

Springfield Civic Association

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Alice Merrill, 1st Vice President

Mike Slater, 2nd Vice President

Marta Morrissey, Secretary

Sandra Friesnyk, Treasurer

Larry Farnsworth, Member at Large

Cassie Planakis, Member at Large

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President's Message—Gail Nittle



Greetings from behind the facemask! When this photo was taken, I found myself smiling automatically and then wondered why I was smiling when no one could tell! We've all made some adjustments, haven't we?

One adjustment we've made is to cancel our May SCA membership meeting due to Virginia's restrictions during this time. We did, however, hold a Board meeting in April via Zoom. Two of our Board members, Barbara Coder and Daniel Garcia, were unable to continue serving and resigned their positions. Marta Morrissey was appointed to replace Barbara Coder and Cassie Planakis was appointed to replace Daniel Garcia. The entire slate of officers will be voted on at our next general membership meeting. Thank you Barbara and Daniel for your service to the SCA!

Even in the midst of these unscripted times, life does go on and we can look to the restorative power of community for encouragement. Spring is a great reminder that there are seasons and each has something to appreciate.

Here's a note of appreciation to unsung hero Kurt Doehner for picking up trash, reporting downed signs and mowing the grass on the strip of property along Old Keene Mill from Commerce Street to Hanover. It's a gateway to Crestwood and it's much more inviting, thanks to his efforts!

Members of the SCA took the opportunity to show appreciation to our police and firefighters by providing lunch on behalf of the SCA to all three shifts of the Springfield Volunteer Fire Station 22 and both shifts of the Franconia Police Station. We owe these folks a debt of gratitude for their continued care of our community! The SCA also provided a grant of \$500 to ECHO as it serves on the front lines of providing assistance to those in need. St. Mark's Lutheran Church will be holding a "drive thru" food drive on May 16 from 2-4 pm to benefit ECHO. See the article (P. 14) and other related ECHO food drive information further on in this newsletter.

We bid farewell and say a huge thank-you to Principal Jay Nocco for the tremendous work he has done at Lynbrook School! Jay will be leaving Lynbrook on 1 July 2020 to be Director of Professional Growth and Career Development for Fairfax County Public Schools. We wish him well.

In other news, a virtual Land Use meeting was held on May 4th but the property at 6235 Brandon Avenue was not discussed and no scheduled presentation or voting date was set for that site. We'll keep you updated.

Governor Ralph Northam signed SB631, the bill which deals with abandoned shopping carts! It is now up to the Fairfax County Board of Supervisors to decide how the bill will apply to Fairfax County. Again, special thanks go to SCA Member at Large Larry Farnsworth, who worked tirelessly on the bill; Senator Scott Surovell, who authored the bill; and to Delegates Kaye Kory and Vivian Watts, who carried the bill in the House.



The April CAC (Citizens Advisory Committee) Community Engagement Meeting was held via Zoom and was well-attended. If you're interested in staying informed on the latest police activity, e-mail CAC president Kim Barber at kimbarber6141@gmail.com It's held at 7 pm on the third Wednesday of the month, September through May.

It's encouraging to see community outreach/offers of assistance everywhere!

If you need help, please contact the SCA at springfieldcivic@yahoo.com .

~Gail

May Meeting

Due to concerns about the spread of the Covid-19 virus, the May SCA meeting has been cancelled.

SCA will keep in touch through our Facebook page and Constant Contact messages.

We hope to see you again in September 2020.

Message from Lee District Supervisor Rodney Lusk



Considering the current public health crisis, Fairfax County has had to shift its focus from many of the long-term goals and projects, and towards meeting the immediate challenges facing our residents. This pivot is clearly reflected in our revised FY2021 Budget.

Shortly after our county executive published his proposed budget on Feb 25th, we had to reconsider many of the recommendations that were originally put forward. Some of the most notable changes include maintaining the current real estate tax rate, getting rid of the recommended 4% admissions tax and significant reduction in the FCPS expansion transfer from \$85 billion to about \$7 billion. While these initiatives remain a priority in our county, we are hoping this re-allocation of funds alleviates the stress and financial burden brought on by COVID-19.

The Board of Supervisors is now working on allocating the federal funds we received through the Cares Act. As of right now, our non-profits and small business sectors are due to receive \$25 million each, with a possibility to replenish the funds as the situation changes. Another portion of the fund will go towards providing basic needs assistance to impacted residents including rent and utility assistance. The rest of the fund will be distributed as needed while we continue to work closely with our non-profit partners and community members.

Personally, as many of my colleagues have mentioned, I want us to come out of this stronger and more resilient than ever. I recognize that our small businesses are a critical part of this vision. I would like to see our county implement a grant program to ensure our small businesses and their employees remain a part of our community. In our last board meeting I asked the Department of Economic Initiatives to explore expansion and retention programs for our businesses. My hope is that Fairfax County continues to be a great place to live and confidently do business in for a long time, especially after this crisis.

In Lee District I am extremely proud of the way our neighbors have been able to come together on so many different fronts. Just recently, ICNA relief, in collaboration with my office and Ready Fairfax, was able to secure and transport 22,000 lbs. of produce donated by Whole Foods Market. Punita Group was able to donate 500 masks which were distributed among local non-profits. DeLune Corp was also one of the first groups to lend their resources in this fight against COVID-19. All of this would not have been possible without the willingness of everyone involved to work together and communicate consistently every day. I look forward to continuing to work through this with our neighbors, non-profit groups, and local businesses.



Springfield Farmers Market

Open for Season - May 2 – Sep 26

6699 Spring Mall Dr
Springfield, VA 22150

Conveniently located next to the Springfield Town Center, a trip to the Springfield Farmers Market can be an opportunity to make a serious dent in your to-do list while enjoying the community and food at the market! Stop by the market to enjoy local produce, local characters, baked goods, hot prepared foods, meats, and more!

ECHO NEWS



News reports showing long lines of people waiting for food distribution tell the story of a terrible side effect of Covid-19- it is the story of hunger. ECHO continues its 50 year mission to alleviate hunger in our community. In March we were grateful to receive over 700 bags of donated food but we gave out 4,266 bags. At the current rate, we will give out more than 4,500 food bags in April. While many donors have responded generously to our pleas for help, the supply chain itself hampers ECHO's ability to obtain food and serve the hungry.

ECHO has been unable to order food or supplies in bulk because of the shortages, so we must count on many donors who are able to find and donate just a few items each. Our volunteers assure everyone that those few items will help. Here are some things to remember:

- Giant-sized items are difficult to use because it is hard to safely divide or repackage foods. Please donate "family-sized" or medium sizes of foods.
- Health and hygiene items such as dish detergent and hand soap don't feed people, but often are vital for maintaining health.
- You could conduct a "safe and personal food drive for ECHO" by asking members of an organization you belong to, or people in your neighborhood to bring a few food or hygiene items and place them in a box outside your home on a certain day. Then, you can deliver the box to ECHO during our hours of operation. We are looking for pictures and stories about local food drives to post on Facebook from time to time. If you would like to share yours, take a photo of yourself and your project and email it with a short description to communications@echo-inc.org. We may be able to use it on our ECHO Facebook page <https://www.facebook.com/EcumenicalCommunityHelpingOthers/>
- The list of ECHO's most-needed items changes as supplies diminish and donations come in, so you can always find it on ECHO's website: www.echo-inc.org.
- Watch for any food drives that are being organized by Fairfax County, businesses, or congregations and participate with whatever you might have to share .

In the past, ECHO did not request donations of refrigerated items because we normally purchase them for inclusion in the food bags we distribute. Now, however, because of shortages, we are asking for donations of eggs and margarine. We also especially need sliced bread, canned meats, boxed pasta, dried beans, canned tomatoes, flour, shaving cream, deodorant and toilet paper. We need cleaning supplies, wipes, and sanitizers. We have an urgent need for standard sized brown paper grocery bags.

ECHO is still unable to accept donations of clothing or household items at this time. We are only, but gratefully, accepting food and financial donations. **ECHO is currently closed on Wednesday evenings**, but is open to receive donations on weekdays from 9:30 am to 12:30 pm, and on Tuesday and Thursday evenings from 7:00 to 9:00. Donors do not even have to get out of their cars, or bring bags or boxes to the door. Volunteers will come to your vehicle to get the donated foods.

People needing food or financial assistance should call 703-569-9160 during the hours shown above.

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 Fax: 703-644-2440
 info@lamartss.com
 www.lamartss.com

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Update from Board of Supervisors Chairman Jeff McKay

I want to address Governor Northam's Friday press conference and the question of whether Fairfax County will be reopening with the rest of Virginia. After extensive discussions with my regional colleagues, I sent a joint letter with Loudoun County Chair Randall, Prince William County Chair Wheeler, Arlington County Chair Garvey, and City of Alexandria Mayor Wilson to Governor Northam today.

We greatly appreciate the Governor outlining the strategic criteria he will use as the Commonwealth moves to open; I agree with the Governor that any decision to reopen should be made following the data that he outlined. However, Northern Virginia Health Directors tell me that we don't meet those same health criteria needed to move forward (including a downward trend of positive tests for over 14 days, a downward trend of hospitalizations for over 14 days, an increased capacity for both testing and contact testing, sufficient hospital beds and ICU capacity, and a sustained supply of personal protective equipment). Our letter urges him to implement his Forward Virginia plan for the region only once regional threshold metrics have been met.

Reopening our businesses will be crucial to moving forward and I share our community's desire to do so, but the health of our residents is crucial to the health of our economy. This information is provided in the letter to the Governor and I hope he will take it into consideration before he makes a final decision later this week.

You can see the County's press release and a copy of the letter [here](#).

LATEST UPDATE: Virginia Gov. Ralph Northam has signed an executive order that allows Northern Virginia to delay reopening as the region grapples with an elevated number of coronavirus cases. Northern Virginia can wait until at least May 29 to reopen.

I recommend you read the details of Phase I [here](#). It includes guidelines for businesses, maintaining physical distancing, enhanced cleaning and disinfection practices, and details on the types of businesses that can reopen and at what capacity.

You can also see more on the Forward Virginia plan [here](#).

May and June Elections

There are two elections coming up and **Fairfax County is encouraging voters to vote by mail and select reason 2A on your absentee ballot application**. You also are not required to have a witness signature on your ballot, if you don't think you can do so safely. Request a ballot [here](#).

You can vote absentee in-person at the Fairfax County Government Center. [The Office of Elections](#) is offering curbside absentee voting. Call 703-222-0776 upon arrival.

Weekdays: Offices are open M-F, 8am-4:30pm.

Saturday June 13 and June 20, from 9am-5pm.

May 19 Election

This election is only taking place in the towns of Vienna and Clifton.

Be sure to start returning your absentee ballots as soon as possible to allow enough time for your ballot to be returned.

June 23 Democratic and Republican Primaries

The races on the ballot will be the statewide Republican Primary for Senate and the Democratic Primary for the 11th Congressional District.

You have until May 26 to register to vote or update your voter registration ahead of the election.

The deadline to request an absentee ballot is June 16.

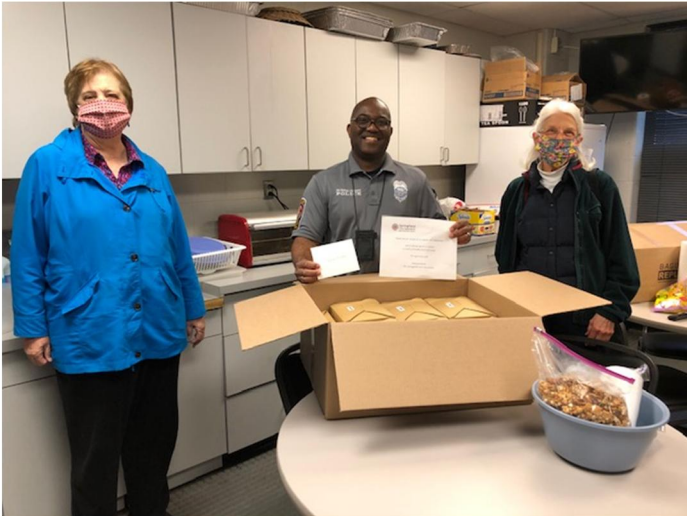
The Office of Elections urgently needs election officers for the June 23 primary. [The deadline to apply is Friday, May 15.](#)

SCA Community at Work

One of our SCA families was looking for a way to honor our first responders and came up with the idea of donating lunches to both the Franconia District Police Station and the Greater Springfield Volunteer Fire Department. They also wanted to support businesses that support the SCA through advertising. They merged those two ideas and decided to purchase lunches from two of the restaurants that support the SCA and donate them to the first responders.

Good news travels fast, and before they knew it, several other neighbors wanted to donate money toward the cause. When the SCA Board of Directors heard about the idea, they also wanted to contribute. Enough money was collected to provide 90 lunches to Springfield's first responders!

Many thanks to all who contributed to this effort and to Sandwich Republic and Malek's Pizza Palace for making so many yummy meals!



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Look What's Going On in Springfield!

How are you spending your time under quarantine? The SCA asked that question and received these examples of what our neighbors in Springfield are doing to keep busy. Thank you to everyone who shared their pictures.



Jay Miller starting tomatoes, lettuce and peppers.



Mike Slater building his workbench with hand tools.



Tom Boughton has planted broccoli .



Sandy Frieswyk is sewing face masks.



Dayana Hudson trying her hand at watercolor painting. (Five pictures)



American Legion Post 176 Café is OPEN!



Café is Open For Take Out!!

Are you tired of your own cooking?

Are you sick of what you can get at a drive through for breakfast and lunch?

Call or come to the Warrior Café at Post 176 for delicious take out.

You can walk in and wait or call in your order.

Hours are 7am to 2pm.

(703) 440-0335 to place food order.

6520 Amherst Ave, Springfield, VA 22150

[Click here for the menu](#)

VDOT Car Registrations and Inspections

The Virginia Department of Motor Vehicles has extended vehicle registrations that expire in March and April by 90 days, and those that expire in May by 60 days. Emissions inspection facilities may still be open, but call your specific facility in advance to confirm.

If you are required to obtain an Air Check emission inspection to renew your registration in March or April, you also have an additional 90 days. You have an additional 60 days to obtain an Air Check emission inspection if your registration expires in May.

The Air Check Virginia vehicle emissions inspection program for drivers in Northern Virginia remains operational. Please avoid in-person visits and call 703-583-3900 between M-F, 8:15am-5pm for assistance.

Shopping Cart News

Shopping Cart Bill SB 631

-Larry Farnsworth

I'm glad to report good news on the path toward ridding Springfield of the plague of shopping carts.

If you weren't aware, on April 11, Governor Ralph Northam signed Sen. Scott Surovell's bill, SB 631 that would allow Fairfax county and other municipalities in Northern Virginia to pass their own ordinances pertaining to shopping carts.

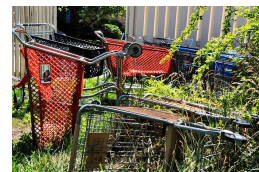
The bill, as amended, would allow local ordinances like Fairfax County to issue fines of up to \$500 to those offenders caught taking shopping carts. The bill also holds retail establishments accountable by allowing local jurisdictions to recover the cost of collecting and disposing of the shopping carts with a cap of \$300 per cart.

It's important to understand the law has been signed but is not yet in effect. Because Fairfax County is a county executive form of government, our local elected officials must get permission from Richmond in order to begin proposing ordinances at the local level. So, this bill sets specific guidelines for Fairfax County to follow.

With the framework in place, Fairfax County can now begin drafting an ordinance to remove the shopping carts from our public roadways and our neighborhood. It's going to be up to our local leaders and county staff to hold public hearings and seek input from our community before ultimately, the Fairfax County Board of Supervisors takes an up or down vote on whether or not to pass an ordinance.

When and if that happens, that's when a new and enforceable ordinance will be in effect.

There was a lot of opposition to this proposal in Richmond and there is no reason to believe that it won't face opposition here in Fairfax. If you feel strongly about this issue, then I would encourage you to get out and make your voice heard. Contact Jeff McKay, Chairman of the Board of Supervisors at: chairman@fairfaxcounty.gov



Ways to Support Our Community

Support SCA Advertisers

Even though life seems to have come to a halt, it hasn't entirely. Many of the businesses who support the SCA as advertisers are still open for business. They have made accommodations to ensure everyone's safety and would appreciate your business.

Phone-in orders, curbside pickup, delivery, and restricted number of customers in the store, etc. are our new normal for now. Why not, depending on your safety/comfort level, support these businesses who have supported the SCA?

Here are some of the SCA supporting businesses that are open for your business:

- Sandwich Republic
- Malek's Pizza Palace
- Eleni's Greek Taverna
- Springfield Butcher
- Eddie Greenan Jewelers
- Metro Run & Walk
- Springfield Plaza Laundromat and Cleaners
- Virginia Tire & Auto
- Janice Buckley Realtor
- Debbie Dogrul Associates
- LA Mart
- Professional Tax Accountants

Send Grab-N-Go Snacks from Amazon to the Franconia Station Officers

Click on the link below and order from the list of suggested snacks. Snacks will be shipped directly to the station! If you check "this is a gift", you will have the option upon checkout to send a note of thanks. For the delivery address, make sure you choose the address of the station and not your home.

https://www.amazon.com/hz/wishlist/ls/1NG1XZVGGGHEC?ref_=wl_share

Franconia Station Victim Services Needs

Contact: Ilana Wixted at ilana.wixted@fairfaxcounty.gov
571-396-2820

Victim Services Needs: (New Items Please!)

- Rice
- Black Beans (Canned or Dry)
- Women's Underwear
- Socks
- Uber, Doordash, or GrubHub Gift Cards
- Grocery Gift Cards
- Gas Gift Cards
- Fast Food Gift Cards



Fairfax County Communities of Trust Committee

Needs

Contact: Shirley Ginwright/Fairfax County Communities of Trust Committee at communitiesoftrust@gmail.com

703-470-2137

Here are some ideas that the Fairfax County Communities of Trust Committee is looking for. Please donate only new items. Contact the above email address for information on where to drop off these items:

- Toothpaste
- Deodorant
- Baby Wipes
- Pampers
- Lotion
- Hair Products
- Feminine Hygiene Products
- Laundry and Dish Detergent
- Household Cleaners
- Paper Towels
- Toilet Paper

Thanks for all you do to make our community a better place!

Women's Club of Springfield

Like all of our area Service Clubs, our Club's activities have been curtailed during the Covid 19 Pandemic. We were unable to hold our 2020 Spring Faire, and our Annual Luncheon. We have not been able to attend District and State meetings, as they were cancelled. We have not been meeting together. We have been holding Board Meetings online.

And, most importantly, we had to temporarily close our Pink Elephant Shop at the end of March and it will remain closed until Governor Northam lifts the closure on non-essential businesses. You can keep an eye for updates on Facebook and on our website, www.womansclubofspringfield.org.



But not all the news is negative: we were able to make two donations to ECHO, totaling \$1,000.00 and a donation to Bethany House of Northern Virginia. And, our members have been busy making masks and mask extensions, amongst other things. If you or someone you know needs a mask, please get in touch with us.

Until we are all back to some sort of normal, we encourage you to stay safe and well.

Friends of Lake Accotink Park (FLAP)

Your Skills are in Demand - You Can Make A Difference - FLAP Newsletter EDITOR NEEDED

Friends of Lake Accotink Park is in desperate need of an editor to put the FLAP Quarterly Newsletter together. The format is set, you only need to reach out to the contributors and place their articles in the format. See samples of our past newsletters at www.flapaccotink.org. We do have a volunteer who will proof the newsletter and work with you. We will regrettably have to discontinue publishing the FLAP Quarterly Newsletter if we do not receive any volunteers. If you are interested and can volunteer a few hours a quarter and/or have a minimum salary or fee in mind, please contact us soonest with your name/contact information/experience and any questions to contact@flapaccotink.org.

Thank you!



Lynne N Clark, P.C.
Attorney and Counselor at Law

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Contact SCA

Do you have a question for the SCA? Contact us via email at springfieldcivic@yahoo.com.

Check out our website at springfieldcivic.org.

We're on Facebook ! Check us out at

Springfield Civic Association

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Friends of Richard Byrd Library

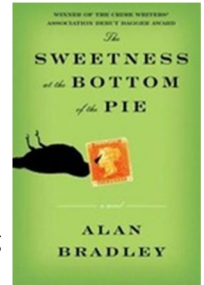
No Book Donations

No book donations can be received until further notice and no volunteers will be needed until we are up and running again. We promise to keep you updated. Please stay safe and stay well.

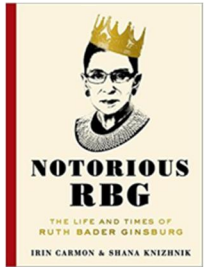
Following are reviews of some of the books our Friends have been reading to pass the time at home!

Book Review: *The Sweetness at the Bottom of the Pie* by Laurel Tingley

An 11-year-old amateur detective, an English country manor house and a series of deaths that must be solved to clear her father's name. *The Sweetness at the Bottom of the Pie: A Flavia de Luce Mystery* by Alan Bradley, stars the precocious Flavia, a budding chemist with a particular interest in poisons. Flavia's family includes her father, a former WWII prisoner of war still mourning the recent death of his wife, and two older sisters who torment her as only unsupervised teenage sisters can. When a strange man who argued with her father is discovered dead in the kitchen garden's cucumber patch, her father is arrested and Flavia heads off on her trusty bicycle Gladys to clear his name. The first of a 10-part series, this book is a charming read.



Book Review: *Notorious RBG, The Life and Times of Ruth Bader Ginsburg* by Judy Perry

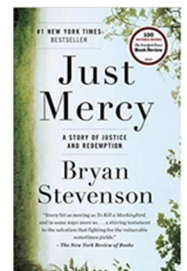


This one has been on my reading list for a long while...published in 2015, a biography of Associate Supreme Court Justice Ruth Bader Ginsburg, appointed in 1993 by President Clinton. On her journey to America's High Court she stood on the shoulders of many talented people who fought for equality for everyone, not just women. And she broadened the path for those coming after her. Authors Irin Carmon and Shana Knizhnik chronicle RBG's journey in this easy to read volume. There are details about her groundbreaking cases as well as her personal challenges. From losing her mother Celia just as she graduated high school to her life with Marty, her husband of 56 years to arguing before the Court, she did things her way and in her time. She has a passion for justice and equality and a fondness for opera. The authors cite pop culture references throughout, keeping the material light and enjoyable; in fact, the chapter titles are Notorious B.I.G.

lyrics...great way to learn a little her-story! She argued against gender-based discrimination on all fronts (salaries, reproduction, Social Security benefits, etc.); she doesn't want one gender to be treated better than the other, she just wants them to be treated equally, the very definition of feminism. This is the book for you "if you want to understand how an underestimated woman changed the world" and is still doing so.

Book Review: *Just Mercy (A Story of Justice and Redemption)* by Barbara Gilchrist

This New York Times bestseller published in 2014 is the gripping and true account of how an Alabama legal system turned its back on truth and fairness in order to find someone to answer for the murder of a local white woman. Taking place in the late 1980's, Bryan Stevenson, the author and Harvard Law School graduate chronicles his engagement in successfully exonerating Walter McMillian, a black man, sentenced to death for a murder he did not commit. Local law enforcement had conspired to frame him and had conspired at many levels to send a man seemingly of little value to them to the electric chair. The book lays bare the racial injustices, conspiracies and sheer arrogance of a society determined to find a "fall guy" in response to the public outcry against an unsolved murder.

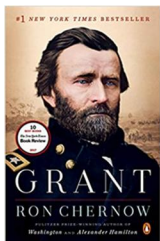


In *Just Mercy*, Bryan Stevenson, who also founded the Equal Justice Initiative, uses the McMillian case, as his "anchor" to highlight many other cases of injustices and inequities against the poor and "people of color" in the judicial system. Despite the difficulty in accepting the harsh realities illustrated by the author, this is an eye-opening must-read book. Check it out today!

(Continued on pg. 10)

Friends of Robert Byrd Library Update Cont'd

Book Review: *Grant* by Judson Ray



Published in 2017, this biography of Ulysses S. Grant, the 18th President of the United States written by American historian, Ron Chernow is a fascinating examination of a man who has been misunderstood. Chernow once and for all attempts to lay to rest the negative impressions of Grant and in so doing resurrects him with all of his imperfections and genius.

Grant has been described as many things: the military genius who won the civil war, the butcher, the drunk and corrupt politician, and many other negative images. Chernow attempts to capture the essence of the man in one definitive work.

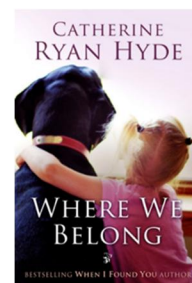
Chernow takes the reader on a fact-finding journey using all the skills and images, supported my reams of footnotes and other citations. Chernow's craft is fully on display; so much so that the reader almost feels that he/she is at the battle of Shiloh and other campaigns where Grant distinguishes himself as a true military tactician. One can nearly hear the beat of the horses' hoofs, the agony of projectiles ripping off soldiers' arms and legs and the unrelenting torrential rains coming down as they slept in the open fields. I was so caught up with these images that I had to return to Shiloh to walk in Grant's footsteps to take full measure of what really happened there.

You can almost feel the chilly air between Grant and his most trusted deputy, General Sherman when Sherman tried to talk Grant out of going into politics at the end of the campaign. Chernow turns his attention to the hopeless Grant as he tries to be as successful as President as he was as a General Officer. Such success would escape Grant, as those around him were not loyal nor did they have his best interest at heart.

Finally, Chernow brings you to Grant's death bed in Saratoga Springs, New York. At this point he is preoccupied with completing his memoirs. Grant dies in financial ruin; it would take another 100 plus years to elevate him to the status in history that he rightfully deserves.

Book Review: *Where We Belong* by Claudia Moore

Angie, a mature 14-year-old, realizes that she, her mother, and little sister Sophie, will be homeless again and again. The family is trying to cope with the death of the father and the reality that Sophie, who tests significantly on the autism spectrum, shrieks loudly and constantly when she is unhappy. Then the neighbors complain and call the police. The screams reduce and stop when she meets Rigby, a black Great Dane, who lives next door. Just the sight of Rigby calms her. Angie is a conscientious big sister who takes responsibility to help raise Sophie. What will happen to the family when Rigby's owner moves? The author, Catherine Ryan Hyde frequently presents a story highlighting a societal challenge. In this case it is the tests faced in a single parent family while raising a child with autism. Brave Angie speaks her mind and makes family decisions as her immature; forever grieving, mother is unable to cope with reality. The role of unexpected friendships develops slowly, realistically. The reader feels sorry for Angie who does not have any friends her own age and is frustrated by her usually helpless mother. This story will bring forth both tears and smiles.



Join Us - Be a Friend

We appreciate our volunteers, and if you aren't already a volunteer - please join us. If you'd like to do more, become a dues paying member of the Friends. A \$10 individual or \$20 family annual membership provides you with reserved seating for Friends events, a 4X a year newsletter, and preview shopping at our sales. Why is it important to volunteer and/or become a member? **Well, did you know?**

- Friends pay for all the children's performers at the library.
- Friends pay for the New York Times, Scientific America and 14 other publications.
- Friends provide volunteers for summer reading programs, Reading Buddies, and all or hands on programming.
- Friends run Educators' Night - our program to bring books to our school's classroom libraries.

Volunteer: Looking for a volunteer opportunity...come join the Friends of the Richard Byrd Library! Contact us at: rbfriends@gmail.com

Beware of Covid-19 Scams

As the novel coronavirus (COVID-19) pandemic continues to impact the United States, phone scammers have seized the opportunity to prey on consumers.

The FCC has received reports of scam and hoax text message campaigns and scam robocalls offering free home testing kits, promoting bogus cures, selling health insurance, and preying on virus-related fears.

A text message scam may falsely advertise a cure or an offer to be tested for coronavirus. Do not click on links in texts related to the virus, and check [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for the most current information.

Some text scams are impersonating government agencies. The FCC recently learned of a text scam claiming to be from the "FCC Financial Care Center" and offering \$30,000 in COVID-19 relief. There is no FCC program to provide relief funds to consumers. The text is likely a phishing attempt to get banking or other personal information from victims. The BBB is also warning of a text message scam impersonating the U.S. Department of Health and Human Services informs recipients that they must take a "mandatory online COVID-19 test" using the included link.

Text message hoaxes may claim that the government will order a mandatory national two-week quarantine, or instruct you to go out and stock up on supplies. The messages can appear to be from a "next door neighbor." The National Security Council tweeted that these are fake. FEMA is tracking rumors and reminds consumers to always check a trusted source.

Scammers are also using robocalls to target consumers during this national emergency.

For example, the World Health Organization recently issued a warning about criminals seeking to take advantage of the pandemic to steal money or sensitive personal information from consumers. It urges people to be wary of phone calls and text messages that purport to be from the WHO, or charity organizations, asking for account information or for money.

The FCC has received reports of robocalls purporting to offer free virus test kits, in an effort to collect consumers' personal and health insurance information. One pernicious version of this scam is targeting higher risk individuals with diabetes, offering a free COVID-19 testing kit along with a free diabetic monitor. Other robocalls are marketing fake cures and asking for payment over the phone.

The Federal Trade Commission and the U.S. Food & Drug Administration have posted consumer warnings about fake websites and phishing emails used to promote bogus products.

Opportunists are also making robocalls to offer HVAC duct cleaning as a way to "protect" your home and family from the virus. Fraudsters are also preying on financial fears tied to the pandemic. The FCC is aware of robocall scams with COVID-19 themed work-from-home opportunities, student loan repayment plans, and debt consolidation offers. Consumers aren't the only target. Small businesses are also getting scam calls about virus-related funding or loans and online listing verification.

Many consumers will receive checks as part of the federal government response to the coronavirus. No one will call or text you to verify your personal information or bank account details in order to "release" the funds. The Treasury Department expects most people to receive their payments via direct-deposit information that the department has on file from prior tax filings.

If you think you've been a victim of a coronavirus scam, contact law enforcement immediately.

The FCC offers the following tips to help you protect yourself from scams, including coronavirus scams:

- Do not respond to calls or texts from unknown numbers, or any others that appear suspicious.
- Never share your personal or financial information via email, text messages, or over the phone.
- Be cautious if you're being pressured to share any information or make a payment immediately.

Scammers often spoof phone numbers to trick you into answering or responding. Remember that government agencies will never call you to ask for personal information or money.

- Do not click any links in a text message. If a friend sends you a text with a suspicious link that seems out of character, call them to make sure they weren't hacked.
- Always check on a charity (for example, by calling or looking at its actual website) before donating.



Volunteers Needed

Virginia Medical Reserve Corps is Recruiting Medical and Non-Medical Volunteers

Governor Ralph Northam has announced additional details of a statewide effort in collaboration with the Virginia Department of Health's Virginia Medical Reserve Corps (MRC) to recruit medical and non-medical volunteers in the fight against COVID-19. It is estimated up to 30,000 volunteers are needed to provide support for the expected surge in hospitals and long-term care facilities throughout the Commonwealth.

The Office of the Governor and the MRC are working with colleges and universities to reach out to students, especially those enrolled in health and medical degree programs. The administration is also reaching out to individuals who have recently filed for unemployment benefits and have relevant experience, and is coordinating with hospitals, health systems, and professional associations to help recruit their community members.

"As a doctor and a veteran, I know how vital it is to have the necessary personnel on the front lines," said Governor Northam. "The success of our COVID-19 crisis response depends on our ability to mobilize a dedicated healthcare workforce, and we are counting on Virginians to lend a hand and help us battle this virus. This is an opportunity to do good for our Commonwealth and save lives."

The MRC is a force of dedicated volunteers who stand ready to support the community in the event of a public health emergency. Local units are comprised of teams of medical and public health professionals who, along with community members, volunteer their time, skills, and expertise to support ongoing public health initiatives and assist during emergencies.

"Whether you have a background in health care or just want to serve your community, Virginia needs you," said Chief Workforce Advisor Dr. Megan Healy. "All Virginians are welcome in the fight against COVID-19, and we will need a wide range of talents to enhance the Commonwealth's medical surge capacity during this time of crisis."

"We have all been inspired by the generosity of so many individuals in Virginia since COVID-19 began impacting the Commonwealth," said Secretary of Health and Human Resources Daniel Carey, M.D. "We need all hands on deck as we expand our health system capacity in the weeks ahead. Now more than ever, joining the MRC is a great way to take action and give back to your community in a meaningful way."

About 14,700 have people signed up with the MRC, nearly a third of them in the past couple of weeks, and about half of the volunteers have professional medical experience. Training at higher education institutions is available for Virginians who want to learn basic medical skills to volunteer, upskill current health professionals to transmission intensive care or medical-surgical units, and short courses on ventilators usage.

Nurses, nurse practitioners, and nursing students are particularly encouraged to apply. Non-medical volunteer positions that are needed include logistics, communication, coordination, technology and other support.

"Tens of thousands of caring and committed healthcare professionals are working on the frontlines in Virginia hospitals to help patients who have contracted serious cases of COVID-19," said Sean T. Connaughton, President and CEO of the Virginia Hospital and Healthcare Association. "At a time when the healthcare delivery system is working to maximize treatment capacity to meet the steadily-rising number of patients, there is a critical need for volunteers to join the Virginia Medical Reserve Corps to supplement the efforts of active healthcare providers."

For more information or sign up to become an MRC volunteer, please visit vamrc.org. For more information on the state's response to COVID-19, please visit virginia.gov/coronavirus.



St. Mark's Food Drive

St. Mark's Lutheran Church on Backlick Road will hold a "drive thru" food drive on May 16 from 2:00 to 4:00 p.m. in their parking lot to benefit ECHO. To understand the tremendous assistance ECHO has, and is, giving to our community, it is helpful to know that during March, 260 bags of food were given to those affected by the Covid-19 pandemic; in April, over 4,500 bags have been given to clients. While the community has been supportive with donations of food and money, our food room stock is running low and this is an effort to help keep the assistance going. Any donation is appreciated; we do ask that items be suitable for a family of 4, rather than restaurant-size items. Also needed are personal care items.

Advice From Inova Hospitals

It is safe to visit an Inova hospital emergency room or other care site. If you are experiencing a medical emergency, please visit the ER or call 911 immediately. Delaying treatment can be a dangerous decision.

Inova hospitals and ERs have taken precautions to provide a safe environment for all patients. For example, they have an entry screening process and separate areas for Covid-19 patients.

Information on Inova's Respiratory Illness Clinics, where they provide scheduled vehicle-side testing appointments, can be found at <https://www.inova.org/locations/inova-urgent-care/respiratory-clinics>

Covid-19 Information

People with Covid-19 have a wide range of symptoms reported—ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure. You might experience:

- Cough
- Fever
- Shortness of breath or difficulty breathing
- Chills, repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste and smell

Continue to follow the health guidelines:

- Wash your hands frequently or use hand sanitizer
- Cough and sneeze into your sleeve
- Don't touch your face
- Practice social distancing
- Wear a mask in public spaces

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Mosquito Control

Summer is just around the corner. It's not too early to think about how to control mosquitoes in your yard.

Tip and Toss That Water

Eliminate Standing water. Mosquitoes can breed in as little as a teaspoon of water. Here are 12 locations to check at least weekly for standing water.

1. Buckets, watering cans, bottle caps or any trash that can hold water
2. Corrugated pipes of downspout drainage
3. Bird Baths and pet water bowls
4. Potted plants with saucers
5. Children's toys
6. Tarps on woodpiles and garden equipment
7. Grill and patio furniture
8. Wheelbarrows
9. Containers under decks and porches
10. Garbage cans, recycle bins and other barrels
11. Tires
12. Boats and boat covers



Treat standing water with a larvicide if it cannot be eliminated. If you cannot get rid of the water, treat it with a mosquito-specific, environmentally-friendly product as "Mosquito Dunks", which are available at hardware stores and garden centers. Follow label instructions when applying.

If mosquitos are biting, consider treating your yard with an insecticide. Pay attention to areas where they hide, such as dense vegetation and ground cover. Follow label instructions.

Organize a neighborhood clean-up. Get rid of litter and debris, discard old tires and manage vegetation that mosquitoes may use as hiding places. Check all areas for standing water.

"At this time, CDC has no data to suggest that this new coronavirus or other similar coronaviruses are spread by mosquitoes or ticks."



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*Covid-19 Anxiety:
Coping with Stress, Fear, and Worry*
Helpguide.com

Fears about COVID-19 can take an emotional toll. These tips can help you get through this stressful time.

Stay informed—but don't obsessively check the news

- Stick to trustworthy sources for you information
- Limit how often you check for updates.
- Step away from media if you start feeling overwhelmed.

Focus on the things you can control

- washing your hands frequently (for at least 20 seconds) with soap and water or a hand sanitizer that contains at least 60% alcohol.
- avoiding touching your face (particularly your eyes, nose, and mouth).
- staying home as much as possible, even if you don't feel sick.
- avoiding crowds and gatherings of 10 or more people.
- avoiding all non-essential shopping and travel.
- keeping 6 feet of distance between yourself and others when out.
- getting plenty of sleep, which helps support your immune system,
- following all recommendations from health authorities.

Stay connected—even when physically isolated

- Make it a priority to stay in touch with friends and family. If you tend to withdraw when depressed or anxious, think about scheduling regular phone, chat, or Skype dates to counteract that tendency.
- While in-person visits are limited, substitute video chatting if you're able. Face-to-face contact is like a "vitamin" for your mental health, reducing your risk of depression and helping ease stress and anxiety.
- Social media can be a powerful tool—not only for connecting with friends, family, and acquaintances—but for feeling connected in a greater sense to our communities, country, and the world. It reminds us we're not alone.

That said, be mindful of how social media is making you feel. Don't hesitate to mute keywords or people who are exacerbating your anxiety. And log off if it's making you feel worse.

Don't let coronavirus dominate every conversation. It's important to take breaks from stressful thoughts about the pandemic to simply enjoy each other's company—to laugh, share stories, and focus on other things going on in our lives.

Take care of your body and spirit

- **Be kind to yourself.** Go easy on yourself if you're experiencing more depression or anxiety than usual. You're not alone in your struggles.

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- **Maintain a routine as best you can.** Even if you're stuck at home, try to stick to your regular sleep, school, meal, or work schedule. This can help you maintain a sense of normalcy.
- **Take time out for activities you enjoy.** Read a good book, watch a comedy, play a fun board or video game, make something—whether it's a new recipe, a craft, or a piece of art. It doesn't matter what you do, as long as it takes you out of your worries.
- **Get out in nature, if possible.** Sunshine and fresh air will do you good. Even a walk around your neighborhood can make you feel better. Just be sure to avoid crowds, keep your distance from people you encounter, and obey restrictions in your area.
- **Find ways to exercise.** Staying active will help you release anxiety, relieve stress, and manage your mood.

Important Survey

While undertaking a project to modernize and better organize the Fairfax County Zoning Ordinance (zMOD), county staff has proposed sweeping and controversial amendments to regulations pertaining to accessory dwelling units (ADUs) with the stated objective of increasing the supply of affordable housing.

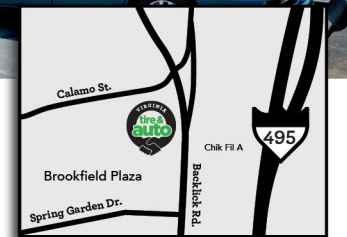
Please provide your input on proposed county Zoning changes that will affect our community. ADU's accessory dwelling units would allow any single family dwelling to create a separate apartment with kitchen within their home. Another proposal would allow home based businesses to have up to 8 customers a day visit the home.

Two informational videos and corresponding surveys were created to receive community feedback on proposed regulatory changes for accessory dwelling units and home-based businesses." "Learn about the proposed changes by watching the videos. Then, submit your feedback by completing each survey. Check out the videos and surveys here: <https://www.fairfaxcounty.gov/planning-development/zmod>

Fairfax County wants your opinion! Make your voice heard! Let your neighbors know about this survey. The deadline to complete the survey is May 31st.



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Wash Your Hands!

Tired of 'Happy Birthday'?

More songs to sing while you wash your hands for 20 seconds.

We've all heard it, all year — wash your hands for 20 seconds. And if you don't know how long 20 seconds is, just sing "Happy Birthday" twice.

That's all well and good, and no one is disputing the importance of hand-washing to keep ourselves and the people we live and work with healthy.

But let's face it — "Happy Birthday" is kind of boring. It's also very easy to change up the speed in your mind and sing it too fast. So let's find some alternatives.

Here are some verses and/or choruses that Rick Massimo from WTOP Radio came up with that are 20 seconds long that you haven't been singing to yourself for months.

"I Want to Hold Your Hand," The Beatles

Oh yeah, I'll tell you something/I think you'll understand — one verse of this classic amounts to 20 seconds.

"Johnny B. Goode," Chuck Berry

One verse — or just sing along to one go-round of the guitar solo — and you're ready.

"Respect," Aretha Franklin

One verse and chorus, including "just a little bit," which is almost the coolest part.

"I Want It That Way," Backstreet Boys

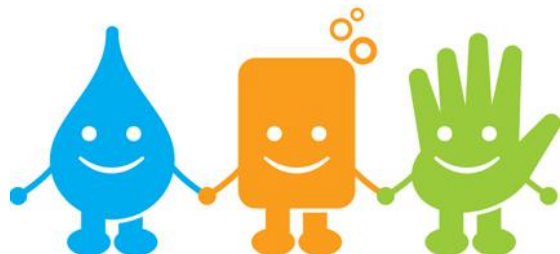
One verse. Don't tell me why.

"Shining Star," Earth, Wind and Fire

Two choruses, like the double chorus at the end. From personal experience, I can say it's hard to stop at two, although public-health are unlikely to recommend you stop there if you don't want to.

"Get Ready," The Temptations

One chorus, including the "Get ready 'cause here I come" part in between the chorus and verse.



Language Resources

Fairfax County launched a [Language Portal](#) to highlight COVID-19 content in Fairfax County's most used non-English languages.

Content includes:

[Spanish / Español](#)

[Vietnamese / Tiếng Việt](#)

[Korean / 한국어](#)

[Chinese / 中文](#)

[Arabic / العربية](#)

[Urdu / اردو](#)

[Farsi / فارسی](#)

The CDC also has an [American Sign Language](#) resource that features how those with hearing impairments can get help.

Take Care of Your Back

Tips and Exercises You Can Do at Home to Maintain a Healthy Back:

Today, more and more people are working from home and adjusting to new settings, which may not be as ergonomically-friendly as their typical work environment. During this time, it's very important to keep moving and take steps to protect your spine. Here are some tips for promoting a healthy back that you can do from home:

Change Your Position Throughout the Day

- Establish a daily routine that incorporates a variety of positions, exercises and activities.
- Limit sitting time by setting a timer for 60 minutes, then get up and move!
- Exercise for at least 30 minutes, 3-5 times a week.
- Perform different tasks each hour to help work different back muscles.



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Do you or do you know of someone who wants to advertise in the *Springfield Reporter*? We offer a variety of opportunities in which businesses can simultaneously promote their business while also supporting SCA in its efforts to inform, maintain and improve the community we share. The SCA Media Kit, which includes details and prices, can be found on our website at springfieldcivic.org. Click on Join SCA and scroll down to Business Advertising. Click on Media Kit.

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May Meeting

Due to concerns about the spread of the Covid-19 virus, the May SCA meeting has been cancelled.

SCA will keep in touch through our Facebook page and Constant Contact messages.

We hope to see you again in September 2020.

PLEASE JOIN US!



The Springfield Civic Association is a volunteer organization dedicated to:

- Encouraging residents to be active in community affairs
- Promoting civic responsibility through education and advocacy
- Effectively interacting with local government and community organizations
- Enhancing the quality of life in Springfield.

We are the hub that links residents and organizations, enhances communications, and embraces diversity to create a vibrant Springfield community.

Join SCA

Annual dues of \$15 cover all adults in a household. Membership is open to all residents and non-resident property owners in the boundaries. Mail this form with your check to PO Box 842, Springfield, VA 22150 or bring it with you to the membership meeting, or visit www.springfieldcivic.org to join or renew online.

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