir trees at nine to 11,000 feet through the winter. Some will fly 2,000 miles from Canada to reach their winter sites. A western population winters in California.

People are seeing monarchs in backyards, along highways and in natural areas like Dyke Marsh and Huntley Meadows and Riverbend Parks. In mid-August, Alexandria Jim Waggener spotted 25 in several hours at Meadowood on Mason Neck.

In the 17th century, English colonists named this insect a "monarch" because the orange and black colors reminded them of British royalty, the prince of Orange. Male monarch butterflies have two black spots on their hind wings; females do not.

Life Cycle

Butterflies have four life stages. Female monarchs lay an egg the size of a period on the underside of a leaf, up to 500 to 700 eggs under optimal conditions. Then the parents die.

After the egg hatches, the larva or caterpillar fattens up on milkweed leaves. "That's all they do - eat, eat, eat," said Larry Brindza, who has tagged monarchs for researchers. Monarch caterpillars feed exclusively on milkweed plants, experts contend. Ingested milkweed sap offers protection because predators like birds are repulsed by the taste and toxicity.

The yellow, black and white striped caterpillar outgrows its outer skin or exoskeleton several



A monarch butterfly chrysalis attached to a cement shelf, Shenandoah National Park.

PHOTO COURTESY OF GLENDA BOOTH



Monarch caterpillar on milkweed leaves.

PHOTO COURTESY OF NANCY VEHRIS

times and attaches itself to a support by a silky adhesive substance to become a pupa, a green, bag-like chrysalis. The chrysalis dangles delicately and becomes clearer until it transforms into a fully-formed butterfly and splits open. The new, delicate butterfly pumps fluid into its wing veins, dries in the sun, hardens its wings and takes flight.

Spring Journey

The monarch is the only butterfly that regularly has a two-way migration. When spring temperatures rise in Mexico and nectar sources become available, monarchs mate, head north and females lay eggs.

After laying eggs, females live only around 30 days. The eggs become adults and this new genera-

tion flies north, mating along the way. The next generation does the same. During warm years, a few of the migrants from the mid-latitudes of the U.S. are fifth generation monarchs.

The human equivalent of the typical monarch's astonishing odyssey is 11 times around the world, estimates Dr. David Gibo, a Toron-

to zoologist.

Threatened

Monarch populations are seriously threatened, according to the conservation organization Monarch Watch, largely by habitat loss from ever-expanding development and farming. Some people intentionally destroy milkweed and use harmful herbicides and pesticides. The butterflies' wintering sites in Mexico are also at risk from logging.

To offset the decline in milkweeds and nectar sources, some people plant milkweeds and nectar-producing plants in their gardens.

Monarch Watch certifies monarch-friendly gardens as Monarch Waystations. There are, for example, waystations at Providence Presbyterian Church and Daniels Run Elementary Fairfax; Runnymede Park, Herndon; Riverbend Park, Great Falls; Thomas Jefferson Elementary School, Falls Church; and Knox Presbyterian Church, Falls Church.

The Dale City, Interstate-95 rest stop managed by the Virginia Department of Transportation is part of a national coalition dedicated to creating habitats on rights-of-way for pollinators, including monarch butterflies.



Monarchs at the butterfly waystation at the Dale City rest area.



People are seeing monarchs in backyards, along highways and in natural areas like Dyke Marsh and Huntley Meadows and Riverbend parks.

PHOTO COURTESY OF GLENDA BOOTH



Reforecasted Budget Progressing

BY DELEGATE PAUL KRIZEK



The General Assembly is meeting virtually this week and next week in a special session necessary to revise the budget due to the pandemic and the need to implement election law changes in time to take effect prior to the November general election. Last week, I participated in the Joint Money Committees meeting (House Appropriations and House and Senate Finance) where we received the official budget reforecasting data and Governor Northam's budget recommendations which was necessary because the Virginia Code mandates a revenue reforecast when the forecast is missed by 1% or more.

Back in April during the reconvene session, there were estimates that during the 2020 fiscal year we would see a shortfall in the neighborhood of \$1 billion. Due to this projection, at the April reconvene session, we adopted the "unallotment" of \$874.6 million in FY 2021 and \$1.38 billion in FY 2022. However, now that we have fully analyzed data from this time period, revenues only fell \$234.2 million below the original projected amounts. While less than expected, this amount still shows 2% growth from our previous fiscal year. Because of this Governor Northam's budgetary proposals were scaled down in order to absorb the impact from the coronavirus pandemic, and while cuts on current spending were avoided, much spending approved in our original budget we passed in March will not be reinstated.

After receiving the reforecasting data, \$99.6 million in spending has been proposed for restoration in FY 2021 and \$44.9 million in FY 2022. Much of this restoration was provided for one-time and urgent spending initiatives like

increased money to the Housing Trust Fund, broadband deployment, and dam rehabilitation projects.

In addition to budgetary adjustments, Virginia has also received \$3.1 billion in federal Coronavirus Relief Fund dollars. Coronavirus Relief Fund money can only be used to cover expenses related to the COVID-19 response, and must be spent prior to Dec. 30th, 2020. As I mentioned earlier this year, there is a possibility that federal legislation will allow for more flexibility on the use of these funds, and an extended timeline, but Congress has yet to act on this and so this cannot be guaranteed. These funds have not been appropriated within the budget, instead, they have been allocated administratively. Currently, \$1.3 billion of this funding remains uncommitted.

Types of expenditures that might be eligible could include testing, PPE, and health worker hazard pay to name a few.

Priorities in the newly proposed budget revision reflect the effects COVID-19 has had on the Commonwealth, providing funding for combatting the health crisis, helping Virginians facing housing and food insecurity, increasing child care programs, and expanding voting access, among other initiatives. \$55 million in FY21 and \$30 million in FY22 have been proposed for funding the Housing Trust Fund. The Housing Trust Fund supports loans for projects to expand Virginia's affordable rental housing, and funds efforts to reduce homelessness. The budget also includes language to extend the eviction moratorium through April 30, 2021, and provides a process for landlords and tenants to enter into a COVID-19 housing payment plan. Language is also included to prohibit utilities like electric, gas, and water providers from disconnecting services for nonpayment of fees until 60 days after the public health state of emergency ends.

\$85 million across the biennium has been set

aside for improving broadband infrastructure across the Commonwealth, which has become an even more important initiative during this pandemic, as we have moved to online work and learning. As I noted last week, Governor Northam provided for funding for prepaid postage for mail-in absentee ballots in this reforecasted budget, which fulfills my bill which passed this year, HB 220, as well as adds absentee ballot return drop boxes. The pandemic has shown more acutely the necessity of expanding voting options and providing accessibility for absentee ballots.

Voters should not have to choose between their health and the health of their loved ones and exercising their right to vote. Secure drop boxes for absentee ballots are already common throughout the country, and will provide yet another safe, secure, and accessible method of returning ballots for voters. Due to the pandemic and delays that may be experienced through USPS, allowing voters an option to bypass mailing ballots is a necessary addition to ensure each vote is counted, and to maintain election integrity.

I introduced three budget amendments to the revised budget, requesting partial restoration of unallotted spending, and utilization of CARES Act funding for one-time expenses. One requests \$882,500 from the Coronavirus Aid, Relief and Economic Security Act (CARES) Act to enable the Virginia Mental Health Access Program to respond to the children's mental health crisis being experienced as a result of the COVID-19 pandemic. Another is a language amendment granting the DMV the authority to administer driver education programs and testing online during a state of emergency. The last one partially restores funding (\$500,000) for Pre- and Post-Incarceration Services (PAPIS) for individuals nearing or newly released from incarceration, aiming to improve outcomes for individuals and reduce recidivism rates.

Honoring Women in 2020 On the Centennial of the Adoption of the 19th Amendment

BY DAN STORCK



Storck

This week we celebrate 100 years of women earning the right to vote. However, many were disenfranchised for years after that. While many black women joined the suffragist movement, some argue that the white organizers of the movement left them behind when they declared victory on August 26, 1920. In addition, while the suffragist movement notes it was 72 years in the making, many would say the struggle for the right to vote and, indeed, for equal rights, began long before that.

Lucy Burns, Ida B. Wells, Alice Paul and Sojourner Truth, to name just a few, are women in history who fought for women's equality, including the right to vote. Many

more came before and after, and the struggle for voting rights continues long after the adoption of the 19th Amendment.

Many minorities were disenfranchised for decades after 1920, including Black women, Mexican Americans, Native Americans, Chinese Americans and Korean Americans. Additional laws were needed to ensure voting rights for all beginning with the repeal of the Chinese Exclusion Act in 1943, then the adoption of the Immigration and Nationality Act of 1952, the 24th Amendment in 1964 and the Voting Rights Act in 1965, along with its amendments of 1970 and 1975.

Most interestingly to me, what the 19th Amendment changed most was not how it improved the lives of women, but how those

women used their votes to change our country and help those in their communities. Adding women to the voting rolls brought an increase in spending for public health, education, social programs and charities. Public education about infectious diseases and vaccinations contributed to a signifi-

cant decline in childhood mortality and children stayed in school longer, particularly in low income communities. These are just a few examples of the change that the women's vote brought.

Surprisingly, there are still many, many women throughout

SEE HONORING, PAGE 10

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NEWS

Supervisor Dan Storck Second Saturday Office Hours for Sept. 12, 2020

Due to the Lorton Library closure, all meetings will be at the Supervisor's office.

Mount Vernon District office 2511 Parkers Lane, Mount Vernon, 9 a.m.-3 p.m.

Supervisor Storck is available for phone and video calls, as well as in-person meetings with proper social distancing, during his regular Sept. 2 Saturday office hours. Contact mtvernon@fairfaxcounty.gov or 703-

780-7518 for more details and to schedule a meeting.

October Event:

Tour de Mount Vernon

Saturday, October 3 at 8:30 a.m.

Workhouse Arts Center

Additional information: <https://www.fairfaxcounty.gov/mountvernon/tour-de-mount-vernon-2020>

I-395 Lane Shifts at King Street, Aug. 28-29

Nighttime multiple lane-closures on I-395 general purpose lanes.

The northbound and southbound I-395 general purpose lanes will have multiple lanes closed at King Street (Route 7) Friday night, Aug. 28 and Saturday night, Aug. 29 to implement temporary lane shifts as part of the King Street over I-395 Bridge Rehabilitation project, according to the Virginia Department of Transportation.

The work will occur according to the following schedule:

10 p.m. Friday, Aug. 28 to 5 a.m. Saturday, Aug. 29: Multiple lane closures on the northbound I-395 gener-

al purpose lanes, with at least one lane of traffic open at all times. Once the work is complete, northbound traffic will be temporarily shifted to the right.

10 p.m. Saturday, Aug. 29 to 5 a.m. Sunday, Aug. 30: Multiple lane closures on the southbound I-395 general purpose lanes, with at least one lane of traffic open at all times.

Once the work is complete, southbound traffic will be temporarily shifted to the left.

The \$13 million King Street over I-395 Bridge Rehabilitation project includes upgrading the King Street overpass, as well as pedestrian improvements along King Street between Park Center Drive and Menokin Drive. The project is financed with federal and state funding

including State of Good Repair funding used for maintenance of structures and bridges. The project is expected to be complete in summer 2021.

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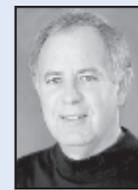
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All our team members are following COVID-19 infection control protocols, including wearing a mask. Number of visitors allowed inside is limited, to maintain appropriate social distancing.



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BY MARILYN CAMPBELL
GAZETTE PACKET

Even during the current coronavirus pandemic, the need for healthy human emotions like intimacy has not disappeared, particularly for seniors.

The lack of positive social connections, which is linked to physical and mental illnesses, has increased during COVID. In fact, 43 percent of adults aged 60 or older, report feeling lonely, according to a study by the National Academy of Sciences pandemic, particularly by those who are widowed or divorced.

While seniors are often reluctant to use online dating services, this year's pandemic has made finding meaningful companionship a priority, says Barbie Adler, Founder and President of Selective Search, a matchmaking firm.

"The restrictions and safety precautions put in place by the pandemic has allowed relationships to evolve at a slower pace," Adler said, a pace older people are more likely to be comfortable with. "Our couples are forming strong bonds over Zoom wine tastings, book discussions, sharing past travel mementos and planning future adventures, and venturing out for picnics in the park," she said. "Without overbooked schedules and quick dinner reservations, clients are recognizing their own desire to connect, and are enjoying the process of getting to know someone. The first date-second date-third date playbook is no longer obvious."

"Moving toward intimate connection requires trust, the ability to be vulnerable, and the courage to try something new. However, during a pandemic, these are the very things that we are encouraged not to do," said Carolyn Lorente, Ph.D, a professor of psychology at Northern Virginia Community College, Associate Psychologist at Outpatient Addictions Services in Montgomery County, Md. and a private practitioner.

The need for romantic and even sexual relationships persist during COVID, says therapist and former geriatric nurse Barbara Rubenstein, LCSW-C. "Many people might be surprised to know that 57 percent of adults over the age of 60 are sexually active," she said. "Obviously chronic illnesses, which increase as a person gets older, can affect that figure, but I would say that sex, when practiced safely, will have a positive affect on the mental and possibly physical health of seniors."

Older adults have a higher risk of serious COVID-19 complications, and safety measures are critical. But wearing a mask and

maintaining a 6-foot distance is a likely obstacle to romance at a certain point.

"COVID-19 is not a sexually transmitted disease, [but] it is spread through respiratory droplets when someone with the virus coughs, sneezes or talks," said Dr. Benjamin Schwartz, M.D., Division Director of Epidemiology & Population Health for the Fairfax County Health Department. "It can be spread by touching someone's eyes, nose and mouth." While researchers at the Mayo Clinic encourage abstinence among seniors who are

a greater risk for a serious illness because of pre-existing medical conditions, Lorente believes in creating a healthy balance.

"Many folks, particularly those who live alone and have been practicing physical distancing as encouraged by the CDC, are experiencing feelings of depression, isolation, and cheerlessness," she said. "Sure, staying in your own bubble in your house is the best way to protect yourself from the virus, but the negative impact of [depression and isolation] is real too."

It's possible to maintain a romantic and intimate relationship while also maintaining a safe social distance. "Many of my older clients are also quite comfortable using technology such as Zoom and Facetime to connect

too," said Lorente. "I've been doing talks over Zoom where people can attend and meet and are way more intimate than let's say a big lecture hall. Interestingly, we may see a move toward longer courtships in order to build trust, which may be really fun." In fact, those video conferencing platforms allow partners to dress up and go on virtual dates, watch movies or listen to music together. "I have encouraged my clients that physical distancing is not social distancing," said Lorente.

"I have a client in her mid-sixties who lives by herself," Lorente said. "Last session I was checking in with her, worried about possible isolation. She sounded energized." The client had just finished playing a game of bocce ball in the morning with her new friend.

A 67-year-old widower who lives in Old Town, met a woman who is divorced and 65. They met on eHarmony, getting together before COVID. Both were looking for someone their own age who was healthy, active, attractive and interested in a relationship. They hike and bike together in Rock Creek Park and Great Falls. They traveled together until COVID, and were supposed to go to Italy this summer. They've been together for a year and divide their time between her place and his, but they do stay together during COVID-19. They say that they couldn't imagine being alone and socially isolated during this period.

"Many people might be surprised to know that 57 percent of adults over the age of 60 are sexually active. I would say that sex, when practiced safely, will have a positive affect on the mental and possibly physical health of seniors."

— Barbara Rubenstein, LCSW-C

Joining the Cause

Sales from teen's baked goods raise funds to fight racial injustices.

By MIKE SALMON
GAZETTE PACKET

Upcoming eighth grader at Mark Twain MS Iris Nijbroek was so affected by the national racial justice issues this summer, she pulled out her recipe book and started cooking to raise funds for the Black Lives Matter movement. This resulted in the creation of the Racial Justice Bake Shop, where there are 11 items on the menu ranging from Key Lime Pie to Banana Bread to raise funds for various civil rights groups.

She has a list of organizations her customers can choose to benefit when they order. In addition to Black Lives Matter, customers can steer the money to SURJ Northern Virginia, Black Youth Project 100, United We Dream or Black Girls Code. Her first order went out on July 10 and in a few weeks, she had raised more than \$1,800 for the cause.

In addition to fundraising, her experience with events this summer have been limited since she is 13 and can't drive. "I have been to some marches," with her mother, she said.

Iris got the idea after hearing about a pastry chef doing a similar thing on National Public Radio, and decided to localize her effort.

Neighborhood Know How

She lives over in the Jefferson Manor



The Key Lime Pie is a big seller.

neighborhood of Alexandria, and will deliver to houses nearby if requested. The menu includes Zucchini Bread, Key Lime Pie, Chocolate Chip Bran-ana Bread, Brownies, Gluten Free Chocolate Black Bean Muffins, Dark Chocolate Orange Crackle Cookies, Peanut Butter Buckeyes, Cranberry Raisin Nut Granola, Sour Cream Coffee Cake, Carrot Cake Cupcakes with Cream Cheese Frosting and Dog Treats which she recently added.

"Key Lime Pie is a big crowd pleaser," she said.

"We decided to expand the menu a couple of weeks ago," she said. "All the recipes besides the dog treats are family recipes," she added.



Cupcakes, cookies and even dog biscuits round out the menu.

Iris Nijbroek not only bakes but runs a business all in the name of racial justice.

All the cooking began with lessons from her mother, and the rule in their household is that each member cooks a meal every week. With the bakery in full swing, Iris has been busy but her last dinner was lasagna. "She thinks it's a big life skill, she wants us to be prepared," Iris said.

Iris is a student at Twain Middle School.



PHOTOS CONTRIBUTED

The website was her own creation, using the "Google Sites," application.

She knows about all allergies these days, especially nuts, so she has this statement on her website as a warning to those who may be allergic.

"All items are made in a kitchen that houses nuts, gluten, citrus, and dairy."

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Another ~~Mount Vernon Gazette~~ Community Partnership

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.

SATURDAY/AUG. 29

Plant-Based Skincare Workshops. 10 a.m. to noon and 1 to 3 p.m. At River Farm, 7931 East Boulevard Drive, Alexandria. What an experienced chef does turning simple, high-quality ingredients into culinary delights, Elodie Cally does in her skin care workshops. Armed with a degree in cosmetic formulation and a passion to teach others, Elodie of Elodie's Naturals is working to demystify clean beauty and create effective and eco-friendly products that harness the powers of all-natural, plant-based ingredients. Cost: \$75 AHS members; \$85 non-members. Email: ksoverville@ahsgardening.org. Visit the website:

<https://connect.ahsgardening.org/river-farm-events/2020/skin-care-workshop---non-members>

SFDC BEAUTIFICATION AWARDS

The SFDC is accepting votes for the 19th annual Beautification Awards (formerly Mary Thonen Beautification Awards). Awards will be presented to three properties that made outstanding efforts to improve and sustain their appearances through landscaping, in the categories of Retail, Residential, and Hospitality. Additionally, honorable mentions will be made to the runner-ups in each category. This year, SFDC is asking the community to weigh in on the voting process and cast their vote for the Beautification Awards. The voting form can be found at <https://forms.gle/ZhtXRLSmndfMGJeZ8>

NOW THRU SEPT. 14

Crafting Democracy: Fiber Arts and Activism. At

Woodlawn & Pope-Leighey House. Woodlawn & Pope-Leighey House is hosting Crafting Democracy: Fiber Arts and Activism, a traveling exhibition from Rochester Institute of Technology (RIT), inside our Woodlawn historic house museum from now until Sept. 14. The show seeks to highlight examples of contemporary craft activism that have recently soared, placing them into conversation with their historical precedents including, for instance, references to the women's Suffragist movement through banners and sashes. This exhibit demonstrates the ways in which craft is employed as a tool of expression that gives voice to people who seek an active role in democracy. Tickets available at the website: www.woodlawnpopeleighey.org.

FAIRFAX CONNECTOR RESUMES FULL SERVICE

Fairfax Connector bus system will resume full service on all routes starting Saturday, Aug. 29, 2020, with service enhancements including a new commuter route from the Stringfellow Road Park and Ride to Southwest Washington, D.C., launching simultaneously. Throughout the COVID-19 pandemic, Fairfax Connector maintained approximately 70 percent of its service to ensure customers dependent on transit had access to essential jobs and vital services and could practice social distancing on Fairfax Connector buses.

TUESDAY/SEPT. 15

UK Genealogy Research. 1-2:30 p.m. Zoom Meeting. Genealogist Shannon Combs-Bennett of the Mount Vernon Genealogical Society will speak about genealogical research on UK ancestors. Online access information to be emailed to members and registered nonmembers. Email registration by Sept. 11 to contact-us@mvgenealogy.org. See <http://www.mvgenealogy.org>.

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PHOTO BY SUSAN LAUME/THE CONNECTION

Supervisor Dan Storck (D-Mt Vernon) emceeds ground breaking ceremony before public and project planners.

Breaking Ground for Lorton Community Project Something with appeal planned for everyone.

BY SUSAN LAUME
THE CONNECTION

Members of the community gathered with their leaders on Aug. 22 to officially break ground for Lorton's new multi-million dollar community project. The project combines

new facilities for a library, community center, senior center, and park located on Richmond Highway at the site of the existing Lorton library.

Building space combines a modernized and greatly expanded library with a new combination community and senior center,

sharing a combined 46,000 square feet. The single story building will meet Americans with Disability Act (ADA) requirements for accessibility and designation requirements as a "green" building, meeting Leadership in Energy & Environmental Design (LEED) requirements for

SEE BREAKING, PAGE 10

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.

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Obituary

On Tuesday, July 21, 2020, **Clifford Talmage Cline**, loving father and husband, passed away from a short illness at the age of 83. Clifford was born on February 22, 1937 in Summerville, South Carolina to James and Zella (Hill) Cline of Oak Hill, West Virginia.

He spent his early years in Oak Hill, graduating from Collins High School while making lifelong friends. He received his B. A. Degree from West Virginia Tech in Montgomery in 1964.

In 1959, he married Barbara Carpenter also of Oak Hill. They had one son Thomas Talmage Cline. Cliff met Karen Christine Rose of Alexandria, Virginia in 1979 and after a long engagement, they married in 2004.

Clifford spent his 40 year career as the President and CEO of Cline Enterprises, Inc., designing, building and managing restaurants in Alexandria and Richmond, Virginia. The restaurants in Alexandria on King Street included The Warehouse, The Wharf and Two-Nineteen. He was also the owner/operator of The Village Wharf in Hollin Hall.

Throughout his life he had a passion for his friends and family, sharing with them his love of boating and travel. For many years he spent his summers with his son in Pocahontas County, West Virginia where he enjoyed growing a vegetable garden, visiting numerous friends and family and making mischief.

Clifford was preceded in death by his father James, his mother, Zella and his sisters Norma and Sandy. He is survived by his wife Karen, son Thomas (Melanie) of Seebert, WV, his brother James David (Karen) of Nashville, TN and many beloved cousins, nieces, nephews, in-laws and friends.

Clifford desired to have his ashes scattered in the Greenbrier River. Family and friends are invited to reminisce, share stories and laugh, next summer (2021) at a date TBD.

Obituary

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

The Doggone Truth



By KENNETH B. LOURIE

I don't remember much substance from my freshmen-level, psychology 100 class at the University of Maryland in 1972 except that the lecture hall sat approximately 600 students, tests were graded on a bell curve (with which I was totally unfamiliar), the professor always wore black leather pants, and he brought his dog to every lecture. Sitting as far away as I did (my choice), I can't even tell you what kind of dog was at the end of his leash. Content-wise, I remember Pavlov's dog, B.F. Skinner, behavior modification and conditioned reflex (something to do with saliva). And that's about it. Oh, and I received a "D," my first-ever below-"C" grade. Still, it is my first-ever memory of classes while attending college. As such, it has stuck with me for years. As has predictable behavior.

What I am referring to is how I can be predicted to behave after my wife, Dina, doles out my daily Nestles Crunch bar allotment. As you regular readers may recall, due to the pandemic and my status as a primary Covid risk: over age 65, lung disease and compromised immune system (the trifecta of trouble), I am not allowed to go to the grocery store, pharmacy or wholesale outlets and mix with the masses and risk exposure. What this means is that, for the first time in 40 or so years, I am not doing the in-store shopping. My wife, Dina is. Moreover, she is ordering our food on-line, rather than risking her own exposure - and mine indirectly, by shopping in store since it's unlikely we'll be social-distancing once she's back at home. Ergo, she is in control of the food, from it's initial order to its ultimate put-away at home. As a result, either I'm not getting what I crave/need, or I'm getting it with strict controls. Controls which involve some of my requirements (chocolate) being out of site, but unfortunately not out of my mind, and then having Dina distributing it very judiciously - and not according to my demands either. Particularly so for the candy. Dina is hiding it - in plain sight, she claims, for weeks now, and try as I most definitely have, I can't seem to find it.

Now back to Pavlov and Skinner and the dog. Every day, in the morning, before I get up and walk downstairs to the kitchen to begin my morning pill routine, Dina will have placed two Nestles' Crunch fun-size bars in an empty candy dish in the dining room, same time, same place as the day before. So I know where and when to look and I do every day. To invoke these famous psychologists, a conditioned response has been created. I have anticipated her behavior and accordingly I walk into the dining room and reach for these two Nestles Crunch bars. My behavior has become absolutely predictable. Moreover within a minute or so of finding them (more like 10 seconds), I will have unwrapped and eaten them - without fail. My reaction is as reliable/instinctive almost as if I were hit on the front of my knee with a mallet. Just as the knee reflexively jerks forward, so does my mouth pop open ("Oh boy") in anticipation and confirmation of the candy allocation.

However, this has not been any kind of controlled experiment. Dina is not learning anything about my behavior that she hasn't witnessed first hand dating back to 1978. She's not portioning out these hidden treats to see how I'll react. She knows. If I don't get my candy, I'll fuss about it (that's a polite description of my reaction). Rather she is attempting to manage my behavior/chocolate consumption (even though to quote my brother, Richard: "The weight looks good on me") because I'm pre-diabetic and have already been diagnosed with two types of cancer: non small cell lung cancer and papillary thyroid, both stage IV - in a pandemic, no less, and in consideration of the fact that it's unhealthy for me to maintain my present pace.

Dina may not be able to exactly set her watch by my appearance in the dining room, but she certainly knows it's only a matter of time before I'll grab the bars; time she hopes she's helping to guarantee that I'll have after the candy has been eaten.

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

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NEWS



PHOTO BY SUSAN LAUME/THE CONNECTION

State Senator Scott Surovell (D-36); Supervisor Dan Storck (D-Mt Vernon); Rachel Flynn, Fairfax County Deputy County Executive; Gerry Hyland, former FC Supervisor; Jessica Hudson, Director FC Public Library, officially break ground for Lorton Community Center and Library

Breaking Ground for Lorton Community Project

FROM PAGE 9

Silver Certification; one of 32 such qualified projects in Fairfax County.

THE RENOVATED LIBRARY will feature an expanded children's space, teen gaming room with video stations, a WiFi/laptop bar, seating for wireless device users, a group study room, two conference rooms, and a meeting room which can be reserved for community group use outside of library operation hours.

Moving through a shared lobby and reception area, visitors enter the senior center area with a large multipurpose room and kitchen, and onto space designated for the Lorton Community Action Center (LCAC) use. The community center portion beyond includes two additional multipurpose spaces, exercise area, a large gymnasium, pantry, lab, a sensitivity room for children with sensory issues, and an art room, with such amenities as a kiln and 3-D printer.

The new senior center will replace use of leased space now located at Gunston Plaza. The community center will be the new home for LCAC's Murphy House and trailer operations previously located on the site. LCAC serves residents in Fort Belvoir, Lorton and Newington, helping with basic needs: food, clothing, emergency rent and utilities. They provide educational opportunities, including tutoring, English as Second Language (ESL) classes, resume writing, budgeting,

and nutrition.

The project also includes upgrades to the existing adjacent park, adding playground and fitness equipment, walking trails, and an environmentally conscious rain garden, designed with native plants and bird friendly. Parking will be expanded to accommodate the site's increased functionality and use.

In her remarks, Linda Patterson, Executive Director, LCAC, quoted community members speaking about what the new center would mean to them. Erik Robles, "... gives people a safe space to do productive things and interact with each other in a comfortable environment." Rod Myers, "... Beyond the bricks and mortar, this building will be transformed by the energy and passion of the people who visit - staff, volunteers, parents, children, seniors and youth."

THE PROJECT was made possible by voters' November 2016 approval of a \$85 million bond, shepherded to passage by former County Supervisor Gerry Hyland, for construction of two new community centers. Funding was approved in Fall 2019 for the library renovation and expansion. Combining the two projects for a cost of \$27 million, saved approximately \$1 million in construction costs. The project is targeted for completion in Spring 2022, with earlier phased availability of park amenities.

Honoring Women in 2020

FROM PAGE 4

the world still fighting for this basic human right. Here in Virginia, where the General Assembly recently became the 38th state to pass the Equal Rights Amendment, women like Jane Barker, Laura McKie and Cypriana McCray are still leading the charge. These three women were honored as part of the Women's History Month 2020 celebration "Valiant Women of the Vote" this past February.

Today in the United States, the fight for

equality continues from the battle to certify the Equal Rights Amendment, to the Black Live Matter movement. This country was built on immigrants, freedom of thought and expression, differing viewpoints and most of all acceptance of those from all walks of life. This is the fabric of American life and morality.

The best way to ensure freedom, justice, equality and equity for all is to get out and vote (or stay in and vote by mail) this November.

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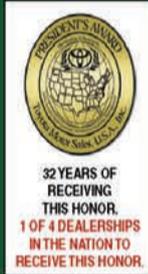
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GORGEOUS VIEWS!



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7712 Lookout Ct
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JUST LISTED!

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

★★★★★ Highly likely to recommend

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

★★★★★ Highly likely to recommend

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

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