



PHOTOS BY JOHN BORDNER/THE GAZETTE

Sponsors of the Flags for Heroes program gather for a photo on the lawn of Cedar Knoll Restaurant for a July 9 reception.

## Unsung Heroes

Rotary project raises \$16k for local nonprofits.

BY JEANNE THEISMANN  
THE GAZETTE

**T**he Rotary Club of Alexandria raised \$16,000 for local nonprofits through its third annual Flags for Heroes program, a display of 200 flags along the George Washington Parkway at Cedar Knoll Restaurant.

The project was made possible by the Androus Foundation in honor of Arthur "Tommy" Androus. A card attached to each flag bears the name of a "hero" along with the individual who sponsored the flag in honor of a friend, family member, veteran or other hero in their life.

"This is a very special project and the Androus family is proud to be a part of it," said Deborah Androus at a July 9 sponsors reception at the restaurant.

In addition to the Androus Foundation, other sponsors included: Washington Corporate Sponsors Cafferty Commercial Real Estate Services, Simpson Real Estate Services, Clarke & Sampson Insurance, KWC Certified Public Accountants, and John Marshall Bank; Lincoln Corporate Sponsors are Robin Arnold of McEneaney Associates, and Burke

SEE UNSUNG HEROES, PAGE 7



Deborah Androus takes a photo of fellow sponsors at the Flags for Heroes display July 9 at Cedar Knoll Restaurant. The Androus Foundation was the presenting sponsor of this year's program, which honored more than 200 individuals.



Service flags are flown as part of the Flags for Heroes display at Cedar Knoll Restaurant.

## Changing Response To Call for Help

Calls to 911 could be dispatched differently from the start.

BY KEN MOORE  
THE GAZETTE

**O**nly 40 percent of Fairfax County Police officers are currently trained in crisis intervention techniques.

"Never has this disparity been more clear to me personally than in the body camera footage of the recent incident in Gum Springs, where one officer clearly and responsibly worked to de-escalate and render assistance to a resident in mental distress, while another officer chose to escalate the situation to the point of violence — in my view without having made a meaningful effort to peacefully resolve the situation," said Lee Supervisor Rodney Lusk in a Board Matter on Tuesday, July 14. "This is a disconnect that is not unique to Fairfax County, and one that other jurisdictions have succeeded in overcoming."

What Rodney Lusk and Hunter Mill Supervisor Walter Alcorn propose could be a revolution in how services are delivered in a crisis because of the way 911 calls are dispatched from the start.

**IN EUGENE, OREGON**, a strategic triage initiative dispatches unarmed medics and mental health workers to 911 calls that do not contain elements of extreme violence or criminal activity. Crisis intervention workers are able to alert law enforcement in few instances where they need additional support.

But out of 24,000 calls dispatched in 2019 in Eugene, only approximately 150 required additional intervention from law enforcement — a success rate of over 99 percent. The actions saved Eugene approximately \$15 million with its "significant positive downstream effects," said Lusk.

"Jurisdictions in California, Arizona and New Jersey have instituted similar models to great effect, and I believe that the time has come for Fairfax County to evaluate the feasibility of following their example," said Lusk.

Lusk said approximately 20 percent of calls made to 911 are for mental health



Rodney Lusk

SEE REVOLUTIONARY, PAGE 8

McEneaney Associates has always had one motto in mind... not to be the biggest, but the best. This year marks our 40th year in Alexandria, and we are celebrating our investment in helping to build our town into the thriving community it is today. To learn more about our Associates and our firm, visit [www.WeAreAlexandria.com](http://www.WeAreAlexandria.com)

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Janna Lee and Buckman Road, residential streets off Richmond Highway.



PHOTOS BY MIKE SALMON/THE CONNECTION

The apartments on Janna Lee Avenue don't offer many recreation options.

## Area Targeted for Improvements to Include Janna Lee Avenue Rec center and tech incubator could be the start of more opportunity.

BY MIKE SALMON  
THE CONNECTION

Recent shootings on Janna Lee Avenue in Mount Vernon raised concerns from Fairfax County officials on how to address the needs of residents in this area of the Route One corridor. The highway in that area is inundated with retail and fast food, but not enough in the way of technology and opportunity for the residents of the low income apartments.

Mount Vernon Police District officers responded to an apartment complex in the 7900 block of Janna Lee Avenue in Mount Vernon at 1 a.m. July 7 for a shooting. When officers arrived, they found five people with gunshot wounds.

There were four teen victims and one adult victim. The victims were inside the apartment complex when the suspect, believed to be a man, entered and discharged a firearm. All five of the victims were taken to a hospital. Four of the victims suffered inju-

ries that were believed to be life-threatening but were later upgraded to stable but serious condition. No motive was offered by police. According to the Fairfax County Police blog, there have been a number of crimes in the same area ranging from armed robbery, car thefts and malicious woundings.

Janna Lee Avenue is in the Lee District, and Supervisor Rodney Lusk (D-Lee) has started a program to get the ball rolling to offer the residents more opportunity.

One part of the plan will be a recreation facility, and Lusk has eyeballed the Old Mount Vernon Racquet Club as a possible site.

"If you look at that area, there's not a lot of parks and recreation facilities," Lusk said. Although it's in the very early stages of development, the racquet club building might be perfect for that kind of facility, Lusk said.

A future rec center would be coupled with a technology incubator that Lusk describes as an "emerging tech center," highlighted for the Board of Supervisors in their February

meeting. "In addition to rec components, we want to introduce them to technology," Lusk added. The area is strategically near Fort Belvoir and down the road from the Amazon Center, so all this would add to possibilities for the teens on Janna Lee. "So they can see themselves working in these corporations," Lusk said. "We have opportunities to make a difference." Currently, the families in this part of Route One may be looking at generations that have all come from this environment, and may not be able to find a way out. "That cycle can be broken," Lusk said, "to improve their quality of life."

### First Steps Taken

The first step to moving things forward in this part of Lee District is already happening. Lusk brought up the idea to the community and got three representatives to be part of the land use process. That way, the community has a voice too. "We want to engage as many different groups as possible," Lusk said.

The EMBARK project that is planned will impact that area as well, and through the recent conversations, Lusk found out that many community members in this part of the Route 1 corridor were unaware of EMBARK.

The EMBARK Richmond Highway initiative is focused on creating a multimodal future for the Richmond Highway Corridor where residents, workers and visitors can walk, bike or drive to the places they want to go. One component is to assess and connect from Huntington to Accotink Village, Fort Belvoir. This includes looking at the land use, density and mix, for the areas within a one-half mile radius of proposed stations, corridor wide transportation systems, urban design, public facilities, and other element,

Lusk has worked with the land use committees in the Lee District, so he knows the importance of development and the opportunities it can offer.

"This community will be engaged in the conversation," he said.

### BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](https://www.connectionnewspapers.com/Calendar).  
Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

#### AT WOODLAWN

The 57th Annual Needlework Show at Woodlawn & Pope-Leighey House re-opens to the public on July 15- August 2, 2020. The Show structure will be modified: Entry is by timed ticket, in smaller groups each half-hour, purchased online only. Woodlawn & Pope-Leighey House is at 9000 Richmond Highway, Alexandria, VA 22309.

#### PARK AUTHORITY SCHEDULES VIRTUAL JOB FAIR

The Fairfax County Park Authority is still looking for workers to

fill seasonal positions now that COVID-19 safety restrictions are being eased and park facilities are reopening under Gov. Ralph Northam's phased Forward Virginia Blueprint. Parks, lakefront areas and golf courses, playgrounds, historic sites, and other unique locations offer fun places to enjoy the summer season, as well as earn competitive pay. Many positions are primarily out-of-doors, and all positions have new safety protocols in place for both workers and park customers. Save the date if you are interested in learning more about jobs in:

Golf ([https://bit.ly/jobfair\\_golf](https://bit.ly/jobfair_golf)) on

July 15, 2020 at 11 a.m.  
Park Services and Resource Management ([https://bit.ly/jobfair\\_parks](https://bit.ly/jobfair_parks)) on July 16, 2020 at 2 p.m.  
Park Operations ([https://bit.ly/jobfair\\_parkops](https://bit.ly/jobfair_parkops)) on July 17, 2020 at 10 a.m.

#### TAKE A SPIN ON A CAROUSEL OR TRAVEL BY TRAIN AT COUNTY PARKS

Carousels are once again spinning at parks in Fairfax County, and the Burke Lake Park train is choo-chooing along the rails. Take the kids for a ride on your next park outing. The Park Authority has colorful carousels at six parks

and a miniature locomotive that runs for 1.75 miles through Burke Lake Park. You can now purchase tickets in advance for all of these amusements:

Burke Lake Carousel  
Burke Lake Train  
Clemyjontri Carousel  
Frying Pan Carousel  
Lake Accotink Carousel  
Lake Fairfax Carousel  
Lee District Carousel

You can buy an unlimited number of tickets for your favorite activities for the same day or different days. Drop-in tickets will still be available on site if activities do not sell out online. Visitors are encouraged

to take advantage of the new online reservation system to help reduce the spread of COVID-19 in the county by limiting physical contact via transactions and making it easy to practice social distancing.

#### GOVERNOR PROHIBITS CONGREGATING IN BARS

Governor Ralph Northam announced that bar seating will remain prohibited in restaurants as the Commonwealth moves into Phase Three this week. While key health indi-

SEE BULLETIN, PAGE 13

# Dyke Marsh Is Lush and Dotted with Colors in Summer



BY GLENDA C. BOOTH  
MOUNT VERNON GAZETTE

## What Is Dyke Marsh?

**A**t the height of summer, many stout, six-or-so-inch green spikes poke out of the water in Dyke Marsh and sport violet-blue, funnel-shaped flowers that clump around the central stem amid the plant's lance-shaped leaves. The upper, middle petal of each flower has two bright yellow spots. The flowers bloom for one day, die, and then others bloom. The plant's called a pickerelweed, given this name because an observer who saw pickerel fish frequently in the same waters as the plant.

Dyke Marsh is a freshwater, tidal marsh on Virginia's Potomac River shoreline in northern Mount Vernon District. It is a unit of the George Washington Memorial Parkway, a national park managed by the U.S. National Park Service. It has three-foot tides twice a day and several habitats, including marsh, swamp forest and floodplain forest. To learn more, visit [www.fodm.org](http://www.fodm.org) and [www.nps.gov/gwmp](http://www.nps.gov/gwmp)

Below the water's surface, pickerelweed has creeping rhizomes, horizontal underground stems, that muskrats like to eat. Many micro and macro invertebrates live on the plant, critters that are eaten by fish, amphibians, reptiles and other wildlife. Like other aquatic plants, they decompose and their bacteria and fungi provide food for many aquatic invertebrates. Waterfowl eat the pickerelweed seeds. Native Americans did too.

walk across from Tulane Drive. Cattails have both a male and female flower. The hot-dog-shaped male is dark brown. Below it is the similarly-shaped, green female flower. The narrow-leaf cattail is usually associated with saltwater environments. Dense cattail stands provide nesting areas and cover for many animals and some birds make nests from the leaves. Marsh wrens make intricate dome-shaped nests by weaving in and around the cattails. Traditional cultures used the leaves and stalks for mats, baskets and dolls and used some plant parts for food and healing.

Pickerelweed is a common freshwater, wetland plant and a good example of the complexity and interdependence of living things. Freshwater, tidal wetlands are considered to be among nature's most productive habitats. According to Wetlands, a National Audubon Society guide, "The tide-influenced riverine marshes of the mid-Atlantic region can produce a biomass of 12 to 15 tons per acre, an amount that includes only the stems and leaves growing above ground." Underground production can be several times greater, says the guide.

Spatterdock or yellow pond lily has green, heart-shaped leaves that float above the water or are submersed. It has an especially intriguing yellow, golf-ball or cup-shaped flower that looks like it is partially open. Spatterdock also provides food and shelter for wildlife. Waterfowl eat the seeds and muskrats and beavers eat the rhizomes.

The Dyke Marsh Wildlife Preserve has at least 300 known plant species, some that are considered imperiled in Virginia. In wetlands, many plants are what botanists call "emergents" because they are rooted in the wetland's sediments, but their leaves and stems extend out of the water. These plants are hydrophytic or specially adapted to live in wet soils.

Near the Haul Road trail boardwalk visitors can see the striking blossoms of the swamp rose mallow. This plant has five-petal, white flowers with a deep red center and central column of yellow stamens, attractive to several bee species that pollinate the plant.

### Summer Wetland Plants

Here are three more plants that visitors often see in the summer at Dyke Marsh. Narrow-leaf cattails dominate much of the marsh, like the area along the board-

While wetland plants provide aesthetic pleasure to humans and food and shelter for wildlife, they also provide ecological services. For example, they help stabilize the soil, attenuate wave energy and enhance water quality.

"Wetlands are unique areas that have a personality of their own, one that changes greatly from season to season," wrote Janet Lyons and Sandra Jordan in *Walking the Wetlands*.

Future articles will reveal more of Dyke Marsh's "personality."

Remember, take nothing but memories. Leave nothing but footprints.



PHOTOS BY GLENDA C. BOOTH

# Coalition Pleads for Removal of County SROs

**NOVA Equity Agenda Coalition proposes redirecting of funding to hire counselors.**

BY MERCIA HOBSON  
THE CONNECTION

“While schools’ primary role is to serve as an institution for learning, it must also remain a suitable place for young people to mature and sometimes err, without being subjected to the unquestionably perilous path of the criminal justice system,” wrote members of the NOVA Equity Agenda Coalition in a July 6 letter to Fairfax County Public Schools Board and Fairfax County Board of Supervisors. In it, the 29 organizations, faith-based groups and others that compose the coalition, urged FCPS to remove school resource officers (SROs) from its schools and “rely exclusively on administrative security officials that reported to FCPS.”

The coalition also called on the Supervisors to redirect funds budgeted for the SRO program to go to hiring counselors instead.

According to FCPS, 51 Fairfax County Police Department officers serve as SROs in the county’s middle, high and secondary schools, one to each school with the exception of Robinson, Hayfield and Lake Braddock Secondary Schools that each have two. An SRO is a sworn police officer assigned to a Fairfax County Public School and employed by the Fairfax County Police Department. According to the FCPS website, school administrators, to include school principals, teachers, and school security staff have exclusive responsibility for school discipline. “SROs are prohibited from any involvement in student discipline. But they may attend disciplinary hearings (per the MOU) at the request of FCPS administration.” <https://www.fcps.edu/node/36892>

In 2018, Fairfax County School Board approved a revised Memorandum of Understanding between Fairfax County Public Schools and the Fairfax County Police Department for the School Resource Officer (SRO) program. At that time, the FCPS website reported, “Superintendent Scott Brabrand and FCPD Police Chief Edwin Roessler produced a revised draft agreement that was reviewed during three community meetings by the SRO Community Review Committee, which included individuals representing FCPS and community-based organizations.”

IN THEIR JULY 6, 2020 LETTER, the Equity Agenda Coalition challenged whether the revised memorandum was achieving its goals and if School Resource Officers were a disservice to students. The coalition offered an alternative and how to fund it.

CSRO programs nationwide have rocketed the “school to prison pipeline” into hyperdrive, and Black and Latino children are paying dearly,” stated the letter by Equity Agenda Coalition. It read: “In Virginia, black students make up 39 percent of the students enrolled in public schools with at least one arrest, but they also comprise 75 percent of school-based arrests. Even more alarming is that the overwhelming majority of these arrests are for relatively common and minor transgressions like fights, arguments or theft ... This must end, and Fairfax County should lead the way in Virginia.”

Kofi Annan is the founder of The Equitable People, one of the organizations that signed the letter “In Solidarity.” Acting on behalf of the coalition, Annan wrote



Kofi Annan, The Activated People, NOVA Equity Agenda Coalition.



Chairman Jeffrey C. McKay (D), Fairfax County Board of Supervisors

in a cover note accompanying the email with the attached letter and supporting documentation: “In light of newly discovered data demonstrating that students continue to be subjected to the justice system for disciplinary issues that should be handled administratively per the 2018 changes to the SRO Memorandum of Understanding, the NOVA EAC strongly urges the School Board and Board of Supervisors to phase out this harmful program.”

According to the letter, the revised 2018 Memorandum was supposed to ensure a distinct line between officers and school administration, and restrict officers from getting involved in non-safety-related matters; mandate crisis intervention and disability awareness training; require SROs to read students their rights before crime-related questioning; and alert parents before a student was searched or questioned.

However, NOVA Equity Agenda Coalition said follow-on data provided by Fairfax County Juvenile & Domestic Relations District Court demonstrated the 2018 guidelines were not implemented consistently or effectively.

SEE COALITION PLEADS, PAGE 8



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**Alex/Riverside Estates \$3,000**  
**8318 Orange Court**  
Beautiful Colonial with 3 finished levels in Historic Mt. Vernon. 4 bedrooms, 3.5 baths, hardwood floors, screened porch, deck, carport and large corner lot. Separate laundry & storage rooms. Scenic commute along the GW Parkway – 5 mins to Ft. Belvoir, 15 to Old Town, 25 to Ntl Airport & 30/35 to Pentagon/dc. Walk to elementary and high school.



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**Mt. Vernon/Wessynton \$759,900**  
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**Alex/Mt.Zephyr \$515,000**  
**4100 Woodley Drive**  
Lovely all brick 2 level raised/ranch ramble deep in the heart of Mt. Vernon - Large .25 acre corner lot with carport. Lovely hardwood floors on the main level, double pane windows. 2 updated baths on the main level and an updated 3rd full bath on the lower level. 2 wood burning FPLs, one on each level. Potential 4th bedroom on the lower level. Roof is 10 years old, furnace 5 months, A/C 7 years. Commute along GW Pkwy to Old Town- minutes to Ft. Belvoir.

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## Finally, Respect for Native Americans

BY DELEGATE PAUL KRIZEK

**T**his week, the Washington NFL team made an historic announcement that the franchise will finally retire its racist name and logo. There are several professional sports teams across the United States that reference Native Americans which also should be changed, but the Washington team name was the most egregious. Native Americans are people, not mascots, and I know we all understand that. Imagine attending a game with a friend who is a member of the Oglala Lakota Nation from South Dakota, as I did, and to see their horrified reaction to the team band wearing ceremonial-like headdresses, and to see fans with similar faux Native American garb “playing Indian.” Why was that okay? It was many years ago, and I am still uncomfortable recalling that afternoon.

American Indians are not caricatures, and their heritage and traditions should not be appropriated for entertainment. The franchise’s derogatory and degrading team name was never acceptable to begin with when it was chosen 87 years ago, and so the next best time to get rid of it is right now. I applaud this move as an important step forward to reconciling the past. In fact, I sent an email to the owner back in 2011 that I would

not renew my season tickets until the franchise changed its name.

In the last two months, we have seen a much-needed spotlight upon the evils of systemic racism and especially the horrific treatment of Blacks by some in our nation’s law enforcement. The impetus, or frankly the last straw, was the gruesome murder of George Floyd. In the aftermath, we have witnessed the removal of Confederate monuments, the re-branding of companies using racist iconography, and the renaming of places featuring the names of controversial historical figures, to name a few long-overdue changes. None of this happened overnight, though it may feel that way. It is important to remember that this particular team name change is the culmination of over nearly a half-century of Native-led advocacy across legal, political, scholarly, and corporate settings. At last, now, at a Washington football game, they are no longer objectified and diminished as a people. As the famous humanitarian and Olympic gold medalist Billy Mills (Oglala) said recently, “...they [Washington] are on the verge of righting an historic wrong.” And, that it is “never too late to do the right thing.”

As Americans and Virginians,



we have a long way to go to support and lift up our Virginia tribes, celebrate their rich cultures and traditions, and acknowledge their important contributions to the Commonwealth, and our country. But, there are things we can and are doing legislatively in the General Assembly in Richmond.

Five years ago, I introduced joint resolution HJ 347, passed unanimously by the General Assembly, to designate the day before Thanksgiving as Indigenous Peoples’ Day in the Commonwealth to raise awareness of Native Americans in Virginia and educate the general public on their history and life today, and the diverse, strong cultures of these tribes. Across the country you can find Indigenous Peoples’ Day, or Native American Heritage Day, on the second Monday in October, replacing “Columbus Day.” However, in my conversations then with local Virginia tribal leaders, the consensus was that celebrating Indigenous Peoples’ Day the day before Thanksgiving was a good way to recognize Virginia tribes and their historic and current contributions to our Commonwealth. That day is a historic one as it is the day when the Pamunkey and Mattaponi tribes present a deer and turkey to the Virginia governor as part of a

343-year tradition as their tax tribute. The Mattaponi and Pamunkey have reservations dating back to colonial-era treaties beginning in 1658.

I also may reintroduce my plan for the Tribal Land Repatriation Program and Fund, which would allow Virginia tribes to apply for grants to purchase and recover their historic lands. When Europeans arrived, tribes were met with violence and many were forcibly moved, including the Nansemond and Rappahannock. Only two tribes, the Pamunkey and the Mattaponi, currently own small pieces of their original land. In too many instances, the government took land or was sold tribal land cheaply and did not fully compensate the tribes. We will never be able to right the wrongs done in the past, but we can ensure that these tribes receive future support for repatriation of their land.

Finally, as Chair of the Subcommittee on ABC and Gaming, I supported an amendment to the landmark casino bill that passed this session, which will divert one percent of the casino tax revenue to the Virginia Indigenous People’s Trust Fund if the casino is operated by a Virginia Indian tribe. These funds will be distributed to all of Virginia’s federal and state-recognized tribes and can be used for their priorities in education, housing, and economic development.

### LETTERS TO THE EDITOR

## Commonwealth’s Attorneys Voicing Support for Criminal Justice Reform

Dear Senator Surovell, Leader Herring, and Chair Bagby:

We are a group of Commonwealth’s Attorneys who represent and are responsible for the safety of over 40 percent of the population of the Commonwealth of Virginia.

As the national dialogue and push for meaningful systemic change within criminal justice and policing continues, we submit this letter to you as a statement of our commitment to these changes and meaningful reforms and of our willingness to be partners by offering our assistance to you and to your colleagues as you propose

and implement these critically needed reforms.

We have seen the Senate Democratic Caucus’ and the Virginia Legislative Black Caucus’ list of priorities for the upcoming Special Session, and beyond, and truly appreciate the agenda’s commitment to meaningful measures.

We would like to offer our support and advocate our strong commitment to the advancement of these proposals, including, but certainly not limited to:

❖ All measures related to police officer accountability for use of force misconduct and other behavior-related complaints, to include

the requirement to allow prosecutors unrestricted access to all police reports, information, and disciplinary records of officers involved in a matter before the court;

❖ A requirement that all warrants be served during the daytime and include a knock-and-announce provision with additional showing to a judge, not a magistrate, for (i) nighttime service and (ii) no-knock service;

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## Confront Hate When We See It and Hear It

The accompanying photograph is of the vandalized memorial to Bijan Ghaisar who was murdered by the United States Park Police (USPP), in November of 2017. This memorial has been defaced three times that I know of, possibly four.

The Mount Vernon police were notified of all the previous incidents but when I called last week, was told they have no credible leads at this time.

Perhaps a secured, protected trail camera could be mounted,

in an effort to identify the hateful people responsible for these heinous acts. Their latest was to splatter white paint over the letters BLM (Black Lives Matter) and the red hearts that surrounded them. Why am I asking the Mount Vernon

Gazette to bring Bijan’s murder to their readers’ attention yet again? It is because we need to understand hate is real. It exists in our communities, offices, neighborhoods and houses of worship and SEE CONFRONT HATE, PAGE 10

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# COVID-19 Gives Time for Reading

From current events to mysteries, books can fill time and lead to lively family conversations.

BY MARILYN CAMPBELL  
THE CONNECTION

During a recent 12-hour car ride to their summer home in Michigan, the Leland family finished two books, "Bridge To Terabithia" by Katherine Paterson and Harper Lee's "To Kill a Mockingbird." They plowed through the audiobook version of both classics. While encouraging her children to read during the summer is usually met with eye rolls, Meg Leland says that her 14-year-old son and 12-year-old daughter were more receptive to audio books, and when they listen as a family, meaningful discussions ensue.



## BOOK SUGGESTIONS FOR SUMMER READING

"Roll of Thunder, Hear Me Cry," by Mildred Taylor  
 "The Girl Who Drank the Moon," by Kelly Barnhill  
 "Brown Girl Dreaming," By Jacqueline Woodson  
 "Finding Audrey," By Sophie Kinsella  
 "I'll Give You the Sun," by Jandy Nelson  
 "An Ember in the Ashes," by Sahara Tahir  
 "The Silence of Fountains," by Ruta Sepetys  
 "Love from A to Z," by S. K. Ali  
 "SLAY," by Brittney Morris  
 "It's a Whole Spiel: Love, Latkes, and Other Jewish Stories," by Katherine Locke and Laura Silverman  
 "Stamped: Racism, Antiracism and You," by Jason Reynolds and Ibram X. Kendi  
 "My Hero is You, How Younger Kids Can Fight COVID19," by Helen Patuck, (free as a PDF)

"We have a lot more free time this summer, so I say audio books are fine because at least they're absorbing books and exercising their brain more than they would if they were constantly texting their friends or playing video games," she said. "But I'm still trying to get them to read more books with real pages."

As COVID19 restrictions have curtailed the traditional activities like camp and vacations, families like the Lelands have more free time to fill. The constraints and limitations have left many children bored and parents struggling to decrease screen time and get their students engaged in reading.

"Since this past school year ended on an academic roller coaster, it's important to pull together a balance of fun and light academics like reading," said education consultant Lisa Cram. "Picking up a book might be the last thing some children want to do, so parents have to get creative."

That creativity, says Cram, needs to be rooted in structure.

"Create a daily schedule that includes time for reading or other academics, but also includes time for recreation," she said. "Predictability will let kids know what to expect, so they'll be less resistant to academics especially if they have another activity to look forward to."

While Cram doesn't believe that all screen time should be eliminated, it shouldn't be the only form of recreation. "Physical activity is just as important as academics," she said. "Ride bikes and go on hikes as a family."

Audio books are a way to infuse long summer days

with literature, but she believes that there are other methods for motivating children to delve into physical books as well. "Obviously one of the most effective ways to inspire children to read is for parents to read and model that behavior," said Cram. "Beyond that, read books on how to do a particular activity and then do it together as a family. Children can read about gardening and you can plan a family garden together. Cook a meal or a dish from a book that you've read."

Other methods for making reading more enticing, says Cram, include reading a book and watching the movie or selecting books that are related to current events. "COVID19 is an obvious topic," she said. "A suggestion for middle school students is 'Fever 1793' by Laurie Anderson which deals with the 'The Yellow Fever Epidemic and can lead to a discussion about resilience and survival. For younger children I suggest, 'My Hero is You, How Younger Kids Can Fight COVID19,' by Helen Patuck. It's free as a PDF and teaches children the ways that they can stay safe."

Literature for sparking meaningful conversations about racial injustice abounds, Karen Bentall, Librarian at Oakridge Elementary School. For younger children she suggests "Something Happened in Our Town: A Child's Story About Racial Injustice, by Marianne Celano, Marietta Collins and Ann Hazzard. "[It's] a direct entry to conversation about what is happening today," she said.

"This summer is what it is and there's very little that we can do to change it," added Cram. "But we can finish out the last half of summer more in a meaningful way that doesn't lead to brain drain."

## Randolph-Macon Academy Fully Opening for Fall 2020 Semester

Randolph-Macon Academy in Front Royal, Va. will open for on-campus operations for all students and staff for the Fall 2020 semester. All classes will be held in-person with full course schedules and teacher instruction.

Randolph-Macon Academy is a co-educational private school for grades 6-12 offering a university-prep education with an exceptional Air Force JROTC program. Randolph-Macon Academy offers both day and boarding programs including fully-staffed dormitories separated by gender, organic

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To schedule a private physical tour, virtual webinar or apply online, [www.rma.edu](http://www.rma.edu)

# Changing Response To Call for Help

FROM PAGE 1

crises. "It's become clear to us that we are asking our law enforcement professionals to do far too much," said Lusk. "Today, in Fairfax County, if you call 911 your call will almost certainly be dispatched to a Fairfax County Police officer. ... That means that we are regularly deploying FCPD officers to respond to calls that are principally mental and behavioral health crises, as opposed to criminal activity."

**THE SUPERVISORS APPROVED** the resolution unanimously on Tuesday, July 14, at the Connection presstime.

"We want a thorough review of best practices," said Chairman Jeff McKay. Specifically, Lusk and Alcorn asked:

- ❖ That the Board direct the County Executive to assign the appropriate staff, including but not limited to the Deputy County Executive for Public Safety and the Deputy County Executive for Human Services to review our 911 dispatch and

response system to enhance our Diversion First strategies by implementing systems for the deployment of trained unarmed medical, human services, and mental health professionals in instances where mental and behavioral health are the principal reason for the call.

- ❖ That specific consideration should be given to programs that have been successfully implemented in other jurisdictions, such as the model in Eugene, Oregon, model, which has been in place for over 30 years.

- ❖ That the results of that study be returned to the Public Safety Committee

- with estimates as they relate to potential initial costs, long-term budget savings, the feasibility of a pilot program, and non-budgetary outcomes such as increased quality of service and decreased strain on our law enforcement professionals.

- ❖ And that a status update on this effort be shared with the Board no later than Oct. 1, 2020.

# Unsung Heroes

FROM PAGE 1

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"Despite the restrictions of COVID-19, we were able to continue this tradition of honoring our heroes," said Rotary president Sharon Meisel. "We are especially grateful to our sponsors for their support during this challenging time."

[www.alexandriarotary.org](http://www.alexandriarotary.org)

# Coalition Pleads for Removal of County SROs

FROM PAGE 5

The letter read: "According to data uncovered by the Northern Virginia Equity Agenda Coalition, the full 2018-2019 year showed a decrease in the number of arrests and charges, but unfortunately no change in the types of charges being filed. Between August 2018 and June 2019, SROs processed 321 juvenile cases (278 individuals). 116 were for Possession of Marijuana; 36 for Assault; 10 for larceny; 6 for Trespassing; and 13 for Disorderly Conduct. In keeping with previous trends, over half of the students charged are African American or Latinx. The fact that these practices continue despite the new regulations demonstrates

the inability for FCPS to exercise proper oversight over the SRO program, and to hold Fairfax County Police Department or its administrators accountable for following the Memorandum of Understanding between the school system and the police department."

James R. Walkinshaw (D) is the Braddock District Supervisor. Upon receiving the letter and documentation of new findings, he said, "Clearly, the Board of Supervisors and the School Board need to re-evaluate the SRO program as part of our broader reform effort. In Fairfax County, every child should have the opportunity to

SEE COALITION, PAGE 10

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## OPINION

### Confront Hate When We See It and Hear It

FROM PAGE 6

we need to confront it when we see it and hear it.

Bijan has been dead for over 30 months yet someone feels the need to continue to torture his family and friends. Why? I will pay for a trail camera if someone will volunteer to put it up for me. I can be reached at 703 786-5833. If you have any useful information about this issue, please contact the Mount Vernon District Police Station, at 703 360-8400.

John K. Bergen  
Mount Vernon



BLM sign, memorial to Bijan Ghaisar, vandalized.

### Coalition Pleads for Removal of County SROs

FROM PAGE 8

grow and thrive and we have a responsibility to address any issue that contributes to disproportionate outcomes."

Chairman Jeffrey C. McKay thanked Annan for the email and his work in the community. "I appreciate your thoughtful letter and the work of the Equity Agenda Coalition," he said.

agency around the topic, and none of them appeared ready to commit to removing the SROs before the beginning of the new school year. We are very concerned that both the FCPS school board and Board of Supervisors intend on dragging their feet with the expectation that the issue will die down, which as we've witnessed will only lead to the criminalization of more black and brown children. Black and brown communities in general, and the children of these communities need meaningful solutions now more than ever, and the community has spoken loudly and clearly that more police should not be part of that solution."

ANNAN said he received phone calls from School Board Member Karen Key-Gamara and a few other School Board members. He said, "Unfortunately, none of the responses indicated there was a sense of ur-

### Guilty Plea for Swatting Conspiracy

A former leader of the white supremacist group Atomwaffen Division pleaded guilty July 14 to charges related to his role in a conspiracy that conducted multiple swatting events targeting journalists, a Virginia university, a historic Virginia church — Alfred Street Baptist Church, and a former cabinet official.

According to court documents, John Cameron Denton, 26, of Montgomery, Texas, is a former leader of the Atomwaffen Division in Texas. From October 2018 to at least April 2019, Denton and several others conspired together to conduct "swatting" calls. Swatting is a harassment tactic that involves deceiving dispatchers into believing that a person or persons are in imminent danger of death or bodily harm and causing the dispatchers to send police and emergency services to an unwitting third party's address.

"Swatting is a dangerous act with potentially tragic consequences," said G. Zachary Terwilliger, U.S. Attorney for the Eastern District of Virginia. "Sending law enforcement and emergency responders rushing to an individual's home, business, or place of worship, in an effort to target individuals because of their race or religious affiliation or simply to create chaos shows both criminal behavior and a complete disregard for public safety. This office is committed to locating

and investigating individuals responsible for such threats, and when appropriate, will seek federal charges."

According to court documents, Denton participated in a conspiracy that conducted three swatting calls that occurred here in the Eastern District of Virginia: a former Cabinet official living in Northern Virginia on Jan. 27, 2019; Old Dominion University on Nov. 29 and Dec. 4, 2018; and Alfred Street Baptist Church on Nov. 3, 2018.

Additionally, Denton chose at least two targets to "swat": the New York City office of ProPublica, a non-profit newsroom that produces investigative journalism; and an investigative journalist that produced materials for ProPublica. Denton chose the two targets because he was furious with ProPublica and the investigative journalist for publishing his true identity and discussing his role in Atomwaffen Division.

"The FBI takes swatting seriously because it can have harmful consequences and puts innocent people and first responders at risk," said James A. Dawson, Special Agent in Charge of the FBI's Washington Field Office Criminal Division.

During the investigation, Denton unknowingly met with an undercover law enforcement officer and told the undercover offi-

SEE GUILTY PLEA, PAGE 13

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## Thank you!

To our doctors, nurses, EMTs and all the heroes in the medical profession. Thank you to our frontline businesses working long hours stocking shelves, cashiering, bagging and cleaning. Thank you to our government officials and leaders who are making decisions to keep us safe. We appreciate all of you!

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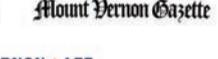
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# NEWS

## Send Photos for The Pet Gazette

The Pet Gazette, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by Thursday, July 23.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description of what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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# Off the Menu: Restaurant News Notes

BY HOPE NELSON

**F**rom more ways to get bagels to new restaurants opening their doors to welcoming back an old favorite, there are certainly signs of life amongst the city's eateries again.

## Bagel Uprising Launches Delivery

Del Ray's local bagel shop, a stalwart of the pandemic era, is expanding its reach – not to sit-down service, but for deliveries instead.

The company posted on social media this week:

"Big news in Bagel Land: We're finally set up for delivery directly from the BU website! When you're in the shopping cart, click "change" where you currently see "pick up," and select "delivery" instead.

"Please note you can't pre-order for delivery like you can for pick up. The wheels start turning as soon as you order; we've been finding that it usually takes about an hour for delivery orders to arrive."

## Hank & Mitzi's to Welcome Guests Again

The former location of Hank's Pasta Bar is almost ready to see new life, the owners of Hank & Mitzi's (as well as Hank's Oyster bar and the former pasta bar) have announced. Per their social media feeds, the restaurant aims to reopen by the end of July, with construction coming to an end. The Italian-infused pizza and pasta spot will release its



**Ruby's Jamaican Kitchen also does catering. In the pictures we have Tilapia, sweet and sour meatballs, and vegetable salad. 703-799-7572**

new menu soon, as well.

"Stay tuned for more details..." the restaurant staff said.

## Ruby's Jamaican Kitchen Opens

A taste of Jamaica is permeating the Route 1 corridor with the opening of Ruby's Jamaican Kitchen. Located at 2817 Schooley Drive, the eatery offers up all manner of Jamaican favorites, ranging from curry goat to Jamaican patties to a vast array of sides. The

restaurant is currently open from 11 a.m. to 8 p.m. Tuesday through Thursday, and 10:30 a.m. to 8:30 p.m. on Friday and Saturday.

## Piece Out, Del Ray Boccato Both Poised to Open

Del Ray is preparing to welcome two new cafes to the neighborhood – Piece Out, a pizzeria, and Del Ray Boccato, a spot for sweet treats such as gelato as well as savory empanadas. Piece Out will take up residence in

the space formerly inhabited by Catch on the Avenue at 2419 Mount Vernon Ave.; Del Ray Boccato will open up at 2400 Mount Vernon Ave. Both aim to be open within weeks; Piece Out has already released a soft-opening menu.

*Hope Nelson is the author of "Classic Restaurants of Alexandria" and owns the Kitchen Recessionista blog, located at [www.kitchenrecessionista.com](http://www.kitchenrecessionista.com). Email her any time at [hope@kitchenrecessionista.com](mailto:hope@kitchenrecessionista.com).*

## FUN THINGS TO DO THIS SUMMER

### DRIVE-IN MOVIES

#### AT WORKHOUSE

Address: 9518 Workhouse Way, Lorton, VA 22079. Film starts at 9 p.m. Tickets are \$10-\$80. Visit the website: [workhousearts.org](http://workhousearts.org).

Call 703-584-2900.

#### Schedule:

- ❖ Saturday, July 17 -- "Clue."
- ❖ Saturday, July 18 -- "Trolls."
- ❖ Friday, July 24 -- "The Dark Crystal."
- ❖ Saturday, July 25 -- "Labyrinth."
- ❖ Friday, July 31 -- "Hot Fuzz."

### MOSAIC DEBUTS OUTDOOR

#### DRIVE-IN MOVIES

EDENS Mosaic has launched a new outdoor drive-in movie series this summer. Located on the top level (7) of Market Garage across from Mom's Organic Market and Hyatt House. Check-in is on level 6. Address: 8295 Glass Alley, Fairfax. The films begin at 8 p.m. The lineup includes:

- Friday July 24: "Toy Story 4" at 5:15 p.m.; and "Jurassic Park" at 8:45 p.m.;
  - Friday Aug. 28: To Be Announced
- There is a \$28 fee to reserve a designated spot in accordance with the new social distancing guidelines. Tickets can be purchased at [https://mosaicdistrict.com/events/event/drive-in-at-mosaic/?event\\_id=8599](https://mosaicdistrict.com/events/event/drive-in-at-mosaic/?event_id=8599) Visit [www.mosaicdistrict.com](http://www.mosaicdistrict.com).

### COLUMBIA PIKE DRIVE-IN

#### Saturday Nights in July & August

Pull up to the new Columbia Pike Drive-In Movie Nights at the Arlington Career Center for some free retro-style family fun. All movies start at sunset (between 8 and 8:30 p.m.) and are shown in English with Spanish subtitles. Space is limited and new protocols are in place to keep everyone safe. Registration is required and details will be sent in our weekly newsletter. Address: 816 S Walter Reed Dr, Arlington, VA 22204.

Visit the website: <https://www.columbia-pike.org/movienights/>

- July 18 -- "The Secret Life of Bees"
- July 25 -- "Twister"
- Aug. 1 -- "Crazy Rich Asians"
- Aug. 8 -- "Apollo 13"
- Aug. 15 -- "Ready Player One"
- Aug. 22 -- "Coco"
- Aug. 29 -- "Mary Poppins Returns"

### JULY 18-19

Walking and Wagon Tour. 5:15 and 6:30 p.m. At Frying Pan Farm Park, 2709 West Ox Road, Herndon. Enjoy a private, one-hour walking and wagon tour of the farm for you and your family. You'll be guided around this historic property for a behind-the-scenes look at how they operate this farm. Take a wagon ride out to the fields to see which crops are growing and what's being harvested. Bring a camera and water, and dress for this unique outdoor farm experience. Buy tickets

here: <https://www.fairfaxcounty.gov/parks/frying-pan-park/>

### JULY 6 TO OCT. 24

The "Quarantine Creations" art exhibit at the Veterinary Clinics of America Alexandria Animal Hospital (VCA Alexandria, 2660 Duke St, Alexandria). This exhibit features artwork by local artists depicting personal experiences lived through the current global quarantine. Artwork by Del Ray Artisans members through the Gallery Without Walls program in partnership with VCA Alexandria. Details: [www.DelRayArtisans.org/exhibits/gww](http://www.DelRayArtisans.org/exhibits/gww)

### WORKHOUSE SUMMER CAMPS

Ready for in-person Summer Camps? The Workhouse Arts Center in Lorton will be offering July and August Summer Camps for kids in-person on campus. They've got half-day and full-day camps for kids of all ages starting the week of July 20 and Aug. 3. Camps include the following:

Game Design Camp where campers learn about computer technology, visual arts, storytelling and music with creative and critical thinking and problem-solving skills. And the Game Design camps integrate all of the STEM core competencies in a fun and engaging way.

Young Writers Camp gives campers in grades 7-12 the chance to write

creatively in a variety of genres, learn about new genres through mini-lessons and receive response to their work from writers.

Performing Arts Summer Camp Challenge offers campers the opportunity to work collaboratively to create a new theatrical work in just two weeks' time! They will write a script, consider production design elements and ultimately perform their new, original work in front of an audience of family and friends! Visit the website: [www.workhousearts.org](http://www.workhousearts.org).

### THE BIRCHMERE REOPENS

The Birchmere in Alexandria is reopening with limited capacity. During the public health emergency, there will be a \$25 food and beverage minimum and a \$5 Covid fee.

There will be no bar service and no gathering in the stage or bar areas. Customers will be escorted to their seats, and those without reserved seats will be seated by staff to ensure social distancing. Masks have to be worn when leaving your seat, including when you go to the bathroom or to the store to buy merchandise.

Schedule of Birchmere shows: Friday, July 17: Skinny Wallace; Saturday, July 18: Jumpin' Jupiter; Friday, July 24: The Nighthawks; Saturday, July 25: The Free Flowing Musical Experience;

Friday, July 31: The Roadducks.

The venue is located at 3701 Mount Vernon Avenue, Alexandria. Visit the Birchmere's website: <http://www.birchmere.com/>

### COMMUNITY MARKET

#### AT WORKHOUSE

The Workhouse Arts Center announces a new Community Market initiative in partnership with the South Fairfax Chamber of Commerce every Saturday from 9 a.m. – 1 p.m. The Community Market is designed to help businesses rebuild during Virginia's Phase II reopening in a unique setting all while keeping local arts alive. Surrounded by historic buildings, the Workhouse offers a unique venue for Fairfax and Prince William businesses and organizations to market and sell goods and services. The outdoor environment provides greater exposure to traditional brick and mortar businesses as well as a way for the community to shop in a safer way during Phase I and Phase II of re-opening the local economy.

Spaces and tents will adhere to social distancing guidelines and the Workhouse will monitor traffic and cleaning guidelines for optimal safety. Interested

SEE FUN CALENDAR, PAGE 14

# Guilty Plea for Swatting Conspiracy

FROM PAGE 10

cer about his role in the swatting conspiracy. Denton stated that he used a voice changer when he made swatting calls, and admitted that he swatted the offices of ProPublica and the investigative journalist. He also stated that it would be good if he was "raided" for the swatting because it would be viewed as a top tier crime, and he felt that his arrest could benefit Atomwaffen Division.

Denton pleaded guilty to conspiracy to commit an offense against the United States, interstate threats to injure. He faces a maximum sentence of five years in prison when sentenced on November 17. Actual sentences for federal crimes are typically less than the maximum penalties. A federal district court judge will determine any sentence after taking into account the U.S. Sentencing Guidelines and other statutory facts.

## BULLETIN BOARD

FROM PAGE 3

cators in Virginia are improving, the Governor made clear that he is taking a cautious approach and is prepared to implement tighter restrictions if needed. To reduce the likelihood of patrons gathering in bar areas without observing social distancing guidelines, bar seating and congregating areas of restaurants will remain closed except for those passing through. Restaurants may use non-bar seating in the bar area, as long as a minimum of six feet between tables is provided.

Phase 3 Reopening  
Fairfax County, along with the rest of the state, entered the third phase of reopening on Wednesday, July 1. Beginning July 1, social gatherings of up to 250 people will be permitted. The new guidelines also end the cap on the number of customers allowed inside non-essential retail stores, restaurants and bars. Previously, these businesses were limited to 50% capacity under Phase Two. These establishments must continue to follow physical distancing requirements, such as keeping tables six feet apart, including bar seating. The third phase also eases restrictions on other facilities:

**Personal Care:** Beauty salons, barbers, spas, massage centers, tanning salons and tattoo shops may reopen at their normal capacity — but customers still must make appointments to come in. Both customers and employees are required to wear face coverings.

**Exercise Facilities:** Gyms, recreation centers and sports centers may open indoor areas at 75% of their lowest allowed occupancy. Customers must be screened for COVID-19 symptoms before allowed inside, including whether they have a fever of 100.4 degrees

SEE BULLETIN, PAGE 14

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**Obituary**

**Obituary**

**LIESELOTTE (LILO) WEIHE  
ESSEX JUNCTION, VT**



Lieselotte (Lilo) Weihe, 102, passed away peacefully at Mansfield Place Assisted Living on June 26, 2020. She was born October 1, 1917, to Arno and Kaetchen (Krahner) Koerber in Neunhofen, Germany, attending schools there, and in Eisenach and Jena. She was married in 1938 to Werner K. Weihe, a physicist with Zeiss Optics. A daughter, also Lilo, was born in 1940. After World War II, Dr. Weihe was brought to the United States under Operation Paperclip to work for the U.S. Army Engineer Research and Development Laboratories. They made their home first at Ft. Belvoir, VA, then in the Mt. Vernon area near Alexandria. Lilo enjoyed being a homemaker and was always supportive of her family as well as helping countless friends and neighbors. In 2016, she came to VT to reside at Mansfield Place Assisted Living.

She was predeceased by her parents, an infant granddaughter, and her husband. She is survived by her daughter Lilo Kinaman (Russ) of Essex Junction, granddaughter Kristen of South Burlington, grandson Jeff (Didi) and great-grandchildren Ally and Ben Kinaman of Essex Junction. According to her wishes, there will be no service. The family would like to thank the staff of Mansfield Place, and Bayada Hospice for their dedicated care.

**Announcements**

**Announcements**



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**Announcements**

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## It's a Twofer



By KENNETH B. LOURIE

And not just Tuesday, either. All week in fact, I'll be waiting to hear the music. One day, I'll hear from my oncologist and on another day, I'll hear from my endocrinologist. What I'll hear first is the status of my underlying non small cell lung cancer, stage IV (diagnosed Feb., 2009) and later in the week, I'll get results concerning my most recent party crasher: papillary thyroid cancer, stage II, diagnosed Jan. 2020. This will be the first time I will have been waiting for results simultaneously, concerning TWO cancers that I now have. (What? One wasn't enough?) And B.B. King thought the thrill was gone. For those of us unlucky enough to have been diagnosed with two different and active cancers, this is the kind of week which tests your mettle and is as far away from thrilling as one could possibly imagine.

C'est la vie, or at least it is because I'm not ready to be morte. Who says taking five years of French between seventh and eleventh grades was a waste? Here I am 50+ years later and I'm still able to dip into that old bag of tricks. I fear however, that the longer I'm still living as an active, still-being-treated cancer patient, the more my health is at risk. Cancer is not exactly a friendly visitor. Rather it's the kind of uninvited guest that takes up residence in your home and never leaves, like dust mites, fleas and mold. In some instances, you know they're present; in other cases, you're told. And the longer they stay, the worse the situation becomes.

My cancer diagnosis was sort of like that, a surprise. A lifelong non-smoker with no immediate family history of cancer, I woke up one day with a pain in my left rib cage. A few days later, after the pain had migrated to the other side, combined with difficulty I was having catching my breath, I decided to go to the Emergency Room. A brief examination followed but revealed very little to the doctor. He suggested I return in a week to see the pulmonologist. Which of course, I did.

By that time, the pain had totally subsided and I remained pain-free for the next eight weeks until I got "the call" from my internal medicine doctor advising me that the previous week's biopsy confirmed a malignancy. Then I was in pain, emotionally - and afraid, as you can probably imagine.

But here I sit, 11 and one half years later, living proof that a "terminal" diagnosis is not necessarily terminal. Somehow, through a combination of conventional wisdom/treatment, some non-Western alternatives in the form of pills and potions and a good attitude which has meant keeping my glass half full while trying to maintain a good sense of humor, I have been lucky enough to see my beloved Boston Red Sox win their third and fourth World Series Championships of the 21st century. (Their first two championships in 2004 and 2007 were pre-Kenny's cancer diagnosis.)

But looking backward, as gratifying and rewarding as it can sometimes be, has not been my modus operandi. My 'operandi' has been to walk quietly, laugh heartily and be positive (like our friend, Ray's blood type) and not presume any facts which are not yet in evidence. Moreover, try taking any and all news in stride and be a patient patient (which is not double talk) and put one foot in front of the other and see where it leads.

For me, it has led to a future that I wasn't supposed to have and a present for which I am eternally grateful, even during weeks such as these when I'm about to enter when my life, vis-a-vis what I am told by my oncologist and endocrinologist, is hanging in the balance not once, but twice. Really, twice is a bit much, don't you think? I mean, I think I'm doing my unhealthy bit by having one type of cancer. There's really no extra credit/extra benefit in having two types, especially at the same time. Nor is there any BO-GO-type discount on my health insurance costs. Quite the contrary, actually. But if I'm still alive to complain about it, then I'm still alive and that's nothing to complain about.

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

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## FUN THINGS TO DO THIS SUMMER

FROM PAGE 12

vendors should contact Elena Romanova at [elenaromanova@workhousearts.org](mailto:elenaromanova@workhousearts.org).

### OUTDOOR GROUP

#### FITNESS CLASSES

Get your fitness fix with the Park Authority's new Outdoor Group Fitness Classes. The Park Authority has launched a series of outdoor exercise classes starting on June 27, 2020, at RECenter locations across Fairfax County.

### BULLETIN BOARD

FROM PAGE 13

or higher. Fitness equipment must be spaced 10 feet apart, and similarly, personal trainers or instructors and exercise class participants must stay 10 feet apart from each other. Pools: Indoor and outdoor pools may reopen at 75% capacity, and pools are open for free swim, instruction and exercise classes. Swimmers must be screened for coronavirus symptoms before entering. Swimmers and divers must stay 10 feet apart.

Recreational Sports: Indoor and outdoor recreational sports are limited to 250 people or 50% capacity whichever is less. No more than 250 players and attendees are permitted per field at a time, and a 10-foot distance is required between players, spectators and sports officials where possible. Players, coaches and officials must be screened for COVID-19 symptoms before entering a facility.

Entertainment: Outdoor entertainment and amusement venues, such as zoos, gardens, drive-in movie theaters and museums, may reopen at 50% capacity with a maximum of 1,000 people at a time. Performers and audience members must stay 10 feet away from each other, and cars must be parked six feet from each other at drive-ins. Indoor entertainment and amusement businesses continue to remain closed, including museums, movie theaters, concert venues, bowling alleys, trampoline parks and arcades.

Religious Services: Churches, synagogues, mosques and other houses of worship may now reopen at their normal capacity, but worshippers must continue to be seated six feet apart except for families. Food or beverages must be served using disposable containers. Childcare: They will be able to reopen.

### PHOTO CONTEST TO CELEBRATE VIRGINIA WILDLIFE

Wildlife Rescue League (WRL) is hosting a photo contest, Wild Neighbors, to celebrate Northern Virginia's wildlife. Open to anyone, the contest asks shutterbugs to submit any number of photos that capture local wildlife (wild undomesticated animal species) taken in Northern Virginia and surrounding areas. Entries will be judged by the board members of WRL, and the winning photos will be featured in the organization's monthly newsletter, social media channels and website. Photo entries are accepted now through July 15, and the winner will be announced at the end of July. To enter the contest, post your photos on Facebook or Instagram. Tag Wildlife Rescue League (@wildliferescueleague on Facebook and @wildliferescueleague on Instagram) and include #wildneighbors. Afterwards, email your original photos to [wrl@wildliferescueleague.org](mailto:wrl@wildliferescueleague.org) and include your name, the category you are entering (junior or adult), the type of animal in the photo and location (optional). For full details please visit <https://www.wildliferescueleague.org/wild-neighbors/>

### METRO REOPENING

#### MOST CLOSED STATIONS

Metro announced that 15 rail stations that had been closed as part of the transit agency's COVID-19 response reopened on Sunday, June 28. They include the following stations: Grosvenor-Strathmore, Cleveland Park, Federal Center SW, Federal Triangle, Mount Vernon Square, Judiciary Square, Archives and Smithsonian. After June 28, Arlington Cemetery will be the only Metrorail station without regular service. Arlington National Cemetery is currently closed to the general public.

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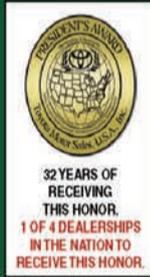
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