



Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

WELLBEING

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PHOTO CONTRIBUTED

Autumn Is Peak Flea & Tick Season!



Once fall arrives, many people think that their pets are in the clear when it comes to fleas and ticks, but that is not the case. In fact, right now, we are in the peak of the season. That's when FRONTLINE® GOLD comes in!

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Dr. Diane Nichols • Dr. Kathleen Phillips**

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*Saturday, November 19th at 2:00 & 6:00 p.m.
& Sunday, November 20th at 2:00 & 6:00 p.m.
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Adults – \$28 • Children/Seniors – \$20
For organized groups (10+) and
handicapped seating, burkecivicballet@gmail.com

WWII Cadet Receives CAP Congressional Gold Medal

Springfield resident honored.

BY RIKKI GEORGE
THE CONNECTION

It's not everyday someone can say they've earned a pilot's license before their driver's license, or went on to join the U.S. Air Force and then attend MIT at their own expense. Such is the case of longtime Alexandria resident, mother of four, Elizabeth "Libby" Daggit Haynes, 89, a World War II Civil Air Patrol (CAP) Cadet.

Oct. 8 marked another achievement. Haynes received the Civil Air Patrol Congressional Gold Medal.

"We discovered each other after a Twilight Tattoo event of the US Army at Fort Myer-Henderson Hall this summer," said 1st Lt. Bebe Finkenstaedt, Challenger I Cadet Squadron Commander. "Our squadron was wearing our Air Force Blues uniform and Libby came up to us and began talking about her CAP start. One member said, 'You deserve an award for that'."

According to historian Col Frank A. Blazich, Jr., any individual who served in CAP from Dec. 7, 1941 to Sept. 2, 1945 warranted recognition so as to not single any one individual out. Haynes, based on her time as a CAP cadet, qualified. She joined in 1942.

It is not the first instance of an organization being awarded the medal, says Blazich. "But in this instance the importance lies in the recognition by Congress of the civilian volunteers who gave their time, money, careers, and in 68 cases, their lives for the defense of the homeland."



JANE DAVIES/CIVIL AIR PATROL

Elizabeth "Libby" Daggit Haynes with cadets from Civil Air Patrol's Challenger 1 Cadet Squadron in Alexandria.

Elizabeth "Libby" Daggit Haynes is congratulated for her receipt of the CAP Congressional Gold Medal. From left are William Haynes, son; Elizabeth "Libby" Daggit Haynes; Cadet Isabella Altieri; Col. Bruce Heinlein, CAP National Capital Wing Commander; Allison Silberberg, City of Alexandria mayor; and Lt. Gen. (Ret.) Judy Fedder, CAP Board of Governors.



PHOTO BY RIKKI GEORGE/
THE CONNECTION

"She is yet another capable intelligent woman that hasn't let her gender stop her."

**— Mary Haynes Miller,
daughter of Elizabeth "Libby"
Daggit Haynes**

The Congressional Gold Medal is a recognition of their sacrifice afforded by the federal government.

Mayor Allison Silberberg and Col. Bruce Heinlein, CAP National Capital Wing Commander, presented the award to Haynes. Guests, friends and family also attended the ceremony, as did the local cadet squadron. The event took place at Greenspring Retirement in Springfield, Haynes's current residence.

Haynes' cadet training confirmed her interest in aviation, an interest she's had since age 6. "Joining the Air Force was a compulsion for me," Haynes said. "It was so strong like a calling." While at MIT studying meteorology, Haynes soloed her plane "Firebird" to and from school and later became a flight forecaster. She briefed pilots on the weather they could expect on their flight and signed their clearance.

"She really did break barriers for women in her day," said daughter Mary Haynes Miller. "She is yet another capable intelligent woman that hasn't let her gender stop her. She could figure out anything. She has a powerful mind and is not afraid to use it."

Autopsy Report Yet to Come for Deputy-Involved Shooting

Administrative investigation to follow.

BY TIM PETERSON
THE CONNECTION

Law enforcement officials are still waiting to receive the final autopsy report for Yovani Amaya Gomez, 29, who was shot dead by Fairfax County Sheriff's Deputy MDS Patrick McPartlin outside Inova Fairfax Hospital on Aug. 15 of this year.

Police had previously reported Gomez's name as Jovany Martinez, but released an update on Nov. 1 that Homicide detectives confirmed his true legal name with help from the Honduran embassy and family members in Honduras.

Gomez first approached a Fairfax County Police cruiser and officer during the day on Aug. 15 in Annandale. The officer suspected he was having either a mental health episode or a heat-induced medical emergency, and called in Fairfax County Fire & Rescue and a team of medics.

Gomez was taken to Inova Fairfax to be further evaluated. The transport investigation finished around 4 p.m.; medical staff said he wasn't in mental distress.

That evening, Gomez was discharged from the hospital and escorted to the bus stop by Inova security. An Inova spokesperson would not say why he had an escort or elaborate on any condition he may have

had.

After he was left at the stop, security received reports of a man at the bus stop threatening people with an apparent weapon. When security responded to the scene, Gomez attacked a guard with a metal sign post, police reported.

Sheriff's Deputy MDS Patrick McPartlin responded to a backup call from the guards and attempted to de-escalate the situation. But officials said Gomez ran at McPartlin and swung the sign post in an attempt to strike him.

Gomez allegedly didn't respond to repeated attempts to stop advancing on the deputy, so McPartlin shot him several times while tactically retreating.

McPartlin was carrying neither a taser nor a beanbag gun, which are less-lethal options

for deputies outside the Adult Detention Center but not mandatory for the Sheriff's Office. He was put on administrative leave after the shooting.

Police report their criminal investigation is complete. Once they receive the autopsy report, the case file will go to the Commonwealth's attorney for a decision on whether there was any criminal liability in the shooting.

FCPD spokesman MPO Don Gotthardt said there were no additional details of the criminal investigation to be released, and that there's no expected timeline for receiving the medical examiner's report.

Now that the criminal investigation is complete, the Sheriff's Office will conduct its own administrative investigation of the shooting.

VOTE NO ON THE MEALS TAX!

It raises the total tax on a wide range of meals, carry-out, and prepared foods to **10%**.



IT'S REGRESSIVE AND HURTS THOSE LEAST ABLE TO PAY.

The meals tax hits more than just restaurant meals, it impacts:

- ➔ **Busy families** with parents working more than one job.
- ➔ **People on low and fixed incomes.**
- ➔ **Families juggling work and school schedules.**

It's vague.

It's expensive.

It's written by politicians, for politicians.

On November 8, send the Board of Supervisors a message:

NO to regressive taxes! NO to the meals tax!



www.stopthefoodtax.com

Paid for and Authorized by Fairfax Families Against the Food Tax Referendum Committee



PHOTO BY MARTI MOORE/THE CONNECTION

Fairfax County Office of Elections General Registrar Cameron G. Sasnett stands watch as Juniors of Girl Scout Troop 2066 learn how to mark their cards on the ExpressVote machine on the right then cast their paper ballots into the optical scanner of the DS200, shown left.

Girl Scouts Vote in 'Mount Rushmore Special Election'

The Girl Scout Troop 2066, fourth graders from Fairfax Villa and Laurel Ridge elementary schools in Fairfax toured the Office of Elections General Registrar, 12000 Government Center Parkway in Fairfax Nov. 1 to earn their Election Connection Patch — for which they learned about the passage of laws, the U.S. Constitution, the Electoral College and the General Election process. The students voted Tuesday in the “Mount Rushmore Special Election”

where George Washington, Abraham Lincoln and a write-in candidate won a 3-way tie for Mayor of Mount Rushmore with two votes each. Alexander Hamilton and Betsy Ross beat Benjamin Franklin, Patrick Henry, John Hancock and Paul Revere for two seats on the Mount Rushmore Park Authority. The students also voted yes for a proposed change to Mount Rushmore in the mock election designed for election officer training.

VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Nov. 8, 7-8 p.m.** Share your experiences, gain support and get important information without having to travel. Register beforehand at www.-fairfaxcounty.-gov/-olderadults and click on Telephone Caregiver Support Group. Call 703-324-5484, TTY 711.

30th Annual Northern Virginia Dementia Care Consortium Caregivers Conference, Friday, Nov. 11, 8 a.m.-3:30 p.m. The conference “Gems: A Treasure Chest of Ideas” will have speakers and resources on topics important to caregivers. The \$30 fee includes continental breakfast, lunch, materials, and certificate of attendance. First Baptist Church of Alexandria, 2932 King St., Alexandria. Find out more at www.-fairfaxcounty.-gov/-olderadults and click on Caregivers Conference.

The **Fairfax Commission on Aging** meets on **Wednesday, Nov. 16, at noon** at the Kings Park Library, 9000 Burke Lake Rd., Burke. The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call 703-324-5403, TTY 711 for meeting access needs.

Fairfax County's free Caregiver Seminar/Webinar Series features experts in Medicare, dementia care, mental health and wellness, nutrition and elder law. **Register online** at www.-fairfaxcounty.-gov/-olderadults and click on Caregiver Support and Respite Programs or call 703-324-5205, TTY 711.

10 Legal Issues Caregivers Should Know About, Thursday, Nov. 3, 7-8:30 p.m. Caregivers often make health and financial decisions for loved ones. Learn what documents loved ones need in place, if the document age matters, and what happens if the documents fail or can't be

drafted. George Mason Regional Library, 7001 Little River Turnpike, Annandale.

When is it More Than Just a Bad Day? — webinar, Wednesday, Nov. 9, Noon-1 p.m. Learn how to identify, cope, and find partnerships to support your family if depressive symptoms hit you or your loved one.

Simple Meals for Healthy Eating — webinar, Wednesday, Nov. 16, Noon-1 p.m. Learn tips to simplify meal preparation and eat healthy during the holidays and beyond.

Improving Family Conversations About Aging Issues, Wednesday, November 16, 7-8:30 p.m. It's difficult for many families to talk about topics related to aging like help at home and driving. Learn easy-to-use tips for starting the conversation and keeping it going in a positive direction. Chantilly Regional Library, 4000 Stringfellow Rd., Chantilly.

Fairfax County is offering free **Medicare 101 and Enrollment Events**. Find out more at www.-fairfaxcounty.-gov/-olderadults and click on **Medicare 101**.

Medicare Enrollment Event, Tuesday, Nov. 1, 10 a.m.-4 p.m. Lewinsville Senior Center, 1515 Great Falls St., McLean.

Medicare Enrollment Event, Friday, Nov. 4, 10 a.m.-2 p.m. Lorton Senior Center, 7722 Gunston Plz., Lorton.

Medicare Enrollment Event, Saturday, Nov. 5, 9 a.m.-3 p.m. Korean Community Service Center of Greater Washington, Ste. 406, 7700 Little River Turnpike., Annandale

Medicare 101, Wednesday, Nov. 9, Noon-1:30 p.m. St. Luke Parish, 7001 Georgetown Pike, McLean.



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To register:
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“ConforMIS Customized Knee Replacement”
Mark Hartley, MD
Wednesday, November 9, 6:30 – 7:30 p.m.
Reston Hospital Center
Classroom C, West Wing

“The Latest Advancements in Total Shoulder Replacement”
Christopher Annunziata, MD and David Novak, MD
Tuesday, November 15, 6:30 – 7:30 p.m.
OrthoVirginia Tysons Office



orthovirginia.com/joints

Vote No Later than Tuesday, Nov. 8

Vote early (“absentee in person”) through Saturday, Nov. 5.

Who knows what will happen on Election Day? Voters can avoid the uncertainty of possible traffic gridlock, bad weather or other impediments by voting “absentee-in person.” If you work, you qualify to vote absentee because of the possibility you could be commuting and working for 11 hours on Election Day. There are many other reasons voters qualify to vote early in Virginia.

Voters can vote absentee-in person at Fairfax County Government Center, Conference Room 2/3, 12000 Government Center Parkway, Fairfax, now through Friday Nov. 4, 8 a.m. to 8 p.m. and Saturday, Nov. 5, 9 a.m. to 5 p.m.. Nov. 5 is the last day to absentee vote in-person.

Absentee voting is also available at 10 satellite locations, now through Friday, Nov. 4, 2-8 p.m. and Saturday Nov. 5, 9 a.m. to 5 p.m.

- Satellite voting locations in the area:
- ❖ Providence Community Center - 3001 Vaden Dr., Fairfax
 - ❖ Franconia Governmental Center - 6121 Franconia Rd., Alexandria
 - ❖ West Springfield Governmental Center -

- 6140 Rolling Road, Springfield
- ❖ Mason Governmental Center - 6507 Columbia Pike, Annandale
 - ❖ Lorton Library - 9520 Richmond Hwy., Lorton, Saturdays only.

VOTING ON THE QUESTIONS:

Here are our recommendations:
Vote YES for the MEALS TAX. Fairfax County needs to find alternatives to the real estate tax, and in Virginia, there are not many options allowed to localities. This is one of the few alternatives available, and it requires a referendum.

Vote YES for the three Fairfax County Bond Questions: Vote YES for Transportation; vote YES for Parks; Vote Yes for Human Services.

Vote NO on on Question One. This anti-union language is already Virginia law; it doesn't belong in the Virginia Constitution.

EDITORIAL

For Voters Who Arrive Without Identification

If you arrive at your polling place on Election Day without an acceptable form of photo identification, or you face any other challenge to voting at your polling place, don't panic or give up. You will be given the opportunity to vote a provisional ballot. Ask for a provisional ballot if one is not immediately offered. You will then have until Monday, Nov. 14 to resolve the issue and demonstrate your right to vote.

After completing the provisional ballot, you will be given written instructions from the election officials on how to submit a copy of your identification so that your vote can be counted.

A voter will have until noon on Monday, Nov. 14, following the election to deliver a copy of identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Monday, or the provisional ballot cannot be counted.

Also by noon on Monday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a temporary identification document. This document may be provided to the electoral board to suffice the identification requirement.

CORRECTION

Voters who do not present photo ID and vote by provisional ballot have until noon on Monday, Nov. 14 after the election to present their identification. Previous coverage reported that the cutoff was Friday.

— MARY KIMM
KIMM.MARY@GMAIL.COM

LETTERS

Where Are the Details on Social Security?

To the Editor:

After listening to the final Presidential debate, I believe that both candidates should explain themselves better and give more details on what they will do to update Social Security.

Because most Northern Virginians pay into Social Security every year, we should know how the candidates will keep it strong for us, our kids, and our grandkids. Social Security is critical to my retirement right now, and it is becoming more critical every year. I am disabled; some days I can operate without people even noticing there is anything wrong with me, and days I cannot get out of bed.

That is the main reason why I am urging every presidential candidate to lay out their plan to update Social Security. If our leaders do not act now, future retirees will lose up to \$10,000 per year in benefits. We deserve to know where the candidates stand on this important issue before we decide who to elect. To all the candidates I ask: “Where are the details?”

George Cupp
Springfield

Reject the Meals Tax

BY TOM DAVIS
FORMER U.S. REPRESENTATIVE

On Nov. 8, Fairfax County voters have an opportunity to cast a powerful vote for themselves, and for better government by voting “no” on the proposed Meals Tax. A “no” vote will send a message to the county Board of Supervisors that higher taxes should not be routine, and that county leaders must focus on better management, and more importantly, the School Board, more efficiency, and greater respect for taxpayers.

The ballot language for the meals tax referendum was carefully worded to avoid guarantees for how the money will be spent, while pro-tax forces want voters to believe it will be used for teacher pay raises and property tax relief.

In fact, there are no guarantees for this at all. To remedy this glaring political error, a public relations campaign has been launched, partially at taxpayer expense, by teacher unions and some on the county board, to try to convince voters that the board's intentions are to use the new revenue for teacher pay hikes even though no such requirement exists.

Voters shouldn't buy the argument, and they shouldn't approve the new tax.

A closer look at school spending shows that the intentions of the School Board are to delve into more political correctness and social engineering. One example, is their recent release of an RFP to identify a community convener to “study” and bring about the name change of Jeb Stuart High School, despite the fact that the Stuart-area population and students oppose the change.

There are a number of problems with a new tax

on prepared foods and meals, but most troubling is the very regressive nature of this proposed new tax. The tax would be imposed on all meals at restaurants and carry-out, in addition to prepared food sold at convenience stores, food trucks, etc. — meals that are necessities, not luxuries, for many working men and women, and busy families. The new tax would also be levied on all ready-to-eat foods including a long list of items such as deli foods and grocery store rotisserie chickens.

While there are many other problems with the proposed tax, it's also troubling because it confirms an unhealthy focus by county leaders on higher taxes and more revenue as opposed to better management.

Earlier this year, county leaders passed a \$100 million increase in property taxes — also presumably to fund education. Now, they're back in front of voters asking for another \$100 million in the form of the Meals Tax.

Easy money makes for bad management. In 1992, as board chair, I supported a meals tax. The county budget was in terrible shape coming off a real estate depression that saw our commercial tax base collapse. Voters rejected the tax, we took the opportunity to reorganize our budget from top to bottom and two years later were named the Best Financially Managed County in America. The budget problems today are nothing of that magnitude. And with no guarantees as to how the money will be spent, plus the current School Board's spending proclivities. I am voting no.

It's important that voters reject this, join me in voting “no” on the Meals Tax.

Tom Davis is former U.S. representative and past chairman of the Fairfax County Board of Supervisors.

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NEWS DEPARTMENT:
springfield@connectionnewspapers.com

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

Tim Peterson
Community Reporter
703-314-0789
tpeterson@connectionnewspapers.com

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

Steve Hogan
Display Advertising, 703-778-9418
shogan@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

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

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

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

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

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9427
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



COMMUNITY

Vote 'Yes' on Question #2

BY DEL. TIM HUGO (R-40)
HOUSE MAJORITY CAUCUS CHAIRMAN

This year, on Tuesday, Nov. 8, voters will have the opportunity to vote on a proposed Constitutional amendment to support our first responders and their families here in the Commonwealth. Question #2, which I sponsored in the General Assembly, will amend the Constitution of Virginia to allow localities the option to grant a real estate property tax exemption to the surviving spouses of first responders (police officers, firefighters and EMTs) who were killed in the line of duty. This is similar to the successful 2014 ballot measure that granted the same real estate tax exemption to the spouses of members of U.S. Armed Forces killed in action.

The legislation that led to this proposed amendment was introduced at the suggestion of one of my constituents, Suzanne Garbarino. At the Fairfax County Sully Police Station in 2006, Mrs. Garbarino's hus-

band, Master Police Officer Michael Garbarino and Detective Vicky Armel, were tragically killed in the line of duty. Mrs. Garbarino approached me in 2014 with her concerns about the financial burdens that she and other families of fallen first responders face.

Recent events concerning violence towards police officers, including the tragic shooting of Prince William County Police Officer Ashley Guindon on Feb. 27, 2016, further remind us of the tremendous sacrifices our first responders make.

These men and women, who put their lives on the line each and every day in order to keep us safe, deserve our gratitude and appreciation. This Constitutional Amendment, Question #2, would be but a small recognition of the efforts of our first responders, particularly those who have made the ultimate sacrifice. I hope you will join me in honoring our first responders who put their lives on the line, by voting YES on Question #2 on Nov. 8.

Social Security, Finally Addressed

To the Editor:

I am pleased that finally the Social Security issue came up during the third and final Presidential debate. I am not happy that Chris Wallace lumped it with "welfare," which of course must be addressed, but

Social Security is one thing that the recipients have already paid for. Social Security is not an entitlement – we have all paid in and earned our benefits. I am glad that at least our candidates have taken it seriously

SEE LETTERS, PAGE 14



Join us for coffee & conversation. Fairfax Divorce Workshop.

Support. Information. Hope.

Date: Saturday, November 12, 2016
Time: 8:30 a.m. – Registration
9:00-12:30 p.m. – Workshop
Place: Fair Oaks Commerce Center
The Duff Law Firm
11320 Random Hills Road/Suite 630
Fairfax, VA 22030
Fee: Waived for 2016 workshops

Please join us for our Second Saturday Divorce Workshop and get the information, support and guidance from professionals: a family law attorney, financial advisor, and a family therapist.

Registration at the door; however, pre-registration is recommended as space is limited.

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Email: nancy@secondsaturdaynova.com
Phone: (703) 591-7475

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Face of Integrity

BY TIM PETERSON
THE CONNECTION

A 12-year-old African American boy watched as a city of Denver patrol car with two white police officers drove slowly by his house, where he reported people attempting to break in.

The boy had to call the dispatcher several times to get a response to the scene. When the officers failed to stop or check on the house, the boy called the dispatcher again. He was told the officers had stopped, and that there was no issue.

The boy became enraged, and obsessed, with the goal that one day he would become a police officer, a good one.

Randy Sayles of Oak Hill, now 68, grew up in predominantly white Denver, Colo. He was the only child of single mother Delores Sayles. She was a domestic worker who didn't have a lot of education, he said.

To protect her son from drugs and lawlessness, Sayles' mother wouldn't allow him outside much, where he could play with other children.

He also remembers from an early age she instilled in him that having a "moral respect for other people is the most important thing you can contribute to society."

THOSE WORDS would guide Sayles' personal and professional actions for decades to come.

After serving his country as a U.S. Marine from 1967 to 1968 (he was honorably discharged from a Vietnam assignment to care for his sick mother) Sayles served as a patrol officer with the Denver Police Department for five and a half years.

"He did his job without fear or favor," said Jerry Kennedy, retired division chief of the Denver Police Department. "He got along well with his peers, was willing and proactive. That's what I liked in a policeman."

Sayles learned to negotiate the brotherhood of police culture as well as his place in it as an African American.

"You have to look out for one another," he said. If someone is wrong, makes a mistake, you had to protect those you relied on, "even if you don't agree."

He remembers seeing officers in Denver who wouldn't stand up for a thing they knew was wrong. But that was contrary to how he wanted to carry himself, how he'd been raised.

"Wherever I worked," Sayles said, "if I saw injustice, I would speak up for what I thought was right."

He was later recruited in 1974 as the first African American Special Agent at the Denver regional office for the Drug Enforcement Administration.

John "Jack" Lawn, retired DEA administrator, met Sayles in the mid-1980s in New Orleans, where Sayles was supervising a group of young agents.

Lawn was already impressed with Sayles' background, which included Sayles' lifesav-



Center, Randy Sayles of Oak Hill receives the Fairfax County Environmental Excellence award, joined by (from left) WK Williams, FCPD Chief Edwin Roessler, wife Frances Sayles and David Westrate.

ing role in a 1979 crisis where the U.S. embassy in Islamabad was attacked and set on fire. Sayles received the U.S. Attorney General's highest award for heroism and valor for assisting U.S. Marines inside the embassy to save the lives of all who were trapped there.

"His background as a law enforcement officer, a younger Marine, left him with a unique experience on how to deal with crisis situations," Lawn said.

He was also impressed with Sayles' sincerity: "His interest [was] in seeing the right thing was done on every occasion, making difficult decisions."

Sayles was tapped to be a member of a monitoring committee for the DEA, to make sure promotions, assignments and other areas of employment were being distributed fairly across the administration, including for African Americans.

As a junior agent, Sayles said he had seen discrimination in being passed up for promotions. His job on the committee was to ensure compliance.

"He didn't over-try," said Bob Bryden, retired DEA chief of operations. "He let the facts show up. He never let his position in the African American community affect a decision. I've known few people through the years with the true depth of integrity that he has. He knows the difference between popular and right."

Sayles retired in 2003 after more than 35 years in law enforcement. But he's continued following what he believes is his civic duty to get involved when he sees an injustice.

Since 2002, Sayles has been collecting trash along a stretch of Centreville Road, documenting everything as he goes. At one time he went six nights a week. Now he's out three nights a week.

The non-profit Clean Fairfax estimated last year alone Sayles picked up more than 800

Former Denver Police Officer, DEA Agent, Ad Hoc Subcommittee member receives Environmental Excellence Award.



Randy Sayles served with the Drug Enforcement Administration for 30 years before retiring in 2003.

bags of trash and 1,200 illegally placed signs.

SAYLES WAS HONORED for his efforts at the Oct. 18 Fairfax County Board of Supervisors meeting as one of two individuals to win an Environmental Excellence Award. Sayles' nomination for the award read: "There are many residents of Fairfax County who are passionate about keeping the county clean, green and sustainable, but few follow through with Herculean efforts like Mr. Sayles."

It took as much effort if not more for Sayles to overcome what he said was a pattern of harassment from Fairfax County law enforcement while trying to volunteer.

Sayles typically goes out between the hours of 1:30 and 5 in the morning for these trash runs: "At those hours the only people are police and me," he said.

On several occasions, Sayles said, he was approached by law enforcement officers — Fairfax County Police, state and federal protective police — while volunteering. He would be asked on consecutive days what he was doing, despite giving the same answer over and over again. Some officers said he was creating a hazard for traffic, despite the lack of traffic at that hour, he said. Others said it was their job to remove the signs, not his.

Sayles said several officers treated him with notable lack of respect. "Like they don't believe in being respectful and professional. It gets me mad. ... I'm just a citizen, trying to do civic duty, and won't let them continue to disrespect me."

These interactions came on top of a number of situations where he said he was harassed by Fairfax County Police officers after being pulled over at various times.

One morning, when Sayles was already stopped looking for his Fairfax County RECenter card, he said a cruiser stopped in the through lane next to him, lights flashing. The officer asked for his license and reg-

istration then walked away. Sayles didn't want to identify himself as former law enforcement.

Some time later, a second, female officer came to Sayles' window. He said she screamed at him: "Do you have a weapon?" Sayles remembers the saliva coming out of her mouth as she continued to yell, "Don't you know the first thing you should've told us if you had a weapon?"

At that point, Sayles said he didn't say anything, rolled up his window, and sat looking straight forward while the officer continued to scream.

The officers ended up giving him a ticket for parking illegally, which he found ironic as they were blocking the through lane of traffic themselves. At that point, he finally pulled out his law enforcement identification.

"You of all people should've been able to answer better," the officer responded, according to Sayles.

After the incidents with police when he was picking up trash, Sayles requested a meeting with FCPD Police Chief Edwin Roessler. Expecting just a few minutes of his time, Roessler met with Sayles for 45 minutes at the Fairfax County Government Center to talk about his experiences.

"He listened without interrupting," Sayles said, "let me tell my side."

Roessler gave Sayles a few recommendations for his volunteer work, including putting a flashing yellow light on his van.

Within 24 hours, Sayles was back out on the road, police saw him, and kept driving.

Roessler attributed the repeated stops while Sayles was on Centreville Road to a lack of communication among overlapping jurisdictions that border the area: the Sully, Fair Oaks and Reston District stations.

"The officers approach, he tries to explain he's doing good," Roessler said, "where is the communication?"

To bridge the gaps, Roessler connected the stations and introduced Sayles face-to-face.

These experiences with law enforcement in Fairfax County, as well as his professional experience in the field motivated him to serve on the Use of Force Subcommittee for the Ad Hoc Police Practices Review Commission.

As a U.S. Marine, police officer, DEA special agent and supervisor, he had been personally involved in most of the types of scenarios that were being discussed for changing policies.

Following the police commission recommendations, the Board of Supervisors has already voted to create an independent po-

U.S. Attorney General Benjamin Civiletti (left) presents the Attorney General's Medal for Heroism to Randy Sayles.



PHOTOS CONTRIBUTED

lice auditor to review use of force incidents and complaints in particular. Next month they're scheduled to vote on establishing an independent civilian review panel that would look at other types of citizen complaints against officers for misconduct.

"Now it's making it where if someone is harassed, they have another mechanism," Sayles said. "You can feel you're getting fair treatment with a police complaint, without going to court."

The potential review panel, Sayles said, could be huge for community perception of law enforcement, particularly in low income communities.

ROESSLER SAID Sayles has been included in a core group from the Ad Hoc Commission that's continuing to meet with him and

assist in implementing recommendations. "He has decades of experience," Roessler said. Having him, he added, "has been a blessing, makes us think."

Roessler said he's impressed how Sayles speaks directly, as well as his passion and his ethics.

The fact that projects like those from the Ad Hoc Commission are being delivered to meet the needs of the community "are because of people like Randy," Roessler said.

Sayles said the environmental award was some vindication for the "trying times" he's had with Fairfax County law enforcement.

But he also said he wanted to recognize the hundreds of volunteers who go out and do civic work, volunteer that people don't know. "So many are equally qualified," Sayles said, "they don't ask for recognition."

WEEK IN SPRINGFIELD

New Chipotle Opens in West Springfield

A new Chipotle Mexican Grill was scheduled to open its doors in West Springfield on Nov. 2.

The chain restaurant is well known for its massive burritos and shiny aluminum foil wrapping that shows up in Chipotle's advertising. The new West Springfield Chipotle Mexican Grill is located at 6230 Rolling Road.

Applications Accepted for Citizens Police Academy

The Citizens' Police Academy (CPA) is now accepting applications for spring session. The academy is a 10-week educational program that is free of charge for anyone who lives or works in Fairfax County. The CPA typically offers two sessions a year, one in the spring and one in the fall. The spring session will run from March 16 – May 20, 2017. Classes will be held on Thursday nights from 6:30 p.m. to 10 p.m., except the last class, that will be on Saturday, May 20, from 8 a.m. to 12:30 p.m.

The class locations will rotate to various police facilities, giving residents a look at all the different areas in Fairfax County.

Class size is limited to 40 participants all of whom are required to undergo a background check. The participants have to commit to attending at least eight of the 10 classes. Applicants should submit their application no later than Dec. 15 for consideration for the spring session. Applications may be sent to cpa@fairfaxcounty.gov or Fairfax County Police Department Citizens Police Academy I/C Operations Support Bureau 3911 Woodburn Road Annandale, VA 22003.

Correction

In "50 Years of Spartan Star Athletes" [The Connection, Oct. 20-26.] the Oct. 7 football game was not West Springfield's Homecoming. That game was Oct. 21 versus Lake Braddock Secondary School.



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WELLBEING

Managing Holiday Weight Gain

Advanced planning is key to keeping off pounds.

BY MARILYN CAMPBELL
THE CONNECTION

Holiday weight gain between Halloween and New Year's Eve is not only common, a new study published in the *New England Journal of Medicine* found the issue to be global. Researchers tracked the weight of nearly 3,000 people in the United States, Germany and Japan, and found that every single person studied gained weight during the period of time from October to January.

"Some people ... just give up on [weight management] during the holiday season. With Halloween candy, Thanksgiving and then Christmas, I think some people say, 'I'm just going to deal with it in the New Year,'" said Domenica M. Rubino, M.D., of the Washington Center for Weight Management and Research in Arlington. "It's easy to get derailed that way. It's better to say, 'How am I going to manage it?'"

What different ways can I celebrate?" In fact, Rubino advises patients to consider starting a weight-management program before the holiday season. "It gives them a little extra structure during the holidays," she said.

There are a few, simple ways to combat



PHOTO BY MARILYN CAMPBELL

Develop a plan now to combat holiday weight gain.

those holiday pounds today. "From a nutrition perspective, start thinking about it now," said Dietician Lauren Trocchio. "Know that you'll be at a party or a dinner and there will be a lot of food accessible to you and have a plan."

Avoid arriving at a party on an empty stomach. "Keep up with a routine so you're not too hungry," said Psychotherapist Raquel Willerman. You will have a better chance of making a wise food choice if

you're not starving."

Also, be aware of what food traditions may be most important or memorable. "For some people, it doesn't feel like it's the holidays if we don't have sweet potatoes with marshmallows on top or mashed potatoes with gravy, even if those food choices are a detriment to their health," said Rubino.

Therefore, watching alcohol consumption and practicing portion control rather than forgoing tempting foods altogether are among Trocchio's recommendations.

"If you're going to have holiday cocktails, your inhibitions might be lower, so you can try limiting your cocktails and alternating them with seltzer," said Trocchio. "Rather than substituting fat free versions of food that you want, practice portion control."

Caring for one's emotional well-being can mitigate the risk of over eating as well. "Know ahead of time that a lot of things will be overwhelming," said Willerman. "There will be an increased number of family members in close proximity, there could be traveling, the amount of food, there are a lot of overwhelming things happening at once."

Such mindfulness practices can help people avoid emotional eating traps. "Going home can be stressful during the holidays," said Rubino. "It can be a trigger to

use food to help calm and cope."

To manage feelings of anxiety or stress in such situations, Willerman recommends diaphragmatic breathing — also known as belly breathing or deep breathing. "Take 10 breaths and push your stomach out like a balloon, she said. "It forces a kind of relaxation response to help you not feel overwhelmed. When people get overwhelmed, you become more of an emotional thinker and it's more difficult to think through and activate the plan."

In addition to a dietary plan, an exercise plan is critical, too. "Ask yourself, 'What am I going to do when the weather gets colder?'" said Rubino. "Planning is most important going into the season. You need winter transition exercises."

Among the activities that Rubino recommends is walking at an indoor location like a museum or shopping mall. "It is harder when it gets colder and darker, but the idea is to get people moving in a way that builds it into their day-to-day life, like taking the stairs," she said. "It should be a sustainable change like brushing your teeth, so that it feels really weird if you don't do it."

"You can get the whole family involved with an activity like dancing with a Wii. You can start some kind of tradition with an activity that gets people outside."

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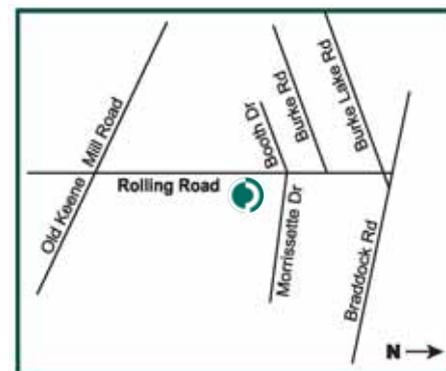
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Staying Healthy and Safe During the Holidays

Health officials offer safety reminders in advance of the holiday season.

BY MARILYN CAMPBELL
THE CONNECTION

Late fall ushers in the holiday season and with that comes cooking and baking and parties and shopping — and the accompanying stress, worry and frustration.

There's pitfalls everywhere, from imbibing too much at parties to cross contaminating foods or leaving a dish out too long, making for a very unmerry holiday.

"Whether you are serving up eggnog or making a turkey dinner with all the trimmings, the most important ingredient for any holiday meal is food safety," said Cassandra Mitchell, environmental health supervisor, Fairfax County Health Department.

Mitchell points to a statistic from the Centers for Disease Control and Prevention, which estimates that each year, nearly 48 million people get sick from a foodborne illness. "Make sure your guests are not among them," she said.

To help ensure a healthy meal, Mitchell advises frequent hand washing and thorough utensil washing to avoid spreading harmful bacteria. Use separate cutting boards when preparing raw meat, poultry and vegetables.

"Use a food thermometer to ensure meat and poultry reach the proper temperature," said Mitchell. "Keep the fridge at 40 degrees Fahrenheit or below to prevent harmful bacteria from growing."

Wash hands, utensils, sinks and anything else that has come in contact with raw poultry, added Kurt Larrick of the Arlington County Department of Human Services.



When cleaning kitchen counters use dry paper towels instead of wet clothes and sponges which harbor bacteria.

Food Safety

<http://www.fairfaxcounty.gov/hd/food/holiday-food-safety.htm>

When cleaning a kitchen counter, eschew wet cloths and sponges, which harbor bacteria, in favor of dry paper towels. Never defrost food at room temperature.

Thaw it in the refrigerator, in cold water or in the microwave. Keep in mind that a stuffed bird takes longer to cook.

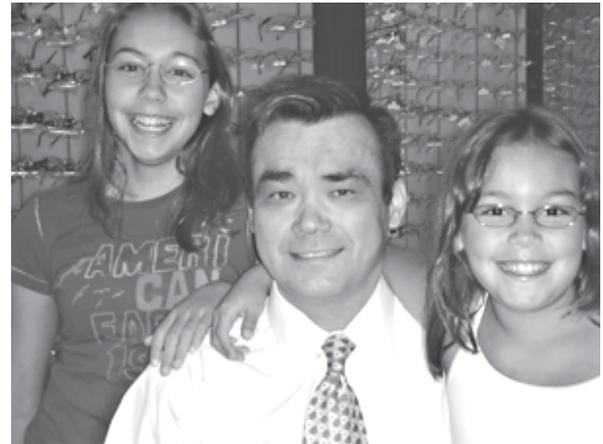
Whether hosting or attending an event that includes alcohol consumption, experts recommend partygoers be sensible about alcoholic drinks. More than half of all traffic fatalities are alcohol-related. Use designated drivers, people who do not drink, to drive other guests home after a holiday party.

"Don't drink and drive or let anyone else drink and drive [and] wear seatbelts," said Mary Anderson, spokeswoman for the Montgomery County Department of Health and Human Services.

"Eat healthy... stay active, manage stress [and] travel safely," to have a healthy and happy holiday season, said Anderson.

PHOTO BY MARILYN CAMPBELL

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ONGOING

Adventures in Learning Shepherd's Center of Fairfax 8:30 a.m. - 2:45 p.m. every Monday for 6 weeks, Oct. 3, 2016 - Nov. 7 these events take place at Lord of Life Lutheran Church, 5114 Twinbrook Rd. Fairfax. start with gentle exercise, followed by speakers on topics such as health, history, community, personal development, finance, and more. Afternoon breakouts are book club, bridge, canasta, and mind games. Bring a brown bag lunch. Cost: \$30 for 6 weeks (Mondays). To register: call 703-426-2824 www.scfbva.org.

Senior Line Dancing 1 - 2 p.m. Little River Glen Senior Center 4001 Barker Ct, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8 week session. barbriba@hotmail.com 703-524-3739

The Farmer's Market at Springfield Town Center. May 7-Nov. 19, 10 a.m.-2 p.m. Through November. Corner of Spring Mall and Loisdale roads, Springfield. Enjoy fresh baked goods, produce, vegetables & fruits, meats & cheeses, and a host of other vendors. springfieldtowncenter.com.

Fairfax Rotary Club Meeting. 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and



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program. fairfaxrotary.org.
Carolina Shag. Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. nvshag.org.

FUN-Exercise. Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. moorefitt@yahoo.com or 703-499-6133.

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FACETS' A Taste of Fall 7 p.m. Sherwood Community Center 3740 Old Lee Highway, Fairfax. FACETS is hosting its 17th Annual Taste of Fall with FACETS, food, fun, entertainment, and a live and silent auction to raise funds to help families and individuals in Fairfax County and City who are suffering the effects of poverty and homelessness. Attendees at the Nov. 5 fundraiser can sample food and drink from a variety of Fairfax-area restaurants, wineries and breweries. Cost \$50 www.FacetsCares.org

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NEWS

Springfield Martial Arts Instructor Arrested on Charges of Sexual Battery of a Child

Renzo Martin Garcia Davila, 29, of Springfield was arrested at home Sunday, Oct. 30 by Fairfax County Police Major Crimes Division, Child Abuse Section detectives.



Renzo Martin Garcia Davila, 29, of Springfield was arrested at home Sunday, Oct. 30 by detectives on charges of aggravated sexual battery of a child.

Davila was charged with aggravated sexual battery of a child, police said.

A six-year-old girl told an adult Saturday, Oct. 29 she had been touched inappropriately by a man. It was escalated quickly to Fairfax County Police and Child Protective services.

Their investigation rapidly identified Davila, known as "Garcia," police said as a suspect, and a warrant was obtained for his arrest.

Police said he was a Martial Arts instructor at "Lead By Example" on Huntsman Blvd. in Springfield, a soccer coach for Springfield South County Youth Club until July of this year, and an instructor at The Montessori School in Chantilly.

Police think there may be other victims of similar crimes. They're asking anyone

concerned their children may have had inappropriate contact with Davila to communicate with Detective M.J. Hengemuhle at 703-246-3086.

Callers may also contact the Child Protective Services Hotline at 703-324-7400. Crime Solvers is available electronically at www.fairfaxcrimesolvers.org, through text-a-tip by texting "TIP187" plus your message to CRIMES(274637) or by calling 1-866-411-TIPS(8477). The Fairfax County Police non-emergency number is 703-691-2131.

LETTERS TO THE EDITOR

—TIM PETERSON

FROM PAGE 7

and proposed improvements which include lifting the cap on the amount of income that can be taxed for Social Security and getting more Americans working.

I cannot emphasize enough that Social Security is a lifeline for almost all senior citizens, and many do not have any other means of income in retirement.

Let me appeal to all those running to rep-

resent us Northern Virginians: pay more attention to this important issue. You too will be senior citizens (if you aren't already). Take a stand to ensure so that your peers, your children, and your grandchildren will have worthwhile benefits when they need them.

Wahed Hossaini
Springfield

Meals Tax: 'Outrageous'

To the Editor:

Outrageous ! That is what it is. Yet another tax that is not called for and this time will hit the senior citizens in Fairfax County as well as the other tax paying citizens. The meals tax is promised to provide 70 percent to the school system and 30 percent to other county services. The board of supervisors says they may "consider holding down any further increases in property taxes as a result." This is an outright lie and being said to assuage anyone who may object.

Why are senior citizens across Fairfax County being faced with yet another tax that goes to children two generations removed from anyone of them? This is ludicrous.

A much better way to find funds for the school system is to cut expenditures in spending. Start by cutting the number of

board supervisors by 50 percent and all bureaucrats working for the county by 50 percent also.

A supervisor could now handle two districts—say Pat Herrity to cover not only Springfield, but also, now to cover the Lee district. If half of all bureaucrats in the government building were let go, the total savings to the county would be far and away much more to pass on to the school system than any terrible "meals tax" would generate. The cut in bureaucrat manpower would not even be noticed by the average citizen in the county. Vote "No" on the meals tax on Nov. 8 and cut the county bureaucracy by half to actually help the funding problem facing the school system.

Bill Petruzell
Springfield

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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According to the Lease by and between Jadrien Wallace (of unit 1074) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: bag, totes, ect. Items will be sold or otherwise disposed of on Friday November 18, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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21 Announcements

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Light tomorrow with today!
-Elizabeth Barret Browing

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VIRGINIA: IN THE UNITED STATES DISTRICT COURT FOR THE EASTERN DISTRICT OF VIRGINIA (ALEXANDRIA) INDIANA LUMBERMENS MUTUAL INSURANCE COMPANY, Plaintiff, vs. TIMBER TREATMENT TECHNOLOGIES, LLC, et al., Defendants. CASE NO: 1:16cv692 CMH-TCB ORDER OF PUBLICATION THE ABOVE styled matter is a Complaint for Declaratory Relief concerning coverage by insurance policies described in the Complaint; AND IT APPEARING by Affidavit filed according to law that Karen M. Slimak is a named Defendant herein who cannot be found, and that diligence has been used by Plaintiff without effect to ascertain the location of said Defendant; NOW, THEREFORE, it is ADJUDGED, ORDERED and DECREED that said Defendant appears on or before December 26, 2016 in the Clerk's Office of this Court and do what is necessary to protect her interests. AND it is further ORDERED that this Order be published once a week for four (4) consecutive weeks in the Greenville News, the Star Ledger, and the Springfield Connection, that a copy of this Order be posted at the front door of the courthouse. ENTER: September 13, 2016 United States Magistrate Judge Theresa Carroll Buchanan I ask for this: David D. Hudgins, Esquire, VSB No. 20602 HUDGINS LAW FIRM, P.C. 515 King Street, Suite 400, Alexandria, VA 22314 Telephone: 703-739-3300 Telefax: 703-739-3700dhudgins@hudginslawfirm.com

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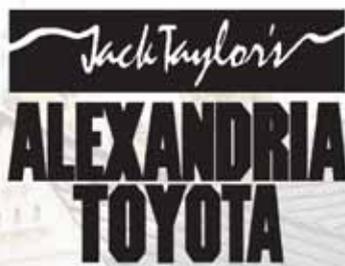
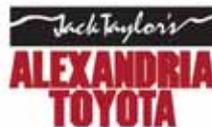
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