



Mount Vernon Civic Association, Inc.

Summer 2020

www.MountVernonCivicAssociation.org

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PRESIDENT'S MESSAGE

Dear Mount Vernon Civic Association Members:

During these challenging times, I am grateful to live in a community of neighbors like you who are careful to maintain your own safety, while keeping a safe distance from others. It is encouraging to walk through our neighborhoods and find quiet order, but still enjoy smiles and waves of hello. Thank you for doing your best to stop the spread of the COVID-19 virus.

There are still many in our community at large who suffer economically because of the virus and need our help. The organizations we have in place to help them are struggling to meet their needs. There are more than 900 households in the MVCA community. I invite each of you to review the list of community organizations below and consider making a contribution to one of them at this time.

- **Alice's Kids** (provides help to children and youth in need) <https://aliceskids.org>
- **FACETS** (provides shelter, goods, and food to those with emergency needs) <http://facetscares.org>
- **Good Shepherd Housing and Family Services** (provides affordable housing and training for budgets, etc.) <https://goodhousing.org>.

• **Mount Vernon at Home** (coordinates needed services and foods for those aging in their own homes) <http://www.mountvernonathome.org>.

• **New Hope Housing** (houses and feeds homeless) <https://www.newhopehousing.org>

• **Rising Hope Mission Church** (houses and feeds homeless) <http://risinghopeumc.org>

• **United Community** (provides food, school supplies, personal items to children and youth; helps those in need because of unemployment and/or immigration issues, etc.) <https://www.unitedcommunity.org>



I am grateful for our volunteer MVCA Officers, Directors and Committee Chairs. They have written the following reports with the hope that you will benefit from them.

Please feel free to reach out if you have any questions. I look forward to seeing you around the neighborhood.

Tom Russell
MVCA President

HEALTH & HUMAN SERVICES

Greetings from the hot zone. We are now in a new phase of the COVID-19 (C19) saga. Unfortunately, since my last article, we have gone from bad to very bad. People are ill, dying and our economy is, for the moment, in dire straits. There is very little new information I can give you because we know little about the natural course of this virus. We can extrapolate from the history of previous viruses, but we are still not sure how this one behaves.

I am sure virus experts will soon figure it out, but today there is an information gap. Therefore, we are behaving based on a worst-case scenario. Hence, we sit at home, tend our children because there is no school, wear masks, and worry about the future of our health and our financial status.

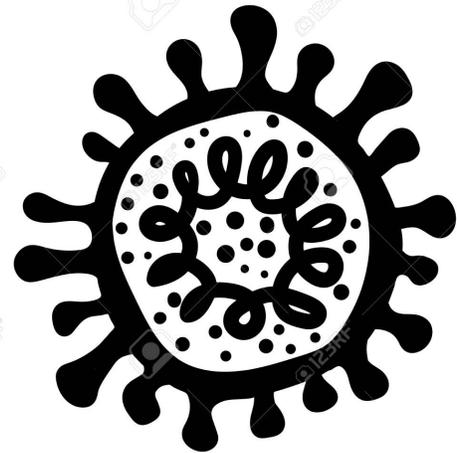
Because of the lack of proven information, I cannot advise you on the proper behavior during these troubling times.

I will, however, report to you on one important piece of information that I, as a physician, gleaned from an article in the *New York Times*. It was written by a pulmonary doctor who intubates the sickest patients.

He has found that:

- Many of the patients who require intubation were feeling relatively comfortable prior to suddenly becoming seriously ill.
- The oxygen saturation level of these patients was quite low despite their lack of discomfort.
- Had their low level of oxygen saturation been known, they could have been treated in a timely and aggressive manner, and perhaps would not have needed intubation and being placed on a respirator.

It is my opinion, therefore, that if you have any possibility of infection, it would be important to monitor your oxygen status. There is a danger if you are only mildly ill, that you may not seek medical help until you are in trouble. Knowing your oxygen



C O R O N A V I R U S

status, however, may aid you in seeking out immediate medical assistance. This measurement can be easily obtained on a **pulse meter**, which you can purchase at a relatively inexpensive cost, usually around thirty dollars. The meter is clipped to your fingertip and measures your pulse rate and your **oxygen saturation**. Normally oxygen saturation levels run in the mid to high 90's. If I were sick and my oxygen level dipped below 80, I would seek immediate medical care.

While this information may not be applicable to everyone, this is my advice based on my understanding of the behavior of this virus and this doctor's insight.

In the meantime, use your common sense. Wash your hands, retrain yourself not to touch your face and be guided by those experts who are educated in scientific principles.

I wish us all well and will report any major changes in the next newsletter. Stay safe.

Dr. Marv Chadab
Health & Human Services Chair

NEIGHBORHOOD UPDATES

Block Captains

Block Captains are an important part of our association because they are the critical link between MVCA and every resident in our community.

Please check the list below for areas where we still need Block Captains:

- Brookmay Court
- Carriage House Court
- Cherrytree Drive (9001-9130)
- Congressional Court
- B Haven Drive (9199-9205)
- Great Neck Court
- Mavis Court
- Nellie Custis Court
- Old Mill Road
- Old Mount Vernon Road (9020-9026) (9300-9326)
- Riverwood Court
- Riverwood Road
- Volunteer Drive
- Warburton Court

If you live in one of these areas and would like to help, please call Jorie O'Donnell, (703) 765-6470 or email at mvblockcaptains@gmail.com

Jorie O'Donnell
Block Captain Chair

Neighborhood Watch



You are the best watch our neighborhood can have by just being aware of what is going on in your part of the neighborhood.

You and your neighbors know your street and normal activities better than anyone.

As you go to or come home from: work, school, shopping or just walking around, be alert and if you see something, say something.

Also, when you are up at night, just look out your window to note if there is anything different or unusual going on. If there is, report it.

For emergency police response, dial 911. For non-emergency reporting of suspicious activity, call the police non-emergency number: (703) 691-2131. It helps to have this on your speed dial!

Ted Thompson
Neighborhood Watch Chair

BUDGET & FINANCE REPORT

How does the CARES Act impact individuals who are struggling financially? First and foremost, I hope that you are staying safe and healthy. And for those who may unfortunately need to know, below is summarized information on the CARES Act and how it impacts those of us who may be experiencing financial difficulties during this time.

The Coronavirus Aid, Relief, and Economic Security (CARES) Act targets aid to four key areas: U.S. households, small businesses, state/local governments and larger businesses, and financial markets. In this article, we will review the ways the CARES Act can help those individuals in the Mount Vernon community who are struggling financially.

The CARES Act will help individuals in two ways. First: **recover rebates**. Second: **unemployment assistance**.

For **recovery rebates**, the biggest relief to individuals will come in the form of a recovery rebate (aka a stimulus check). In order to qualify for the rebate money you:

- Cannot be claimed as a dependent by someone else.
- Need to have a work eligible social security number.
- Have filed your 2018 tax return (or 2019, if filed).

For the recovery rebates, individuals making less than \$75,000 will receive \$1,200. Couples making less than \$150,000 will receive \$2,400. If you make over \$75,000 (single), your rebate will be reduced by \$5 for every \$100 over \$75,000 that you make. Individuals making \$99,000 or more and couples with no children earning \$198,000 or more, DO NOT qualify for any money. Families will also receive an additional \$500 per every child. However, head of household with one child with an income greater than \$146,500 will not receive a rebate.

To calculate based on your exact income and status, check out: <https://www.forbes.com/advisor/personal-finance/stimulus-check-calculator/>

For **unemployment assistance**, you may be able to file for unemployment when you previously may have not qualified.

Previously, if you were self-employed, an independent contractor or had limited work history, you did **not** qualify for unemployment benefits. The CARES Act now allows those who fall within these categories to apply, and possibly qualify. Also, the CARES Act goes one step further and allows those who are unable to work because of COVID-19 to also qualify for unemployment benefits. Those who do NOT qualify for unemployment: if you receive paid leave benefits, such as sick leave.

Additional changes under CARES Act include:

- The length of benefits has been increased to 39 weeks, which reflects the regular 26 weeks provided under state programs plus a temporary 13-week expansion pursuant to the CARES Act.
- States may elect to end one-week waiting periods. Gov. Northam has elected to waive the one-week waiting period.
- An additional \$600 per week funded by the federal government.

For information about the VA Unemployment Insurance Program: <https://www.vec.virginia.gov/unemployed>

To file an unemployment insurance claim **online**, go to: <https://www.vec.virginia.gov/unemployed/online-services/apply-for-unemployment-benefits>

Kirsten Quackenbush
Budget & Finance Chair

ENVIRONMENT & RECREATION REPORT

The pandemic has upended our lives. It seems like just yesterday that individuals in countries around the world were going to bars, seeing movies with friends and, really, just going about business as usual. Now, all that has changed.

Amid the COVID-19 outbreak, many health experts and government officials are suggesting, and sometimes mandating, that we practice social distancing to flatten the curve of the outbreak — preventing a surge of infected patients that overwhelm our hospitals. In other words, that means we stay at home and limit nearly all in-person social interactions.

But as we exercise our individual and collective responsibility to reduce viral transmissions to preserve human health, we can still exercise our responsibility to act for environmental health. We can use this solitary time to reassess our current habits and develop new ones that are better for the planet. Below are a few ways to take action for the planet while social distancing:

Go plant-based and compost

When you're stuck in your house, time is your friend. Try some new plant-based recipes — nonperishable foods, like canned or dry beans and rice, are easy to prepare and nutritious. I always end up making too much and then have leftovers, which makes my next meal easy for me. It's important to save leftovers and reduce food waste, and this is an especially good time to be making the most of what you have. If you have any produce that has gone bad and you can't use, try composting. You can compost in a container and store it in your freezer, under the sink, on a balcony, or wherever!

(Sabrina Scull, Food and Environment Campaign Coordinator)

Reading over streaming

Reading is good for the mind, the soul and it turns out, the planet: A pastime like reading easily replaces streaming, which emits carbon. So, dust off that massive book you've been meaning to read and

get to work. Also, if you're craving sports amid a sportsless pandemic, why not crack open a biography about your favorite athlete? Since libraries are closed, opt for an e-book through your library's digital platform..

(Brandon Pytel, Communications Manager/Writer)

Support a political candidate

Is there a candidate you like or want to see succeed? There is plenty you can do while social distancing. Many campaigns have resources for people who want to volunteer, such as call scripts for reaching out to voters. Don't know who to support? Spend time looking at their record on the environment and see if it aligns with what you want for our planet.

(David Ayer, End Plastic Pollution Campaign Manager)

Take stock, and make stock

Being stuck at home allows us to take stock of what we already have, and what we don't need more of. You might be surprised to find that those jeans you had crammed in the back of your closet are back in style. Knowing what you already have can prevent you from making impulse or unnecessary purchases in the future, thus reducing your consumer footprint in the long-run.

(Justine Sullivan, Director of Communications and Digital Media)

Start a garden exchange

Start a neighborhood garden exchange. Post on neighborhood apps like Facebook, Nextdoor or OfferUp. I recently suggested a seed exchange, as well as a repurposed wood (for building raised garden beds) and dirt swaps, with my neighbors — now we're growing our spring gardens together, but separately.

(Terra Pascaros, Virginia Campaign Manager)

Gale Curcio
Environment & Recreation Chair

Public Safety

Suggested preventive steps to take in the event of tornadoes or other high winds:

- Sign Up for FREE FAIRFAX ALERTS at www.fairfaxcounty.gov/alerts. You will be sent weather, traffic and emergency alerts on devices like cell phone, land-line phone or e-mail.
- Be aware of weather alert systems- TV, AM/FM Radio, and NOAA radio weather channels.
- Be ready to listen on battery-operated and/or hand crank radios and/or vehicle radios.
- If time and weather permit, secure lawn furniture, park vehicles in garages, lower/draw blinds and curtains in event of broken windows, agree on a meeting place if necessary, to leave residence.
- When advisable, move to preselected, stocked area: a cellar or lowest level bathroom.
- Have a supply of flashlights, batteries, canned food, bottled water, whistles, shoes/boots in event of broken glass, buckets, MVCA Directory with the Emergency Numbers page, essential medicines, first-aid kit, eyeglasses, clothing as appropriate, manual can/bottle opener, fire extinguisher, lists of names and phone numbers of near-by and distant friends and relatives, emergency blankets and ponchos, food/water/ID tags for pets, etc
- Know when, where and how to turn off: water, gas and electricity to residence. USE EXTREME CAUTION.
- AVOID DRIVING, but if caught out avoid streams, overflowing ditches and bridge approaches. Be aware of flying debris, falling trees and limbs, non-functioning traffic signals.

John Hurley
Public Safety Chair

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Chris.White@LNF.com | 703.283.9028

Treasurer's Report

Mount Vernon Civic Association

Current Month and Year to date

As of 30 April 2020

| | Planned | April | Total (Jan-April) |
|------------------------------|----------|----------|-------------------|
| Beginning Cash Balance | \$10,211 | \$7,875 | |
| Cash Inflows (Income): | | | |
| Dues (checks) | \$7,000 | \$2,025 | \$2,250 |
| Dues (PayPal) | \$1,200 | \$518 | |
| Advertising | \$720 | | \$540 |
| Interest | \$3 | \$0.33 | \$1 |
| Monument | \$600 | \$550 | \$550 |
| Other | \$0 | | \$0 |
| Total Cash Inflows | \$9,523 | \$3,093 | \$3,859 |
| Available Cash Balance | \$19,734 | \$10,968 | |
| Cash Outflows (Expenses): | | | |
| Picnic | \$2,000 | | |
| Association Dues | \$200 | | |
| Appearance & Maintenance | \$0 | | |
| Contributions | \$0 | | |
| Meetings (WMES) | \$400 | | \$110 |
| Directory | \$0 | | |
| Membership Billing | \$1,200 | \$1,201 | \$1,201 |
| Newsletter(Print+edit) | \$5,000 | | \$2,675 |
| Utilities | \$1,000 | \$78 | \$395 |
| Postage and Box | \$150 | | |
| Supplies | \$0 | | |
| Miscellaneous | \$0 | | |
| Go Daddy | | | |
| Other: | \$0 | | |
| Monument expenses | \$2,500 | | |
| State Corporation Commission | | \$25 | |
| TOTAL CASH OUTFLOWS | \$12,450 | \$1,304 | \$4,406 |
| Ending Cash Balance | \$7,284 | \$9,664 | |

Summary

(New items for April)

Income: (\$3093)

Membership Dues (\$2543)

Monument Donations (\$550)

Expenditures (\$1304)

Membership Billing (\$1201)

Utilities (\$78)

State Corp.Commission (\$25)

Bottom Line

Executing to planned budget –

No Issues

Ending Cash Balance = \$9,664

Way Ahead

Charges for Entry Way Monuments

Picnic Expenses

EDUCATION REPORT

Governor's Order and Distance Learning

The Virginia Governor has ordered all K-12 schools in Virginia closed for the remainder of the academic year. In support, Fairfax County Public Schools (FCPS) made plans for distance learning, to include distribution of additional laptops, an online learning plan and distribution of paper packets. However, FCPS experienced technical difficulties after multiple attempts at distance learning.

Distance learning for Fairfax County students was scheduled for roll-out on April 14. FCPS Superintendent Scott Braband postponed distance learning two days after its launch as students and staff experienced trouble logging onto remote learning app Blackboard.

Classes resumed the following Monday (April 20) only to be confronted by the same technical difficulties.

Since the initial two unsuccessful attempts, Fairfax County released additional communication on April 21, stating the following (an excerpt):

“Our amazing teachers, school-based technology specialists, and other support staff will continue to provide creative instructional opportunities to students through a variety of other tools such as Google Classroom, pre-recorded videos, learning packets, eBooks, and other approved digital resources as well as directing students to programming on Channels 21, 25, and 99. Whether it’s mailing a letter, recording a read-aloud, or calling students at home, our teachers have gone above and beyond to show they care and these interactions will continue. We will also provide “face to face” instruction to our students as schools begin the transition away from the Blackboard Learn 24/7 system. Schools will be preparing to provide virtual instruction through a secure Blackboard Collaborate Ultra link or through other alternative means. Teachers will contact students over the next several days about virtual learning

opportunities and the platform that will be used.”

All 189,000 students in the county will have other opportunities for learning via Google Classroom, pre-recorded videos, learning packets, eBooks, other approved digital resources and educational programming on Channels 21, 25 and 99.

Learning Resources

Resources to support continuity of learning are available on the FCPS website. <https://www.fcps.edu/news/coronavirus-update-academics-distance>.

Family Resources

Fairfax County has several resources available to our families as we navigate these challenging times. These resources can be found at: www.fcps.edu and www.fairfaxcounty.gov/covid19/.

Also, any FCPS parent may schedule a 30-minute phone consultation with a school psychologist or school social worker, for either themselves or their middle or high school student. This consultation provides an opportunity for parents to receive guidance on how to support their student’s emotional well-being during their time away from school. Student consultations will provide support and strategies to students who may be experiencing difficulties with anxiety, mood, behavior, or peer or family interactions during this unprecedented and challenging time. Information about community resources will also be made available.

To schedule a phone consultation, parents should click the following link: <https://forms.gle/WKchwGnv4LkezQwG8>.

This service is not intended for mental health emergencies. If an emergency is suspected or indicated, please call 911.

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Education Report

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Standardized Testing

SOLs: U.S. DOE announced that students impacted by school closures due to the coronavirus pandemic can bypass standardized testing for the 2019-2020 school year.

IB PROGRAM: The May 2020 IB examinations for Diploma Program and Career-related Program students are canceled. Depending on what they registered for, the student will be awarded a Diploma or a Course Certificate which reflects their standard of work.

AP Update: Traditional face-to-face exam administrations will not take place. Students will take a 45-minute online free-response exam at home. For each AP subject, there will be 2 different testing dates. College Board will make future announcements.

Mount Vernon High School Update

MVHS Principal, Dr. Terrell, resigned the end of February.

Effective March 2, Ms. JoVon Rogers was appointed to serve as MVHS acting principal.

In addition, Dr. Eric Brent was named as an executive principal to Region 3 to support MVHS and the Mount Vernon Pyramid, until a new principal is named.

Dr. Gordon Brown, a teacher at MVHS, has been assisting MVHS families in need during the COVID shutdown.

If you would like to help the food program at his nonprofit organization, A Place to Stand, please reach out at aplacetostand.org.

Sarah Fidd
Education Chair

PLANNING & ZONING REPORT

Hope everybody is employing the social distancing precaution and staying safe. We received two briefings via YouTube videos. Both were for information only and provided surveys at the conclusion. They are a part of the Zoning Modification (ZMOD) working group. ZMOD's website is www.fairfaxcounty.gov/planning-development/zmod. One discussed the Accessory Dwelling Units; the other was on Home Based Businesses. Both have received many comments.

The briefing for the Accessory Dwelling Unit is at: www.surveymonkey.com/r/ADUfeedback. Some of

the potential changes is size of the dwelling. Currently, it is 35% of primary resident. They are looking at a standard 1,200 square-foot, two bedroom dwelling. They're also looking at eliminating the age and disability requirement.

The briefing for the Home Based Business is at: www.surveymonkey.com/r/homebasedbizfeedback. The working group is looking at consolidating the permit process and number of customers and employees allowed.

Karan Cerutti
Planning & Zoning Chair

Fairfax Health District **HEALTH ALERT**

SOCIAL DISTANCING TIPS

- **Do not hug, shake hands, or high five.** These actions can transmit a virus from person-to-person.
- Maintain a distance of approximately six feet from others when possible.
- **Avoid mass gatherings and congregate settings.** The CDC defines congregate settings as crowded public places where close contact with others may occur.
- Those who are at risk for more severe COVID-19 illness, such as **older adults and persons with compromised immunity**, should limit contact with others and be rigorous about social distancing and other protective measures
- **Use good protective behaviors:** [wash your hands frequently using soap and hot water for at least 20 seconds](#); cover coughs and sneezes; stay away from others if you're ill, and disinfect high-touch surfaces at home and work.

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MATT MATHES



We love the Mount Vernon community and have appreciated the support now and through the years. We hope everyone is staying healthy and safe. We hope to reopen our doors soon and look forward to seeing you all again. In the meantime, we are open for carryout Tuesday through Sunday. See our website for full hours and menus.

www.cedarknollva.com



With seasonal menu changes, a waterfront patio, and a fireplace in each room, Cedar Knoll is the perfect setting for a romantic evening, a gathering of family and friends, or special events small and large.

Lunch, Dinner, and Brunch service weekly. See our website or call us for more information.

*Ask us about our private event spaces! Walk-ins Welcome, Reservations Recommended 703.780.3665
reservations@cedarknollva.com 9050 Lucia Lane Alexandria 22308 www.cedarknollva.com*

Mount Vernon Civic Association, Inc.

Officers

President: Tom Russell.....703-360-0257
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Secretary: Lisa Faustlin303-396-5164
Treasurer: Sarah Fidd703-780-0816

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John Hurley703-799-9353
Dan Rinzel703-360-4627
Sean McCarthy703-360-0372

Committee Chairs

Budget and Finance: Kirsten Quackenbush.....703-619-3072
Education: Sarah Fidd703-780-0816
Environment & Recreation: Gale Curcio...703-360-3621
Health & Human Services: Marv Chadab.....703-360-9537
Membership/Directory: Maggie Jones703-360-4750
Neighborhood Watch: Ted Thompson703-780-1972
Planning & Zoning: Karen Cerutti703-778-4442
Public Safety: John Hurley703-799-9353
Transportation: John Reiser703-780-4824

MVCA Membership Meeting

Wednesday, May 13, 2020; 7 p.m.

Our speaker will be John Kellas, Fairfax County Director of Public Waste & Recycling, who will update us on the services they are currently able to provide and then answer your questions.

Please join us online via Zoom. Our meeting number is 634-598-1220, and the passcode (if asked for) is: 743225

***PLEASE REMEMBER TO PAY YOUR 2020 MVCA DUES...THANK YOU!**