

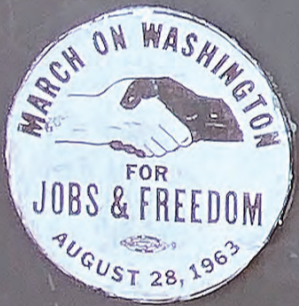
Reverend Clyde Casey, Associate Pastor of Martin Luther King Jr. Christian Church Reston, Reverend Dr. Jean Robinson-Casey, Pastor Martin Luther King Jr. Christian Church Reston and Reverend William B. Schardt, Pastor St. Thomas à Becket Catholic Church gather before giving the Invocation, Welcome and Prayer respectively during the Faith and Justice Car Rally in Reston.

Ewing Resigns from Library Board Amidst Public Outcry

NEWS, PAGE 3

Good Trouble Necessary Trouble

NEWS, PAGE 9



“LET FREEDOM RING”

‘Music-Driven Classes in Fun, Team Environment’

NEWS, PAGE 7

REQUESTED IN HOME 9-3-20
TIME SENSITIVE MATERIAL

ATTENTION POSTMASTER:

POSTAL CUSTOMER
ECR WSS

PRSR STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

OPINION, PAGE 4 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY MERCIA HOBSON/THE CONNECTION

AREA ROUNDUPS

Blood Donors Urgently Needed

With a critical blood shortage, donors are urgently needed to ensure that blood is available for patients in need. All blood types are sought. According to the FDA, COVID-19 isn't considered to be transmitted via blood. And donation centers and blood drives are using the latest precautions to keep donors and team members safe.

To schedule an appointment to donate to the American Red Cross, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-

2767). To donate through Inova Blood Donor Services, call 1-866-256-6372. People may donate whole blood, double red cells, plasma, and platelets. Locally, donations may be made at CentreMed Donor Center, 6201 Centreville Road in Centreville.

Upcoming Stuff the Bus Events

COVID-19 has increased the need for food in the local area, so Stuff the Bus is responding to the demand. On Saturday, Sept. 12 and Sept. 26, Fastran buses will be parked

at the following locations from 10 a.m. to 3 p.m. to collect food donations:

*Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly; and *Centreville Regional Library, 14200 St. Germain Drive in Centreville.

Helpers Sought for Absentee Voting

The Fairfax County Office of Elections is seeking people to help with absentee voting for the November election. To be considered, complete the form at [\[veymonkey.com/r/absentee-positions-application\]\(https://www.surveymonkey.com/r/absentee-positions-application\) as soon as possible. Candidates will be considered on a first-come, first-served basis.](https://www.sur-</p></div><div data-bbox=)

Pay is approximately \$14/hour. All those hired are considered seasonal employees, are paid hourly and must undergo a background check, including fingerprinting. About 40 people are needed to help with in-person, absentee voting at satellite locations, and some 200 people are needed to help process mailed, absentee ballots. In addition, a limited number are sought for tasks such as data entry and preparing election supplies and materials.

Legal Notice

NOTICE TO THE PUBLIC OF AN APPLICATION BY
COLUMBIA GAS OF VIRGINIA, INC.
FOR APPROVAL TO AMEND AND EXTEND ITS SAVE
PLAN PURSUANT TO VIRGINIA CODE § 56-604, AND
FOR APPROVAL TO IMPLEMENT A 2021 SAVE PLAN
RIDER IN ACCORDANCE WITH SECTION 20 OF ITS
GENERAL TERMS AND CONDITIONS
CASE NO. PUR-2020-00138

On July 24, 2020, Columbia Gas of Virginia, Inc. ("CVA" or the "Company") filed an application ("Application") pursuant to Chapter 26 of Title 56 of the Code of Virginia, known as the Steps to Advance Virginia's Energy ("SAVE") Plan Act (the "SAVE Act"), for (1) approval to amend and extend its SAVE Plan pursuant to the SAVE Act, and (2) for approval to implement a Steps to Advance Virginia's Energy Plan Rider ("SAVE Rider") for calendar year 2021.

The Company requests to extend its SAVE Plan for one year (calendar year 2021), during which time the Company would be authorized to spend up to \$60.4 million on SAVE-eligible natural gas infrastructure and recover such costs through its SAVE Rider ("Phase 3 SAVE Plan"). CVA is not proposing to modify the scope of eligible infrastructure replacements to be performed under the SAVE Plan and is not proposing any other substantive changes to the terms and conditions of the SAVE Plan. The Company also requests approval to implement its 2021 SAVE Rider, which is comprised of a 2019 True-Up Factor and a 2021 Projected Factor, to be effective with the first billing unit of January 2021 through the last billing unit of December 2021.

In its Application, CVA states that its SAVE Plan is designed to accelerate the replacement of certain components of its gas distribution system infrastructure to enhance system safety and reliability. The Company proposes to amend and extend its SAVE Plan for one year to undertake additional identified projects the Company expects to complete in 2021 under the proposed Phase 3 SAVE Plan. The Company states such projects will enhance safety and reliability and positively impact the environment. The Company is requesting authorization to spend up to \$60.4 million (CVA's currently approved 2021 capital budget) on SAVE-eligible infrastructure during calendar year 2021. However, due to budget uncertainty, the Company proposes to limit investment included in the SAVE Rider to \$46.4 million. In light of CVA's 2021 capital budget uncertainty, the Company identified approximately \$16 million of SAVE-eligible projects that could be deferred beyond 2021, where funding levels are limited. Per CVA, if those projects are deferred, the Company would allocate an additional \$1.7 million toward replacement of service lines and risers, resulting in a total capital investment of \$46.4 million on SAVE-eligible projects in 2021.

The Company has proposed a total SAVE revenue requirement of \$12,850,153. As proposed, the 2021 SAVE Rider would increase residential customers' bills by \$1.60 per month, for a total proposed monthly rate of \$3.10.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Company's Application and supporting exhibits for the details of these proposals.

TAKE NOTICE that the Commission may adopt rates that differ from those appearing in the Company's Application and supporting documents and may apportion revenues among customer classes and/or design rates in a manner differing from that shown in the Application and supporting documents.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provides interested persons an opportunity to comment on the Company's Application.

The Commission has taken judicial notice of the ongoing public health emergency related to the spread of the coronavirus, or COVID-19, and the declarations of emergency issued at both the state and federal levels. In accordance therewith, all pleadings, briefs, or other documents required to be served in this matter should be submitted electronically to the extent authorized by 5 VAC 5-20-150, *Copies and format*, of the Commission's Rules of Practice and Procedure ("Rules of Practice"). Confidential and Extraordinarily Sensitive information shall not be submitted electronically and should comply with 5 VAC 5-20-170, *Confidential information*, of the Rules of Practice. For the duration of the COVID-19 emergency, any person seeking to hand deliver and physically file or submit any pleading or other document shall contact the Clerk's Office Document Control Center at (804) 371-9838 to arrange the delivery.

Pursuant to 5 VAC 5-20-140, *Filing and service*, of the Commission's Rules of Practice, the Commission has directed that service on parties and the Commission's Staff in this matter shall be accomplished by electronic means. Please refer to the Commission's Order for Notice and Comment for further instructions concerning Confidential or Extraordinarily Sensitive Information.

An electronic copy of the Application may be viewed on the Commission's website or obtained, at no charge, by submitting a written request to counsel for the Company: T. Borden Ellis, Assistant General Counsel and Bryan D. Stogdale, Senior Counsel, NiSource Corporate Services Company, 1809 Coyote Drive Chester, Virginia, 23836, or tbellis@nsource.com and bstogdale@nsource.com.

On or before October 2, 2020, any interested person wishing to comment on the Company's Application may file written comments with the Clerk of the Commission by following the instructions on the Commission's website: <https://scc.virginia.gov/casecomments/Submit-Public-Comments>. Compact discs or any other form of electronic storage medium may not be filed with the comments. All such comments shall refer to Case No. PUR-2020-00138.

Any person or entity may participate as a respondent in this proceeding by filing, on or before October 2, 2020, with the Clerk of the Commission at: <https://scc.virginia.gov/clk/efiling/>, a notice of participation in accordance with the Commission's Rules of Practice. Such notice of participation shall include the email addresses of such parties or their counsel. Pursuant to Rule 5 VAC 5-20-80, *Participation as a respondent*, of the Commission's Rules of Practice, any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. Any organization, corporation, or government body participating as a respondent shall be represented by counsel as required by Rule 5 VAC 5-20-30, *Counsel*, of the Rules of Practice. All filings shall refer to Case No. PUR-2020-00138. For additional information about participation as a respondent, any person or entity should obtain a copy of the Commission's Order for Notice and Comment.

On or before October 2, 2020, any interested person or entity may file, with the Clerk of the Commission at: <https://scc.virginia.gov/clk/efiling/>, a request that the Commission convene a hearing on the Application. Requests for a hearing shall refer to Case No. PUR-2020-00138 and shall include: (i) a precise statement of the filing party's interest in the proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter.

A copy of any notices of participation and requests for hearing simultaneously shall be sent to counsel for the Company electronically at the email address set forth above.

The Company's Application, the Commission's Rules of Practice, and the Commission's Order for Notice and Comment may be viewed at: <https://scc.virginia.gov/pages/Case-Information>.

COLUMBIA GAS OF VIRGINIA, INC.

BULLETIN BOARD

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

SYA NOTICE OF ANNUAL BOARD MEETING

The Southwestern Youth Association will be holding its annual Executive Board of Directors Election Meeting on Thursday, Sept. 3. Due to the current pandemic and concerns for everyone's safety, the Board of Directors has authorized us to conduct this meeting virtually, beginning at 7 p.m. The SYA Executive Board of Directors positions are for a one-year term and include the following positions: President, Vice-President, Secretary and Treasurer. Nominations are currently being accepted and may be submitted by email with subject line of "SYA Executive Board Nomination" and enclosed resume, to the SYA Office at PUBLICRELATIONS@SYASPORTS.ORG. Applicants must be in good standing with SYA and at least 21 years of age. This meeting is open to the community. Contact the SYA Office at 703-815-3362 or admin@syayouthsports.org. If you wish to attend our meeting virtually, submit a request with the subject line of "SYA Annual Board Meeting Attendance" and include your name, phone number, address and relationship to SYA.

RCC PREFERENCE POLL CANDIDATES FORUM

The Reston Community Center Preference Poll Candidates Forum will take place Sept. 9 at 6:30 p.m. at RCC Hunters Woods. Five candidates are vying for three, three-year terms in this year's poll. Board members work together to establish the overall policy for the Center and to guide its programs and budget. Board members represent RCC at social, recreational, cultural and educational activities.

SEE BULLETIN, PAGE 7

Ewing Resigns from Library Board

Trustee Rosenthal apologizes for disruption.

BY MERCIA HOBSON
THE CONNECTION

Two members of the Fairfax County Library Board of Trustees, Phil Rosenthal, Springfield District Representative and Darren Ewing, Dranesville District Representative, made statements during the July 29 public meeting of the Fairfax County Library Board Trustees that caused the public, organizations, and top County leaders to voice concern. The ensuing aftermath continues to unfold more than a month following initial calls for Trustee removal from office.



PHOTO BY FAIRFAX COUNTY
Trustee Phillip Rosenthal,
(Springfield District), Fairfax
County Library Board of Trustees



PHOTO BY FAIRFAX COUNTY
Trustee Darren Ewing (Dranes-
ville District), Fairfax County
Library Board of Trustees

Emails from the public to the Library Board include statements that Rosenthal's remarks made during the meeting were dangerous. He contradicted Library policies and disparaged the needs and concerns of the community he was appointed to serve. On Aug. 11, Chair Fran Millhouser, Fairfax County Library Board of Trustees, released "Letter to the Public Regarding the July 29 Library Board Meeting from the Library Board Chair." In it, she wrote: "I have received many emails voicing public concern for statements made during that July meeting. If you have not had a chance yet, I invite you to watch the Board meeting in full. I do not take your comments lightly and am setting up our next meeting, scheduled for Wednesday Sept. 9 at 7 p.m. via Zoom, to allow for ample time for a presentation and Board discussion."

AN AUG. 20 LETTER, signed by the twenty-seven organizations, faith-based groups and unions of NOVA Equity Agenda Coalition catapulted public outcry concerning statements to the highest levels in Fairfax County government. The Coalition said that Rosenthal "made unmistakably racist, homophobic, anti-Semitic, and anti-Islamic comments while criticizing the County's attempts to promote inclusion in its library catalog." The Coalition addressed its letter to Chairman Jeffrey McKay, Fairfax County Board of Supervisors and Millhouse. The Coalition copied all members of the Board of Supervisors and Public Library Board of Trustees. It called on both bodies "to formally and publicly condemn Mr. Rosenthal's statements."

Ewing, an appointee of John W. Foust, Dranesville District Supervisor, commented during the meeting. He resigned on Aug. 25. Supervisor Foust provided a copy of Ewing's resignation. In it, Ewing wrote: "My remarks were not to lend support to Mr. Rosenthal's comments but to examine the idea of more neutrality in the presentation of the library's collection... I have decided to tender my resignation effective immediately. Perhaps my vacancy will help the board in developing a more diverse representation to further the library's mission."

Supervisor Foust responded in a statement that he had known Ewing for many years and many different volunteer roles. "He has and continues to provide valuable services to our community. That is especially

true of his many years of service on the Library Board. As noted in his resignation statement, he recognizes the value of having a Library Board that is more diverse and looks more like the community that it serves. As he suggests, I will seek to advance that goal when I appoint his replacement."

Unlike Ewing, recent outrage did not lead Phil Rosenthal, an appointee of Pat Herrity, Springfield District Supervisor, to resign. The NOVA Equity Agenda Coalition said on its Facebook page it was "sickening to hear Mr. Phillip Rosenthal... make unmistakably racist, homophobic, anti-Semitic, and anti-Islamic comments while criticizing the County's attempts to promote inclusion in its library catalog...To listen to his remarks, skip to the 1:37 mark." <https://www.youtube.com/watch?v=YQvU2CvpGUI>

THE COMMENTS led Chairman McKay to post a statement on Twitter saying he hoped "Mr. Rosenthal resigns." <https://twitter.com/jeffreymckay/status/1298982854693552135?s=12>

Rosenthal responded to Chairman McKay's statement the next day. He said, "I have the utmost respect for Chairman McKay, and I sincerely apologize for any disruption that my remarks caused and the way they have been interpreted. My intention was to address that all sides of the discussion should be highlighted at the library and on the library website. I am sorry that I offended anyone with my remarks." According to Rosenthal, he planned to meet with Supervisor Herrity's office sometime during the week of Aug. 31.

Supervisor Herrity issued the following statement: "My office has also received feedback supporting our appointees' views. I have always believed that open honest discussion gets us to better answers. Interestingly several other trustees agreed there was a need for further discussion and possible action to have the website present a diversity of opinions. The public library is one of the most important institutions in our democracy. For that reason, it is especially important that it offers a balance of viewpoints to remain neutral and nonpartisan in representing many ideologies, religions, ethnicities, and stories. I look forward to seeing how the Library Board of Trustees works to more holistically encourage diversity of thought for readers in Fairfax County."



FAIRFAX COUNTY PUBLIC SCHOOLS

An FCPS graphic welcomes teachers back to begin their preparation period before school starts on Sept. 8.

Teachers Prepare for An Unprecedented Year

Teachers are adapting their curriculum to a remote setting this fall, with the first day of school fast approaching.

BY LAURA GERSONY
THE CONNECTION

Diane Hausman, a fourth grade teacher at Colvin Run Elementary School, is entering her ninth year of teaching; but in many ways, she said, it feels like her first.

Fairfax County Public Schools (FCPS) announced in July that it will begin the 2020-2021 school year entirely online, with four days of "live, face-to-face" online instruction on Tuesday through Friday, and asynchronous "independent learning" on Mondays. For many teachers, this means learning new skills for remote instruction and creating lessons that are adapted for the online setting, sometimes from scratch.

"I know I'm going to have to work a lot more this year: not learning what to teach them, but putting it into a virtual format that's engaging for kids," Hausman said.

The Fairfax County School Board voted in early July to delay the first day of school by two weeks, until after Labor Day, in order to provide staff members with more time to prepare for the fall: a change that Hausman welcomed.

"My work-life balance [in Spring] was nonexistent," she said. "I'm grateful I have until the 8th of September, because I'm gonna need all that time."

Lamya Alany, an English for Speakers of Other Languages (ESOL) specialist at Kent Gardens Elementary School in McLean, said that preparing for

the virtual setting also leaves her with a mental load.

"I haven't stopped working since March 13. Whether I'm actively on the computer or not, it's always on my mind: 'How am I going to do this? How can I make this better? How can I learn something new to make sure that I can do my job?'" Alany said. "We're all really, really trying."

FCPS has faced backlash over its fumbling transition to remote learning in spring, as well as its decision to resume fall classes virtually.

Hausman said that these controversies have put some pressure on teachers for the upcoming fall. She has tried not to look at Nextdoor, the hyperlocal social networking service, where frustrated parents vented their complaints in the spring.

"People were blaming teachers for things, and our hands were tied," Hausman said. "We were doing what we were supposed to do, and could do, under the circumstances."

ACCORDING TO FCPS, teachers and other school-based staff have received instructional training in virtual teaching techniques. Still, many teachers expressed concern about the emotional and social dimensions of the classroom.

Patty Hansen, a 6th grade teacher at Colvin Run, found that her students were "quieter" in remote classes, and they

SEE TEACHERS, PAGE 10

A Special Special Session

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



COMMENTARY

Until the early 1970s the Virginia General Assembly met every other year in the even-numbered years. For the very conservative state that it was, every other year was deemed adequate to limit the power of government. With all the changes that had occurred in the world with wars, growing and competitive economies among nations and states, and increased expectations from the citizenry particularly for more educational programs, Virginians approved a Constitutional amendment in 1971 that added a "short" session in the odd-numbered years, so called because it is 45 days in contrast to the regular session that is 60 days. In the 1980s another Constitutional amendment added a "reconvened" session each year after the regular session to deal with the governor's amendments to legislation. This happened because the state became more competitive between the major political parties, and the party controlling the General Assembly could no longer be counted as controlling the governorship

as well. In any year, the governor has the constitutional power as does the General Assembly to call a "special" session to deal with unique needs. Although the regular "long" session held this year along with its reconvened session were considered among the most productive ever there was general agreement among political leadership and the active community at large that a special session would be needed. As the Commonwealth faced the devastation of an international pandemic, a crashing economy as great as the Great Depression, and social unrest that demanded that issues overlooked or delayed for decades had to be faced, a Special Session was called by the Governor.

In his proclamation of July 17, 2020 calling the General Assembly into Special Session, Governor Ralph Northam stated its objectives as being "for the purpose of adopting a budget based on the revised revenue forecast and consideration of legislation related to the emergency of COVID-19 and criminal and social jus-

tice reforms." Never has a Special Session of the past had such broad intent with any one of the purposes being more than adequate to have the legislature's attention.

The session is special also in that the General Assembly for the first time in its history is meeting virtually. The Senate has some social-distanced meetings at the Science Museum, but as a House member I meet almost daily in virtual meetings of committees on which I serve and every several days with the entire 100-member House. I have a single-purpose secure electronic device that permits me to cast my votes electronically.

The Special Session must grapple with a \$2.7 billion shortfall in revenue as a result of the tanking of the economy. The Governor's proposals that leave more than a billion dollars in a "rainy-day" fund require close scrutiny.

Finally, the most important "special" feature of this session is that issues related to fairness and safety in voting and police and criminal justice reform are being addressed. In a future column I will enumerate these special bills as they are passed by the House and Senate and signed by the Governor. I am proud to represent my constituents in such an historic and special Special Session!

Police Brutality, Peaceful Protest and Crime

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST



INDEPENDENT PROGRESSIVE

It was my intention to dedicate this week's column either to the adventure of running the Reston Farmers Market during Covid-19 or the whereabouts of the RA CEO. As you see, I am doing neither. I cannot ignore the endless police brutality and killing with impunity of people of color. And, I fear it could happen here. Images of shocking brutality on black people by rogue cops keep coming, courtesy of videos by ubiquitous cell phone videos. The latest from Kenosha, Wis. shows an officer holding Jacob Blake and pumping seven bullets into his back beside a car with Blake's three young children inside. Then we see footage of rioting in Kenosha as police stand by watching, and even socializing a white man with an assault rifle he allegedly used to spray bullets at protesters, killing two of them. A few weeks before that we watched a Minneapolis officer execute George Floyd, asphyxiating him face down in the street with a knee in his back. Will the officers be held accountable for these vile acts? Not if history is our guide.

Floyd's killing resulted in massive protests all over the USA. In some cases, protests were followed by small groups rioting and looting, criminal acts using the peaceful protests as camouflage for destruction and robbery. These acts by thugs, among them white supremacists and others encouraged by the right, deserve

condemnation by us all and prosecution to the full extent of the law. Law breakers' violent acts divert attention from the urgent need to reform the police and, as Joe Biden says, not to defund them. End immunity, restore community!

Fairfax County worked to reform our Police Department in 2015, following public uproar over the unprovoked killing of a white resident and a subsequent coverup. I served on the Ad Hoc Commission created to review police practices. The Commission unanimously adopted over 200 recommendations for transformation of the force. Since then, there has been progress, e.g., improved police training, new use of force regs, and better public information. However, key recommendations were not adopted by the Board of Supervisors. Others stalled in implementation, e.g., adoption of body-worn cameras for police officers.

The most crucial shortcomings, ones that make the community vulnerable to continued police impunity, were the Board of Supervisors' failure to adopt recommendations for independent investigation of police use of force and killings. The Commission recommended the County provide funding for both the Commonwealth Attorney and the Civilian Review Panel to contract independent investigators responsible to them, not to the other police officers. Without these reforms, police remain account-

able to investigation only by fellow officers for killings and other use of force misdeeds. Without corrective action by the Board, impunity lives on in our Police Department.

Another shortcoming in the reform effort is the failure of the Police Department to recruit, hire, and promote woefully under-represented minority officers, especially blacks and Latinos, to assure that the force resembles the community it serves. Despite assurances of recruiting in minority areas and the formation of a special diversity advisory group to the Chief, blacks and Latinos are just as under-represented in hiring and promotions to management levels as they were in 2015. One excuse I hear is: they just aren't interested in being police officers. That is surprising considering that officer salaries start around \$55,000. Again, one wonders when will the Board take corrective action?

Finally, there is the matter of the impunity in the other law enforcement agency of Fairfax County. The Sheriff's office, with 600 uniformed deputies, is a constitutionally independent unit which did not agree to participate in the reform process. It is the same outfit that in 2015 brutally tasered Natasha McKenna, a mentally ill black prisoner, to death while taking her from her cell to a vehicle for transfer to another jurisdiction. In this case, an official video was released for all to see. An "investigation" by County Police determined that none of the Sheriff's staff was at fault. The steel blue curtain promptly closed. In this case, reform cannot be mandated by the Board of Supervisors. Reform falls to Sheriff Kincaid.

CONNECTION

www.ConnectionNewspapers.com

@RestonConnect

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to
connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9415
bhobbs@connectionnewspapers.com

Ken Moore
Contributing Writer
kmoore@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

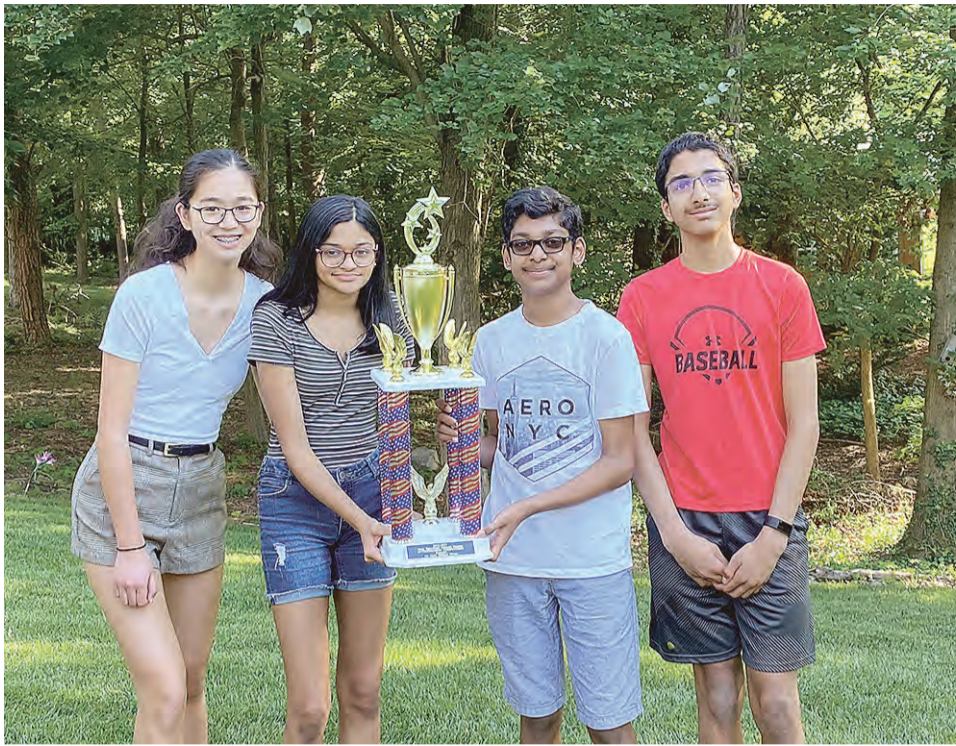
Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com





Area Students Win National eCybermission Competition

Team Aquatech, consisting of Saranya Gadwala, Remi Ladia, Anish Paspuleti and Advait Gajulapally from Rocky Run Middle School, are the eighth Grade First Place National Winners of the 2019-2020 eCybermission competition. In addition, Team Aquatech received the STEM-In-Action grant for funds to implement their solution to develop an eco-friendly, hydro-electric powered device to address water wastage in households in their community. Team Aquatech was recognized for their programming skills, extensive research, and how their project was STEM directed “across the board in all disciplines” with a complete solution for implementation.

A SOCIALLY DISTANCED OUTDOOR EVENT

18th Annual

OLD TOWN ALEXANDRIA

(Formerly on King St.)

ART FESTIVAL

JOHN CARLYLE SQUARE
ALEXANDRIA, VA
Duke St. near Whole Foods

September 12-13

Sat./Sun. 10am - 5pm

Presented by:
THE LINCOLN MOTOR COMPANY

MASKS REQUIRED

RSVP: ARTFESTIVAL.COM

JOSEPH CRAIG ENGLISH



Your Future is in Your Hands



If you were asked five years ago what you envisioned your life would be like in 2020, we doubt that ‘quarantined during a pandemic’ was on your list.

Goodwin House at Home helps you navigate life challenges and health needs so you continue to live fully and safely in your home. Our continuing care at home program is for adults ages 55+. Members benefit from a wealth of services and amenities, delivered right in their own homes.

Members Benefits:

- Wellness Activities
- Educational Seminars
- Fun & Engaging Social Events
- Annual Health Review
- Home Safety Assessments
- Flexible Financial Plans
- Personal Care Coordination
- Assured Quality of Care
- 24/7 Members-Only Hotline
- Peace of Mind in the Comfort of Home



GH

GOODWIN HOUSE
AT HOME

Take Advantage of Our Special Offer

Become a member by October 31st and we'll waive your first three months of fees!

Call 703.214.6234 today to learn more!

goodwinhouse.org

Impact of Extended Social Isolation on Teens and Tweens

Psychiatrists and psychologists say that missing opportunities to connect with peers can cause long-term damage.

BY MARILYN CAMPBELL
THE CONNECTION

After a summer of postponed vacations, closed pools and limited summer camps, all a byproduct of COVID-19, parents are concerned about the wellbeing of their children. “My kids have heightened anxiety now and they’re awkward when they do see people,” said a Bethesda mother of three.

“He’s so bored and misses his friends,” said a McLean mother about her 12-year-old son. “My husband and I work, so he’s spent a lot of time alone this summer.”

Mother and child psychologist Amanda Dounis adds, “My 12-year-old son emphasizes how terrible it’s been,” and “He claims many of his friends are depressed.”

As a new school year begins under a cloud of uncertainty that could prolong the disconnection from peers, child psychologists and psychiatrists are expressing concern about the current, and possibly long-term, effect these restrictions will have on children, particularly teens and tweens. Some are wondering if the benefits of social connection are important to balance against degrees of safety measures for COVID-19.

“For middle and high school students, socialization teaches them lessons as important as math or English,” said psychiatrist Dr. Carole Lieberman M.D. “During these years at school, they learn how to face the challenges of making new friends, becoming popular, trying on social values, [and] developing leadership skills. Social isolation, however, robs them of these opportunities and sets them back on their psychosocial phases of development.”

The mental health damage can be overlooked, says child & adolescent psychiatrist Dr. Marilou Jimenez, M.D. chair of the Addiction and Mental Health Center at MedStar Montgomery Medical Center. “The potential impact that prolonged social isolation will have on these kids is profound,” she said. “We’re seeing that Generation Z is uniquely impacted by this pandemic. COVID-19 has caused prolonged social isolation, missing important milestones, an increase in social media usage and screen time, and prevalence of extreme stress among adolescents.”

Those with preexisting mental health conditions like anxiety and depression can be affected most significantly, says Jimenez. “It can wreak havoc on their mental state,” she said. “Social distancing can greatly impact and exacerbate mental health issues. We have seen, and are going to continue to see, a dramatic rise in depression and anxiety among these kids that will carry over long after enforced isolation and the pandemic are over.”

Attending classes in person could offer a layer of protection for students who might be experiencing mental health concerns, particularly for those who have limited family support. “When children are in school, detection occurs because educators and other adults may be the first to notice, said psychiatrist Dr. Gail Saltz M.D., associate professor of psychiatry at the NY Presbyterian Hospital Weill-Cornell School.

However, not every child misses attending school. “There are some kids who find it less stressful because



PHOTO BY MARILYN CAMPBELL

Parents should encourage their children to have in person social interactions using proper precautions, advises therapist Darby Fox.

they don’t have to deal with bullying or peer pressure,” said Saltz.

While Zoom and other social media platforms have filled some of the social voids, this form of communication cannot replace the benefit of in-person contact. “From the first few days of life we begin to bond based on social cues, and it is very difficult to read tones on a screen,” said Darby Fox, Child & Adolescent Family Therapist who sees patients in Fairfax, Great Falls and Arlington. “Social media is very staged and relies on external cues. To build a solid sense of self we need to teach our adolescents to develop their internal strength. This cannot be done if they are constantly worried about external judgment and acceptance.”

Not only are electronics and social media unable to replace in-person contact, they can be detrimental, says Lieberman. “Texts are known for easily being misinterpreted,” she said. “Social media is where kids get bullied or become jealous of other kids who can make their life seem fantastic when they can make it up with photo-shopped pictures and tall tales.”

Pandemic safety precautions like the cancellation of sports can also stunt a child’s emotional growth, says Darby. “The physical benefits are undisputed, but mental toll of missing sports is underestimated,” she said. “Kids count on the sports [not only] for exercise, but for socialization, discipline and even college recruitment. Many of these kids’ entire sense of identity is built around who they are as athletes, so there’s a great sense of loss for them.”

The time void left by a lack of options for sports or other activities can lead to precarious behaviors, warns Jimenez. “Kids are left with a lot of extra time on their hands and some may turn to more unproductive means or unhealthy habits to fill those gaps,” she said.

Balancing the physical health risks of COVID-19 with the cost of mental health perils is an important part of mitigating damage, advises Darby. “Parents need to still insist their kids have live social interactions,” she said. “The restrictions have relaxed enough that most people are able to connect with others while following appropriate protocols. There is no substitute for asking a date out live or meeting their parents.”

Spending time outdoors on sunny days has proven to be therapeutic for Dounis and her son. “We eat breakfast there and absorb Vitamin D from the sunlight, she said. “My son also became the master barbecue chef. We wheel the grill to the front and connect loud music and let him cook.”

The current population of the Town of Herndon is 24,581, based on projections of the latest U.S. Census estimates, 18,349 are adults of whom 2,243 are seniors according to US Census City/Town Population estimates and US Census 2018 ACS 5-Year Survey (Table S0101 respectively.

PHOTO BY
MERCIA HOBSON/
THE CONNECTION



County Democrats Endorse Town of Herndon Candidates

Town voters participate in unassembled caucus.

BY MERCIA HOBSON
THE CONNECTION

The Democratic Sample Ballot for Town of Herndon Elections this fall will show candidates endorsed by the Fairfax County Democratic Committee (FCDC). Saturday night, Aug. 29, FCDC announced the results of its virtual unassembled caucus to endorse up to six candidates seeking seats for Councilmember Town of Herndon during the General Election November 3, 2020. The Committee endorsed candidates Naila Alam, Cesar A. del Aguila, Pradip Dhakal, Signe V. Friedrichs, Sean Regan and Jasbinder Singh. It did not endorse Bessie E. Denton and Syed F. Iftikhar.

All eight individuals requested endorsement of their candidacy by FCDC and pledged in their application to support only candidates endorsed by the FCDC in the 2020 Herndon Town Council election. The candidates who received the most votes and at least 15 percent of cast votes in the unassembled caucus that ran Aug. 10 – 28, 2020, received the endorsement. Any candidate who did not receive the endorsement and failed to withdraw from the race forfeited their \$500 filing fee to FCDC, according to the FCDC Endorsement Application for Council of Town of Herndon General Election – Nov. 3, 2020. In the application, candidates certified they were Democrats

and pledged “to support only Democratic nominees and candidates endorsed by the FCDC in the 2020 Herndon Town Council election.”

After learning they did not receive the endorsement, Denton and Iftikhar spoke about their next steps. Denton said, “In fulfillment of my pledge to FCDC, I am submitting Candidate Withdrawal Form §24.2-612.2 of the Code of Virginia to the Virginia Department of Elections. I am no longer a candidate for Herndon Town Councilmember.” In an email late Monday night, Aug. 31, Syed F. Iftikhar wrote: “I regret to inform you that I have not qualified to run on the Democratic party ticket in 2020. However, I am eagerly awaiting 2022 elections where I plan to make an enthusiastic run for candidacy.”

According to Bryan Graham Chair, Fairfax County Democratic Committee 413 ballots were cast, 390 online and 23 by mail. “This was a new process for us, both because all Democratic voters could participate and because the Coronavirus forced us to adapt to mail and online options. We look forward to supporting our endorsed candidates in the Town of Herndon, and all of the Democratic nominees as we head into the most important election in a generation,” he said. FCDC endorsed 2020 Mayoral Candidate Sheila Olem by a vote at its July 28, 2020, general meeting.

'Music-Driven Classes in Fun, Team Environment'

BY BONNIE HOBBS
THE CONNECTION

Row House fitness studio opening soon in Fair Lakes.

People looking for a different – and safe – form of exercise may well find it in Row House, a boutique, indoor, rowing fitness studio in Fair Lakes. It just moved into 4463 Market Commons Drive, near Pei Wei restaurant and Whole Foods.

Participants will use the same Concept 2

ergometer rowing machines used by Olympic athletes. And husband-and-wife owners, Mike and Nicholette Dunleavy, say their classes are perfect for people who want to have a healthy lifestyle.

"It's a full-body, high-intensity, low-impact workout that uses 86 percent of your muscles," said Mike. "Anyone, from begin-

ners to fitness junkies, should be able to do it and get anything they need from it, and it can easily be modified to suit the individual."

"You get the calorie burn from the high-intensity part, but the low impact makes it easy on your joints, so it's sustainable," explained General Manager LeighAnne Baxter.

"You choose your own intensity, and you get out what you put into it. Coaches will get you set up for the best results for yourself. Our goal is to help everybody reach their own goals."

SEE ROW HOUSE, PAGE 8

BULLETIN BOARD

FROM PAGE 2

throughout the district as well as function as liaisons to RCC's community partners. Due to COVID-19 capacity controls, all attendees are requested to RSVP for the forum to RCCContact@fairfaxcounty.gov. The forum will also live stream on RCC's Facebook page.

RCC'S PROFESSIONAL TOURING ARTIST SERIES

Reston Community Center announces the fall portion of the 2020 – 2021 Professional Touring Artist Series (PTAS) at the CenterStage. Tickets for fall shows only (September to December) will be available to Reston residents and employees on September 1 and to the general public on September 8. To assure the safest possible environment for enjoying performances, the CenterStage has adopted new protocols. Audience members are requested to wear masks and there will be no intermissions. Social distancing requirements limit audience capacity to 43 pairs of tickets (total of 86) which can be purchased by Reston patrons (residents or employees of Reston-located businesses) beginning on September 1 at the Box Office. Online sales for the general public begin on September 8. Unless otherwise noted, all performances take place at the CenterStage, located at Reston Community Center Hunters Woods. Additional information about each of the performances is available online at www.restoncommunitycenter.com/ptas.

SEPT. 14-OCT. 31

An Eclectic Show. 8-9 p.m. At Reston Community Center, Hunters Woods, Reston. An exhibition of oil paintings by local artist Loretta Scott of Reston – still life, landscapes, the strong colors and textures of old buildings in Europe and other countries. The exhibit also includes wild animal scenes representing Loretta's South African heritage. Visit the website: www.loretta-scott.com

Legal Notice

NOTICE TO THE PUBLIC OF AN APPLICATION BY COLUMBIA GAS OF VIRGINIA, INC. FOR APPROVAL TO AMEND A SYSTEM EXPANSION PLAN PURSUANT TO CHAPTER 28 OF TITLE 56 OF THE CODE OF VIRGINIA CASE NO. PUR-2020-00149

On August 5, 2020, Columbia Gas of Virginia, Inc. ("CVA" or the "Company") filed with the State Corporation Commission ("Commission"), pursuant to § 56-610 et seq. of the Code of Virginia ("Code"), an application ("Application to Amend") to amend its System Expansion Plan (or "Plan") approved by the Commission in February 2016.

CVA provides natural gas service to over 270,000 customers in Central and Southern Virginia, the Piedmont region, and most of the Shenandoah Valley, as well as portions of Northern and Western Virginia and the Hampton Roads region. The Plan is an infrastructure expansion plan designed to deliver natural gas service to customers in unserved areas within the Company's service territory by providing an alternative method of collecting the uneconomic portion of the investment related to infrastructure expansion projects ("eligible expansion investment" or "EEI"). The Company seeks to amend its Plan as needed to complete 71 existing projects contributing EEI to the Plan and to recover the related costs from the beneficiaries of these investments ("Affected Customers").

In its Application to Amend, CVA explains that, in Case No. PUE-2015-00056, the Commission approved a maximum level of Plan investment of approximately \$3.57 million with the ability to exceed this amount by no more than 10% over the Plan's five-year investment period and established a fixed monthly rider (the "MAIN Rider") at \$6.63 per month to recover the eligible system expansion infrastructure costs ("Plan Cost of Service") associated with the EEI. CVA states that 71 projects contributing EEI to the Plan that have been placed under contract resulted in a total of approximately \$3.81 million in estimated EEI based on the economic analysis completed at the time each project was placed under contract. While the estimated EEI for these projects in the Plan falls within the authorized maximum level of investment, the actual costs for the projects, and thus the actual EEI for the projects, are expected to be higher than the estimates. CVA is requesting the approvals necessary to complete the 71 existing projects contributing EEI to the System Expansion Plan and recover the associated costs from Affected Customers.

Specifically, the Company is requesting:

- (1) An increase in the maximum level of investment under the Plan from \$3.57 million plus 10% to \$5.1 million;
- (2) An increase in estimated Plan Cost of Service from \$8,476,655 to \$9,503,506;
- (3) A two-step increase in the MAIN Rider from \$6.63 to \$8.63 effective January 1, 2021, and to \$10.63 effective January 1, 2022;
- (4) A decrease in projected Affected Customers from 5,319 to 3,301.

The Company is requesting a modified maximum level of investment of \$5.1 million to complete the 71 projects contributing EEI to the System Expansion Plan. CVA calculated this amount based on the projects contributing EEI to the Plan that are near completion. According to CVA, as of May 31, 2020, MAIN Rider revenues have been less than Plan costs, and the \$6.63 MAIN Rider is not sufficient to recover eligible system expansion infrastructure costs. Accordingly, CVA proposes to increase the MAIN Rider gradually over the next two years for the Affected Customers.

The details of these and other proposals are set forth in the Company's Application to Amend. Interested persons are encouraged to review the Company's Application to Amend and supporting exhibits for the details of these proposals.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment or request a hearing on the Company's Application to Amend.

The Commission has taken judicial notice of the ongoing public health emergency related to the spread of the coronavirus, or COVID-19, and the declarations of emergency issued at both the state and federal levels. In accordance therewith, all pleadings, briefs, or other documents required to be served in this matter shall be submitted electronically to the extent authorized by 5 VAC 5-20-150, *Copies and format*, of the Commission's Rules of Practice and Procedure ("Rules of Practice"). Confidential and Extraordinarily Sensitive information shall not be submitted electronically and should comply with 5 VAC 5-20-170, *Confidential information*, of the Rules of Practice. For the duration of the COVID-19 emergency, any person seeking to hand deliver and physically file or submit any pleading or other document shall contact the Clerk's Office Document Control Center at (804) 371-9838 to arrange the delivery.

Pursuant to 5 VAC 5-20-140, *Filing and service*, of the Commission's Rules of Practice, the Commission has directed that service on parties and Staff in this matter shall be accomplished by electronic means. Please refer to the Commission's Order for Notice and Comment for further instructions concerning Confidential or Extraordinarily Sensitive Information.

An electronic copy of the Application to Amend may be viewed on the Commission's website or obtained, at no charge, by submitting a written request to counsel for the Company: T. Borden Ellis, Esquire, and Bryan D. Stogdale, Esquire, NiSource Corporate Services Company, 1809 Coyote Drive, Chester, Virginia 23836, or tblellis@nsource.com and bstogdale@nsource.com.

On or before October 6, 2020, any interested person wishing to comment on the Company's Application to Amend may file written comments with the Clerk of the Commission by following the instructions on the Commission's website: <https://sec.virginia.gov/easecomments/Submit-Public-Comments>. All such comments shall refer to Case No. PUR-2020-00149.

Any person or entity may participate as a respondent in this proceeding by filing, on or before October 6, 2020, with the Clerk of the Commission at: <https://sec.virginia.gov/clk/efiling/>, a notice of participation in accordance with the Commission's Rules of Practice. Such notice of participation shall include the email addresses of such parties or their counsel. Pursuant to Rule 5 VAC 5-20-80, *Participation as a respondent*, of the Commission's Rules of Practice, any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. Any organization, corporation, or government body participating as a respondent shall be represented by counsel as required by Rule 5 VAC 5-20-30, *Counsel*, of the Rules of Practice. All filings shall refer to Case No. PUR-2020-00149. For additional information about participation as a respondent, any person or entity should obtain a copy of the Commission's Order for Notice and Comment.

On or before October 6, 2020, any interested person or entity may file, with the Clerk of the Commission at: <https://sec.virginia.gov/clk/efiling/>, a request that the Commission convene a hearing on the Application to Amend. Requests for a hearing shall refer to Case No. PUR-2020-00149 and shall include: (i) a precise statement of the filing party's interest in the proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter.

A copy of any notices of participation and requests for hearing simultaneously shall be sent to counsel for the Company electronically at the email address set forth above.

The Commission's Application to Amend, the Order for Notice and Comment, and the Commission's Rules of Practice may be viewed at the Commission's website: <https://sec.virginia.gov/pages/Case-Information>.

COLUMBIA GAS OF VIRGINIA, INC.

Row House to Open in Fair Lakes

FROM PAGE 7

THE MACHINES have heart-rate monitors that track participants' heart rates while rowing. "They can see it, but no one else can," said Nicholette. "And they also get an email after class telling them how far they traveled and how fast. Or they can check an app to see how they did."

She and Baxter are among the seven coaches who'll lead the 45-minute classes which will be offered all day from 6 a.m.-8 p.m. "We recommend clients book ahead of time but will accept drop-ins if there's room in a class," said Nicholette.

"There's mood lighting, and people are rowing as if they're one team, in cadence, to the beat of the music," she continued. "They're not in competition with the others, just with themselves. We're not going to call out anyone to go faster or beat someone else."

Mike Dunleavy described it as similar to the spin class, SoulCycle, but on a rower. "It's a new concept," said Nicholette. "There are currently 50 in the nationwide franchise, and we're the first one in Fairfax County."

A 2004 Robinson Secondary School grad, Mike grew up in Fairfax Station, and he and his wife now live in Fair Lakes. Nicholette operates five other fitness studios offering Pure Barre ballet-based workout classes, but Mike loves rowing, so the couple decided to open Row House. And, added Nicholette, "Since mainly women are in my ballet classes, I was excited to offer something that would attract men, too."

She said they chose East Market at Fair Lakes for their new venture because "We live here and love this shopping center. We know it's a really vibrant location; and with the Whole Foods here, we wanted to be in an area that draws people from all over."

They're also taking strict, precautionary measures because of COVID-19. "Unlike in a big gym, you'll have your own, individual, workout station, socially distant from others, for the whole class," said Mike.

"The rowing machines are 10 feet apart," added Nicholette. "And once people are in their station, there's no movement around the room. There'll be just 11 participants per class, and we'll sanitize and clean the equipment in between people."

The staff will wear masks, and customers must wear them to enter and have their temperatures



BONNIE HOBBS/THE CONNECTION

Mike and Nicholette Dunleavy own Row House, a new rowing fitness studio in Fair Lakes.

checked, but they won't have to wear masks while rowing. And check-in is via an app, so it's contactless.

The attire is comfortable workout clothes and sneakers. And, said Baxter, "While rowing, you don't have to adjust the machine. You create your own resistance and workout intensity by how hard and fast you row."

It's also fun, said Mike – "The upbeat music and lighting bring the whole experience together. And it's even gamified [turned into a game] with an app on your phone."

Furthermore, said Nicholette, "We're essentially a one-stop shop because we also have light weights and body-resistance equipment for customers to use. And we stretch at the beginning and end of each session."

"Every class is a mixture of body and strength training, plus cardio," said Baxter. "And people receive personalized, one-on-one training, while enjoying the community of exercising with others."

THEY HOPE to begin classes in mid to late fall but are pre-selling memberships at a special discount now. To join, go to www.therowhouse.com/location/fairfax. Rates for founding members are \$119/month until Row House officially opens. After that, it's \$179/month for unlimited classes.

Nicholette recommends rowing for a variety of reasons. "If people haven't been hitting their fitness goals, have been injured and want to do something that's safe and of less intensity, want to get stronger or want to lose weight, they should try it," she explained. "Whatever their goal, we can help them create a workout plan tailored for their needs. We offer music-driven classes with knowledgeable, helpful teachers in a fun, team environment."

THIS YEAR'S WALK IS EVERYWHERE.

The Alzheimer's Association Walk to End Alzheimer's® is happening on every sidewalk, track, and trail across this country. All of us are raising funds for one goal: A world without Alzheimer's and all other dementia. Because this disease isn't waiting, and neither are you.

Take your first step at alz.org/walk

WALK TO END ALZHEIMER'S
alzheimer's association®

2020 NATIONAL PRESENTING SPONSORS

Edward Jones®
CVSHealth

2020 WALK TO END ALZHEIMER'S
September 27 Northern Virginia
October 10 Washington, D.C.
Additional Walks available.
Find one near you at alz.org/walk

**Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!**

TWO POOR TEACHERS Kitchen and Bathroom Remodeling



- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)

Fully Insured & Class A Licensed
Since 1999



Free Estimates 703-999-2928

Check if your contractor is licensed at the state level
<http://www.DPOR.virginia.gov>

Visit our website: www.twopoorteachers.com

PHOTOS BY MERCIA HOBSON/THE CONNECTION



(From left) From Reston: Lindsay Byrd, Reverend Dr. Jean Robinson-Casey, Pastor Martin Luther King Jr. Christian Church Reston, Rodney Scott, Amanda Andere, Janice Scott with Elle Galbert, 3, of Ashburn and Mae Taylor.



Mary Beth Collins of Reston and Phyllis White of Oak Hill at the Faith and Justice Car Rally in Reston.

Good Trouble Necessary Trouble

Car Rally for Justice shines a light on conscious and unconscious biases.

BY MERCIA HOBSON
THE CONNECTION

With armed security guards patrolling the grounds, faith leaders of nine partnering churches in the Reston-Herndon area joined organizers from Martin Luther King Jr. Christian Church Reston for their Faith and Justice Car Rally. The Aug. 27 program took place in the parking lot of St. Thomas à Becket Catholic Church on Wiehle Avenue in Reston. Organizers requested attendees remain in or near their vehicles, tune their radios to station 90.3, promote safe distances and wear masks.

The hour-long event centered on the words of the late civil rights leader, Georgia Congressman John R. Lewis (D), who represented Atlanta. "You must find a way to get in trouble, good trouble, necessary trouble," said Lewis in a recording of a 2014 commencement speech he gave at Emory University.

THE PROGRAM brought together people from across the region. "We belong here," said attendee Liz Eckl of Reston. "I want to stand up for what I believe," said Carol Even of Oak Hill. "Black lives matter. I matter," said Valerie Smith of Centreville.

Highlights of the many remarks by faith leaders included those by Reverend Clyde Casey, Associate Pastor of Martin Luther King, Jr. Christian Church Reston who gave the invocation. He prayed, "We have come out this evening to stir up America...so the church will not be complicit against injustice by being silent...As John Lewis said, we may

not have chosen the time, but the time has chosen us."

Speaker Reverend Dr. Debra W. Haffner, Pastor of Unitarian Universalist Church in Reston, said, "We must use our breath... to speak out to those lives and rights of all Black people, of all people of color to affirm, with every ounce of our being that Black lives matter. That immigrant lives matter. That LGBTQ peoples' lives matter. We must acknowledge our own racism. We must learn from it, and we must commit to being anti-racist as individuals, and yes, as the Reston community...May we make a hurricane of justice."

Speaker Rabbi Michael Holzman, Northern Virginia Hebrew Congregation, said this was a moment where, how people speak,



Speaker Rabbi Michael Holzman, Northern Virginia Hebrew Congregation.

and talk needed to change. "We are living in a moment now where people are afraid of truth... We see videos like the ones that, unfortunately, wrongly, unjustly keep coming... The truth we need to be seeing is also the truth that is in the background. The truth of people who cannot pay their rent...(and) our own state government that is trying to get over their own politics...We've got to be on fire. The fellowship this moment calls for and the old rules will no longer apply."

According to Keynote Speaker Deacon Amanda Andere, who is the CEO of Funders Together to End Homelessness, coming together and fellowship with one another were the community boldly proclaiming it had hope. "We believe that all lives matter, when Black lives matter," she said.

SPEAKER Reverend Phil Carl, Pastor of Christ The Servant Lutheran Church, said that it was customary in the Lutheran religion to confess sins before worshipping. "I

don't feel as if I can encourage you in any way...without confessing my white privilege...It is so invisible to white people. I know I am immersed in it, but I always don't see it...That I don't have to be afraid of the police is a privilege that I am not actively conscious of. In my religion, we confess sins known and unknown...I went to a college full of white Scandinavia students. That college is in Kenosha, Wisconsin, where this past week, an unarmed black father, Jacob Blake, was shot in the back seven times in front of his three children...These things do not happen to the crowd I run with. I am willing to work with you...addressing systemic racism."



Keynote Speaker Deacon Amanda Andere, CEO of Funders Together to End Homelessness.

(From left) Carol Even of Oak Hill, Liz Eckl of Reston and Valerie Smith of Centreville wait for the Car Rally for Justice to begin, organized by members of Martin Luther King Jr. Christian Church of Reston.

Teachers Get Ready for a 'Welcome Challenge'

FROM PAGE 3

tended not to volunteer answers as often. She attributed this in large part to the novelty of virtual instruction, and predicts it will improve in the coming fall as students gain familiarity with remote learning technologies.

However, Hansen worries that the remote setting will pose a barrier to her ability to check in on students' emotional and social well-being during the pandemic.

"I don't know how they're responding emotionally to the current conditions, or the effect that this has had on their social lives," she said, also stressing that students' emotional well-being is necessary for cognitive learning.

Several teachers also expressed their concern about starting the new year with a new group of students. When FCPS went virtual in the spring, teachers knew the students they had been teaching prior to the pandemic; this will not be the case in the fall, Alany explained.

"Starting the school year, and not ever having met the student in person, is going to be interesting," she said. "My biggest concern is making those students feel comfortable, and then trying to get them to progress, so they get the education they deserve."

Hansen said that going into the fall, she hopes to emphasize the social aspect of learning, using "breakout rooms," in which students can talk in smaller groups, to foster small-group discussions. Hausman added that her approach to the school year will be to use student-centered learning as much as possible, "giving them as much voice as possible so that they can feel heard, and they can hear each other."

Alany, an ESOL instructor, stressed the importance of maintaining students' confidence in the classroom, especially those navigating school in a second language. She is concerned that the nonverbal signs of encouragement she usually gives students may not be conveyed in the virtual setting.

"The small nods, the pat on the back, the eye contact, the smiles -- you don't always get those small gestures that really give students confidence," she said. "The content, I can do anywhere...but what's missing is being able to make sure the students feel safe, and they connect with you, so that they will take chances with language."

Alany also said that the pandemic has affected ESOL students' English-learning.

"The students have more time in home language, and they're not being pushed to speak and interact in the target language that they're learning, in English," she said. "I think that the natural progression of language-learning took a hit."

DESPITE THE MANIFOLD LIMITATIONS of the pandemic, Hausman has accepted the fall as a welcome challenge.

"Despite everything, I'm really looking forward to getting back to work again," Hausman said. "I think that you don't grow if you don't have a little bit of change in your life. It's some painful growth, but I feel like I'm going to grow a lot from this experience."

Ultimately, Hansen said, teachers' job remains the same this year: to provide students with a welcoming, stimulating learning environment, "pandemic or not."

Announcements



WESLEY
FINANCIAL GROUP, LLC

Timeshare Cancellation

Get your free information kit and see if you qualify:

888-670-0602

Announcements

Legals

ABC LICENSE

Homewood Suites Reston, LLC trading as Homewood Suites, 1735 Business Center Dr. Reston, VA 20190-5300. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises license to sell or manufacture alcoholic beverages. Warren Thompson, Chairman. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals

ABC LICENSE

Pickleballerz NCR, LC trading as Pickleballerz, 14424 Albemarle Point Pl Ste 115, Chantilly, VA 20151-1790. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Greg Raelson, Vice President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals

ABC LICENSE

First Watch Restaurants, Inc. trading as First Watch the Daytime Cafe, 13027 Lee Jackson Memorial Highway, Chantilly, VA 22033. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On Premises; Mixed Beverage On Premises license to sell or manufacture alcoholic beverages. Jay Wolszczak, Secretary, Chief Legal Officer. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers



The Connection to Your Community

www.connectionnewspapers.com

Announcements

Announcements



AN ORGANIZED HOME IS A HAPPY HOME

ShelfGenie
EVERYTHING WITHIN REACH

50% OFF INSTALLATION*

*Limit one offer per household. Must purchase 5+ classic/designer shelves. EXP 12/31/20.

SPECIAL OFFER
0% Interest for 12 Months
***On Approved Credit

Schedule Your FREE Design Consultation:

(866) 982-2260

Announcements

Announcements



Leaf Filter

GUTTER PROTECTION

✓ INSTALLS ON NEW & EXISTING GUTTERS

BEFORE LeafFilter AFTER LeafFilter

MADE IN THE USA ACCREDITED BUSINESS LIFETIME WARRANTY A COMPANY OF LHS

15% OFF YOUR ENTIRE PURCHASE*

AND! **10% OFF** SENIOR & MILITARY DISCOUNTS

+ **5% OFF** TO THE FIRST 50 CALLERS!**

Promo Number: 285

CALL US TODAY FOR A FREE ESTIMATE **1-877-614-6667**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. ** Offer valid at estimate only. CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822JZ License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H

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

Announcements

Announcements

Employment



FREE! Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)

WALK-IN BATHTUB SALE!

SAVE \$1,500

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!

877-691-5591

Or visit: www.walkintubinfo.com/vapa

Now Hiring CDL Bus Drivers for a private school in the Fairfax, VA area. Steady Hours, Paid Time Off, Paid Holidays, Dental & Employer Matching Retirement Program. CDL w/ Passenger & School Bus ends and Airbrakes required. Good DMV Record a must! Apply Online: www.vatransit.org Questions: Judy @540-338-1610 ext. 1204 EOE M/F/D/V



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

FUN THINGS TO DO THIS SUMMER

SUMMER CONCERTS ON THE GREEN

The Celebrate Great Falls Foundation announces a schedule of five Summer Concerts on the Green beginning August 30, 2020. Each concert will begin at 6 p.m. on the Village Centre green (in front of the gazebo).

September 6 - Mike Terpak Blues Explosion;
September 13 - The Oxymorons;
September 20 - The Unfinished;
September 27 - Wes Tucker and the Skilletts.

Celebrate Great Falls Foundation organizers are putting in place several new protocols to help ensure a safe, socially distant evening. After each concert, they will assess whether to proceed with the remaining concerts and implement any needed changes in our protocols. This will be announced on the Monday prior to each concert. The safety and wellness of our bands, volunteers and the Great Falls community is of paramount importance in all of our decisions.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Friends sends their hellos by waves keeping their social distance during opening night for Concerts on the Green in Great Falls. held Sunday evening Aug. 30.

and effective live, teacher-led coding classes for kids with support, including live office hours and 24/7 access to their proprietary coding platform. Their teachers take a students-first approach to teaching Python, Java, HTML/CSS, and JavaScript that guarantees students will reach their potential. Visit www.CodeWizardsHQ.com.

GIRLS WHO MATH

Girls Who Math is a student-run charity started by high schoolers at Thomas Jefferson High School for Science and Technology. They provide free individual tutoring and group classes to students of all ages. Although initially created as a way to empower girls with interest in STEM, they have opened up their programs to students of all gender identities to encourage all students to keep learning during the COVID-19 pandemic. The classes they offer cover a wide variety of STEM topics from computer science to biology, and are held once a week. The one-on-one tutoring is suitable for students with a wide variety of needs. In the time that they have been established, they have helped over 600 students from over 25 different countries. They also often host seminars and information sessions to inform students of competitions, career opportunities, and scholarships. To learn more about Girls Who Math and programs that are currently offered, visit their website at <https://girlswhomath.net/>

THE BIRCHMERE

The Birchmere in Alexandria is reopening with limited capacity. During the public health emergency, there will be a \$25 food and beverage minimum and a \$5 Covid fee. There will be no bar service and no gathering in the stage or bar areas. Customers will be escorted to their seats, and those without reserved seats will be seated by staff to ensure social distancing.

Schedule of Shows:

Friday, Sept. 4 -- The Johnny Artis Band
Saturday, Sept. 5 -- The Seldom Scene
Friday, Sept. 11 -- The Eric Scot Band
Saturday, Sept. 12 -- 33 Live's Killer Queen Experience
Friday, Sept. 18 -- Eaglemania
Thursday, Sept. 24 -- Kick -- The INXS Experience
Friday, Sept. 25 -- TUSK -- The Ultimate Fleetwood Mac Tribute
Saturday, Sept. 26 -- The Nighthawks
The venue is located at 3701 Mount Vernon Avenue, Alexandria. All shows at 7:30 p.m. in the Music Hall. Visit the Birchmere's website: <http://www.birchmere.com/>

DRIVE-THRU DRAMA

The Alden in McLean is bringing back its Drive-Thru Drama performances in September. The new show, "From the Ash Baxter Files: The Search for the Stolen Spyglass," will be performed Friday through Sunday over three weekends on Sept. 11-13, Sept. 18-20 and Sept. 25-27. Show times are from 4-7 p.m. Tickets are \$20, \$15 for MCC tax district residents. A limited number of timed tickets are available and must be purchased in advance at www.aldentheatre.org. The Alden is a division of the McLean Community Center (MCC), located at 1234 Ingleside Ave., McLean.

NIGHTMARE ALLEY AT WORKHOUSE ARTS CENTER

The Workhouse Arts Center announces that "Nightmare Alley" Haunted Drive-Thru is coming to Lorton for this year's Halloween season. "Nightmare Alley" is the first immersive, contactless drive-thru Halloween experience in the region. Zombies, swamp creatures, creepy clowns, and scary dolls are among 13 different scary scenes taking up residence on the Workhouse campus during the month of October. These new campus inhabitants will scare and entertain visitors experiencing the attraction from the safety of their cars. Tickets are on sale now. There will be 13 nights of fright, starting on Friday, Oct. 2 through Sat. October 31. Fridays and Saturdays will run from 7-11 p.m. each weekend in October, and the three Sundays in the middle of the month (October 11, 18, and the 25) will run from 7-10 p.m. The Workhouse is holding auditions for scare actors and is accepting volunteers to assist in this year's event. (Students wishing to volunteer are eligible to receive service hours.) For sponsorship opportunities, contact: elenaromanova@workhousearts.org

TYSONS CORNER DRIVE-IN MOVIES

Tyson's Corner Center is hosting Drive-In Movie Nights, in partnership with the Hyatt Regency Tyson's Corner Center, on the second weekend of each month. Located along Fashion Blvd. between Nordstrom and Bloomingdale's, will open for parking, be sure to bring your ticket. Show starts at 8:30 p.m.
Saturday, Sept. 12 -- "Mrs. Doubtfire"
Reserve your spot - space is limited. Reservation and movie details are located at <https://www.tysonscornercenter.com/Events>

ONLINE CODING CLASSES FOR KIDS

CodeWizardsHQ is offering online after school coding classes for kids and summer coding classes for kids with a structured curriculum that is comprehensive, developmental, challenging, and fun. Students get to code a project in every class. Expect the most fun

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004

FOR ADVERTISING INFORMATION

ELECTRICAL	ELECTRICAL
K&D ELECTRIC	
COMMERCIAL / RESIDENTIAL SERVICE	
Family Owned & Operated	
Recessed Lighting	Licensed/Bonded/Insured
Ceiling Fans	Office 703-335-0654
Phone/CATV	Mobile 703-499-0522
Computer Network Cabling	Service Upgrades
Hot Tubs, etc...	lektrkman28@gmail.com

LANDSCAPING	LANDSCAPING
Quality Tree Service & Landscaping	
Reasonable prices. Licensed & insured.	
Summer Cleanup...	
Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.	
25 years of experience - Free estimates	
703-868-5358	
24 Hour Emergency Tree Service	

Patios & Drainage

Your neighborhood company since 1987

703-772-0500

J.E.S. Services

Free Estimates - Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

Sign up for

FREE DIGITAL SUBSCRIPTION

to any or all of our 15 papers

WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE

Not Exactly the "Canswer" I Was Hoping For

By KENNETH B. LOURIE



If this past week's test results (EKG, blood pressure and lab work) pass muster, then I will join the ranks, full time, of the thyroid cancer community. At present, the medical plan is to pivot, completely, from any lung cancer treatment - which for the past 18 months has been immunotherapy bi-weekly, and focus instead, exclusively, on my stage IV, papillary thyroid cancer. If I can go forward, I'll be taking three pills a day, at home. No more visits to the Infusion Center and of course, no more infusions. And not that I'm paranoid about getting exposed to the coronavirus, but less exposure to whatever can be transmitted by droplets, door knobs, elevator buttons, etc., can't be a bad thing. The question remains however: Is the medication I'll be receiving likely to have a positive effect? As in, will it cure my thyroid cancer?

What little I already know is that the type of papillary thyroid cancer that I've been diagnosed with recently - after three biopsies, is unfortunately not curable. It is treatable though, just as my previous lung cancer diagnosis was described. I like curable much better. But, treatable I'll have to live with, hopefully for a long time, as I have for 11 and 1/2 years with the originally diagnosed stage IV non small cell lung cancer. My attitude then, as it will be now, is to try and stay alive until the next new drug comes along which might actually cure my thyroid cancer. The interim goal, different from the ultimate goal is stability; turning the incurable disease into a chronic disease, like diabetes, for example. And though curable is the preferred outcome, for those of us with our rear ends in those barcaloungers, stable is perfectly acceptable. In fact, for the many years I was treated for lung cancer, 'stable' became my new favorite word. Shrinkage, cure, remission and N.E.D. (no evidence of disease) was certainly the ideal. But for those of us in the trenches, our reality is often very different.

Living, even in those trenches, is the best reward, and as cancer patients, you learn that any guarantees, presumptions or even entitlements are best left outside the examining room's door. Because once inside, reality takes over (as it likewise does late at night, as you're lying in bed contemplating your predicament, when it tends to get late, early, if you know what I mean?). My friend Sean often jokes by asking me if I'm still on the clock (meaning am I still terminal-ish). I'm on the clock, alright, as I have been since February 27, 2009 when my oncologist first told Team Lourie of my "terminal" diagnosis. Cancer then, as now, is the dreaded disease. Eventually though, the conversation ends and a treatment plan is initiated.

Treatment is often predicated on a series of definite maybes/"we'll see's". Success is measured one lab result, one appointment, one scan and one surgery at a time. No promises are offered and rarely are other patient histories relevant to one's own circumstances. Patients have unique characteristics and it's never quite right to draw parallels. Being a cancer patient is the opposite of being on a "Merry Go 'Round." It's a "Not Very Merry Doesn't Go 'Round" - without the music. Moreover, there's never a brass ring to grab, only an intangible thing called hope.

However, hope is a wonderful thing. Though it doesn't necessarily get you across the finish line, it does enable you to endure the journey. You're where you are and where you're going to be so any kind of assistance - mentally or otherwise, is greatly appreciated. In my mind, the only pathway is forward. And though the challenges seem endless, a proper positive attitude that leaves open the possibilities of living life with cancer rather than succumbing to it creates a kind of karma that reflects off of others and is reabsorbed back into you. It's this positivity loop which makes the unbearable a bit more bearable. At least it does for me.

My father used to say: "Every knock is a boost." Imagine what every boost would mean to a cancer patient? It's almost like medicine, but without the negative side effects. And who doesn't need that? Those of us diagnosed with two types of cancer, that's who! Don't knock it if you haven't tried it.

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

Dedicated to the Notion of Every Child by Name and By Need

Successful virtual start planned for FCPS' special education children.

BY MERCIA HOBSON
THE CONNECTION

Fairfax County Public Schools held a Special Education Town Hall on Aug. 16, part of its Back to School Countdown. The event featured Dr. Scott S. Brabrand, Superintendent joined by Michael Bloom, Acting Assistant Superintendent for Special Services, Mikaela Antonio, Churchill Road's Special Education Lead Teacher and Ed Windhausen Preschool Teacher Region 3. View at <https://www.youtube.com/watch?v=84P4GhMZF2U&feature=youtu.be>.

"We recognize the challenges of a virtual start. This is the right approach as we begin the year," Brabrand said. "We are committed to bringing back small cohorts of kids during the first quarter of the year, and prioritizing our special needs kids, including those in special education."

Many parents wondered how their child would receive related services and how they integrate during the school day in the virtual environment. Bloom said that related services - speech and language, occupational therapy, physical therapy and counseling - would take place on a continuum of support following the student's Individualized Education Program. The plan would be updated if needed.

"We have some related services that will be provided within a general education setting. Others might receive their related services as part of a pullout small group setting, and some can be delivered individually," Bloom said. As for timing, parents might find related services provided during an asynchronous time. "You, as parents, will be talking with case managers, looking at your child's schedule, and then determining the best time," he said.

Brabrand turned his attention to a caller question about the new attendance policy. He said they were taking a more flexible approach to attendance and needed to focus on engagement. "There can be ways to have flexibility for kids to step out, who need to step out, who need to take that screen break... We're not going to be counting those minutes against them," said Brabrand.

According to Bloom, case managers had worked with parents and students, looking at each child's schedule with time built in for both synchronous and asynchronous learning. He added some teachers would record their lessons for students to access later. Also, case managers planned to help students or-



PHOTO COURTESY OF FCPS

(From left) Town Hall participants Mike Bloom, Interim Assistant Superintendent of Special Services, Dr. Scott Brabrand, Superintendent, Mikaela Antonio, lead special education teacher at Churchill Road Elementary School and Ed Windhausen, class based preschool special education teacher at Rose Hill Elementary.

with teachers to identify areas of technology students might have a more difficult time accessing. The division could provide parental coaching sessions. "Our ABA coaches will want to make sure that we utilize as many resources as we can," Bloom said.

According to Brabrand, some of the most vulnerable students would be back to school in-person soon. "I'll be providing an update on Sept. 15, and I am very hopeful," he said. Looking at a phasing model for in-person learning, some of the decision-making centered on not wanting to mix students. "Our first group are preschoolers, our students in our preschool autism classrooms in our early childhood class based classrooms...The second group would be those students again who are accessing the adapted curriculum. These are more of our students that are in self-contained classrooms," said Bloom.



Mikaela Antonio, Churchill Road's Special Education Lead Teacher Fairfax County Public Schools.



Mike Bloom, Interim Assistant Superintendent of Special Services Fairfax County Public Schools.



Dr. Scott Brabrand, Superintendent Fairfax County Public Schools.



Ed Windhausen, class based preschool special education teacher at Rose Hill Elementary Fairfax County Public Schools.

ganize materials. Bloom said they would "be scheduling individual time with students to review those lessons (and) maybe do some level of reteaching for those students... who have executive functions deficits."

A CALLER asked what the technology department could do to simplify the multi-step

process to log on for students with severe disabilities and make sure they could engage. Bloom said, "We do know that there are certain populations of students that may have a more difficult time accessing the technology and so there are some supports that can be provided." He said Applied Behavior Analysis (ABA) coaches could work

BRABRAND asked Edward Windhausen, a preschool special education teacher at Rose Hill Elementary, to tell everyone how they would keep the youngest learners engaged in a virtual environment. "Tell us the secrets," Brabrand said. "We try to make learning as fun as possible... Children's work is play. Young children are learning through their curiosity, through their experiences, through their experimentation...We can speak through a screen. There was a famous teacher who did that his whole career. Mr. Rogers did that... He taught virtually his whole career, and he was probably one of the best teachers that ever lived," said Windhausen.

Brabrand introduced his last special guest, Michaela Antonio, Churchill Road's Special Education Lead Teacher. She walked everyone through what a school day might look for a special education student. Students meet with their general education class in the morning—time to connect with class and friends. The middle part of the day would be to access core content with their general education teacher. Students could be accessing the mini-lesson and then going with the special education teacher to do IEP work or a specialized program. "In each of the grade levels there's going to be that specialized instruction block where some students might do asynchronous work," she said. Still, a special education teacher or instructional assistant would be working with the student. A 30-minute lunch followed and the afternoon for finishing up content work. "There's going to be at least 10 to 15-minute breaks in between," Antonio said.

Fairfax County Public Schools wants this to be a successful school year... It will be a year, unlike any other in Fairfax County Public Schools, but I'm confident that we will continue to communicate with you (and) to partner with you," said Brabrand.