

CONNECTION

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Members of the community gathered on Aug. 22 to officially break ground for Lorton's new multi-million dollar community project: The project combines new facilities for a library, community center, senior center, and park.

Breaking Ground for Lorton Community Project

NEWS, PAGE 2

Outrage Over Library Trustee Comments

NEWS, PAGE 3

'The Changes Will Make A Huge Difference'

NEWS, PAGE 6

SENIOR LIVING

PAGE 9

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TIME SENSITIVE MATERIAL
REQUESTED IN HOME 8-28-20

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OPINION, PAGE 4 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY SUSAN LAUME/THE CONNECTION

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NEWS



Supervisor Dan Storck (D-Mt Vernon) emcees ground breaking ceremony before public and project planners.

Breaking Ground for Lorton Community Project

Something with appeal planned for everyone.

BY SUSAN LAUME
THE CONNECTION

Members of the community gathered with their leaders on Aug. 22 to officially break ground for Lorton's new multi-million dollar community project. The project combines new facilities for a library, community center, senior center, and park located on Richmond Highway at the site of the existing Lorton library.

Building space combines a modernized and greatly expanded library with a new combination community and senior center, sharing a combined 46,000 square feet. The single story building will meet Americans with Disability Act (ADA) requirements for accessibility and designation requirements as a "green" building, meeting Leadership in Energy & Environmental Design (LEED) requirements for Silver Certification; one of 32 such qualified projects in Fairfax County.

THE RENOVATED LIBRARY will feature an expanded children's space, teen gam-



Supervisor Dan Storck: "Building together brings people together."

ing room with video stations, a WiFi/laptop bar, seating for wireless device users, a group study room, two conference rooms, and a meeting room which can be reserved for community group use outside of library operation hours. Moving through a shared lobby and reception area, visitors enter the senior center area with a large multipurpose room and kitchen, and onto space designated for the Lorton Community Action Center (LCAC) use. The community center portion

SEE GROUNDBREAKING, PAGE 10



State Senator Scott Surovell (D-36); Supervisor Dan Storck (D-Mt Vernon); Rachel Flynn, Fairfax County Deputy County Executive; Gerry Hyland, former FC Supervisor; Jessica Hudson, Director FC Public Library, officially break ground for Lorton Community Center and Library.

PHOTOS BY SUSAN LAUME/THE CONNECTION

Outrage Over Comments by Trustee on Fairfax County Library Board

Local organizations, unions and faith-based groups call for his removal.

In the aftermath of public concern following comments made by appointed Trustee Phillip Rosenthal (Springfield District) during the July 29 public meeting of the Fairfax County Library Board of Trustees, NOVA Equity Agenda Coalition sent a letter on Aug. 20 to Jeffrey McKay, Chairman of the Fairfax County Board of Supervisors and Fran Millhouser, Chair of the Fairfax County Library Board of Trustees. In the letter, the twenty-seven signatory organizations, unions and faith-based groups called on the Fairfax County Library Board of Trustees and Board of Supervisors to initiate steps to have Rosenthal removed from the board after he “made unmistakably racist, homophobic, anti-Semitic, and anti-Islamic comments while criticizing the County’s attempts to promote inclusion in its library catalog.”

They also called on both bodies “to formally and publicly condemn Mr. Rosenthal’s statements.”

In the first lines of his statement, <https://youtu.be/YQvU2CvpGUI?t=5793>, just shy of five minutes in length presented during the roundtable section of the July 29 public meeting of the Fairfax County Library Board of Trustees, Rosenthal said, “What I’m going to say is what I think it’s not what my Supervisor thinks. Secondly, if you came to my office, 65 percent of my employees are African American...So, I’m not a racist.” Rosenthal said he went on the library website and looked at the catalogs and the books offered. “As a Trustee, I’m appalled at what we are presenting to the public in today’s time.”

Rosenthal asked why the Library highlighted books by Muslim writers. “I don’t really have an issue...with books by Muslim writers, but why don’t we have books by Catholic writers, or Mormon, or Jewish writers, or Baptist writers.” Rosenthal questioned books by Patrisse Khan-Cullors. “She’s a Marxist...She is one of the founders of Black Lives Matter.

She’s anti-Semitic. Their policy is BDS, Boycott, Divestment, Sanctions against Israel.” Rosenthal inquired about documentaries on Black Lives Matter. “Why don’t we have some white lives documentaries,” he asked.

Rosenthal questioned the “Rainbow Books’ series for youth. They feature LGBTQIA+ characters. “I don’t know what we’re going to encourage our young readers to do,” he said. “We’re promoting these kinds of books for our public to read. To me, this is not proper...If we’re going to put those in, there ought to be some books to tell the other side. We’re changing the history of America here, and the Library which is supposed to be non-partial is doing it. And we’re right behind with it,” said Rosenthal.



Trustee Phillip Rosenthal, (Springfield District), Fairfax County Library Board of Trustees



Trustee Darren Ewing (Dranesville District), Fairfax County Library Board of Trustees



Chair Fran Millhouser, Fairfax County Library Board of Trustees

PHOTOS BY FAIRFAX COUNTY

He proposed a meeting “for somewhere (and) somebody starts reviewing what we’re putting out there for people in this country to read.”

Trustee Darren Ewing (Dranesville District) said, “To hide behind increased interest is solely inaccurate. If you go on the catalog homepage it is social justice, and there is nothing wrong with social justice, but you have to put it in within a framework.”

RESPONSE BY THE COMMUNITY, while slow initially ticked up the following week and into the next. In an online “Letter to the Public Regarding the July 29 Library Board Meeting from the Library Board Chair,” Fran Millhouser (Mason District) said that she took her role and responsibilities “very seriously.” She said that after the subsequent posting of the meeting video on Aug. 3, she received “many emails voicing public concern for statements made during that July meeting.” She added, “I do not take your comments lightly and am setting up our next meeting, scheduled for Wednesday, Sept. 9 at 7 p.m. via Zoom, to allow for ample time for a presentation and Board discussion on the topics raised around the Library’s curated collections.” She said there would be time for additional discourse by Trustees and any potential motions or action items if needed. Millhouser ended her letter as follows: “Fairfax County’s One Fairfax policy on social and racial equity remains a guiding statement for the Library, as well as its own collection development policy, which affirms the American Library Association’s Freedom to Read statement.”

In the Coalition’s letter to Millhouser and McKay, the signatories said Rosenthal’s statements were “antithetical to the inclusive values expressed in the One Fairfax Resolution.” “By making those statements, Rosenthal demonstrated that he does not agree with the library policies intended to promote equity, and therefore cannot be trusted to uphold his position.” Beyond steps to remove Rosenthal from the office,

the Coalition urged the Board of Supervisors to “take deliberate steps to diversify the FCPL Board of Trustees to help ensure diverse viewpoints and interests are better represented.”

Chairman Jeffrey McKay, Fairfax County Board of Supervisors, said that Rosenthal’s statements did not align with Fairfax County’s equity and inclusion principles and failed to recognize a key aspect of County libraries’ duty to its citizens.

“As centers for information and education for all members of our society, our libraries play a unique role in providing community members access to the perspectives and real-lived experiences of those too often shut out from history. It is important now more than ever that we uplift the voices of underprivileged and underrepresented persons in our society. To continue to neglect these voices would be a disservice to ourselves and community as a whole.” McKay added that for his appointees, he was committed to improving diversity across all boards when vacancies become available, “to represent the voices of everyone who makes Fairfax County so great.”

Supervisor John Foust (D-Dranesville District) said, “Mr. Rosenthal’s comments were offensive and inappropriate, and I am sure many county residents also found them to be very painful. I was also surprised and disappointed that he seemed to advocate for censorship of certain subjects or authors. His comments were made while serving in his official capacity as an appointed representative of our community. The message he delivered was exactly opposite of what should be, and I believe are, the values of our community.”

Supervisor Pat Herry (R- Springfield District), who nominated Rosenthal to represent the Springfield District as a Trustee, said that his office had received feedback that supported their appointees’ views. He said, “I have always believed that open honest discussion gets us to better answers.” Herry said that he found it interesting that

“several other trustees agreed there was a need for further discussion and possible action to have the website present a diversity of opinions.”

“The Public Library is one of the most important institutions in our democracy. For that reason, it is especially important that it offers a balance of viewpoints to remain neutral and nonpartisan in representing many ideologies, religions, ethnicities, and stories. I look forward to seeing how the Library Board of Trustees works to more holistically encourage diversity of thought for readers in Fairfax County,” Herry said.

ON FRIDAY, AUG. 21, Rosenthal said, “My intent in my remarks was when we feature books there is to be balance, both sides of what they are trying to say...The one that I think caused the most turmoil was they used the word systemic racism in America; and to me by highlighting that topic, it shows one side of the story... You know, I’m not trying to censor any side of the issue. But you know, why in America, and maybe people differ with me, why in America do we feature books by people who advocate the violent overthrow of our government.” According to Rosenthal, if he had known his remarks would cause “so much turmoil,” he would have had them edited because his comments were spontaneous to what he personally saw and perceived. “I was putting a little more conservative tint to it and that’s what got me into all this hot water... I’m sorry I offended a bunch of people... I hope that as we move forward since my remarks caused a disruption in the process, that there will be thought put into books that have a balance on both sides of the issue.. not only push a particular point of view.” he said.

The Fairfax County Public Library Board of Trustees is responsible for library policies and for making budget recommendations to the Board of Supervisors. The 12-member volunteer Board comprises one member from each of the nine supervisory districts in Fairfax County, each appointed by the district supervisor; one member-at-large, approved by the Chairman of the Board; one member appointed by the City of Fairfax Council; and one member nominated by the School Board.

The Library Board of Trustees meets on the second Wednesday of each month except August.

Most meetings are held at 7 p.m. at George Mason Regional Library. The public and press are invited to attend. A maximum of ten people may register to speak on library concerns during the public comment period at each monthly meeting. For information or to register to speak, call (703) 324-8324. Library Board of Trustees Policy Manual

SEE HIGHLIGHTS, PAGE 11

Women's Equality Day

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



Today, August 26, is Women's Equality Day commemorating the 1920 adoption of the Nineteenth Amendment to the United States Constitution which prohibits the federal and state governments from denying the right to vote to citizens of the United States on the basis of sex. August 26, 1920—just 100 years ago—was the day when Secretary of State Bainbridge Colby signed the proclamation that the required number of 36 states had ratified the amendment.

COMMENTARY

From the 1776 idea that "all men are created equal" to allowing women to vote was a long time coming with the real push for women's suffrage coming about fifty years before it happened.

The first women's rights convention in the history of the United States was held in 1848 in Seneca Falls, New York, but it took many marches, petitions, and protests outside the White House, imprisonments and hun-

ger strikes before the amendment passed Congress and was ratified just as the country emerged from another pandemic. The dedication of the Turning Point Suffragist Memorial at the location of the former Occoquan Workhouse in Northern Virginia where 120 women protesters were imprisoned was to have been dedicated this month but has

been delayed with the pandemic. (<https://suffragistmemorial.org/>)

Virginia turned down an opportunity to be part of ratifying the Nineteenth Amendment by the General Assembly voting against it on February 12, 1920 but did get around to ratifying it on February 21, 1952. The Virginia Association Opposed to Woman's Suffrage actively worked against the amendment using a familiar argument—"Woman Suffrage: The Vanguard of Socialism."

A 1910 broadside of the organization now in the collection of the Virginia State Library used the argument that "If you hold your marriage, your family life, your home, your religion, as sacred, dear and inviolate, to be preserved for yourself, and for your children, for all time,

then work with all your might against Socialism's vanguard—Woman's Suffrage." In another publication by the same organization the argument was made that "Women cannot have the franchise without going into politics, and the political woman will be a menace to society, to the home and to the state."

Virginia was late also in ratifying the Equal Rights Amendment whose provisions include a guarantee that "equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex." Congress approved the amendment in 1972 with a deadline for ratification by 1979, later extended to 1982. Numerous attempts by me and others to get Virginia to ratify the ERA failed until the outcome of the elections in 2019 resulted in enough new members elected to make Virginia the 38th and last state needed to make ratification a part of the Constitution, but the issue of the deadline remains to be resolved.

Virginia has been too slow in responding to issues of human rights in the past, but I look forward to reporting to you in coming weeks on the progress being made in erasing racial inequalities in the Special Session of the General Assembly now underway.

Reforecasted Budget Progressing

BY DELEGATE PAUL KRIZEK

The General Assembly is meeting virtually this week and next week in a special session necessary to revise the budget due to the pandemic and the need to implement election law changes in time to take effect prior to the November general election. Last week, I participated in the Joint Money Committees meeting (House Appropriations and House and Senate Finance) where we received the official budget reforecasting data and Governor Northam's budget recommendations which was necessary because the Virginia Code mandates a revenue reforecast when the forecast is missed by 1% or more.

Back in April during the reconvene session, there were estimates that during the 2020 fiscal year we would see a shortfall in the neighborhood of \$1 billion. Due to this projection, at the April reconvene session, we adopted the "unallotment" of \$874.6 million in FY 2021 and \$1.38 billion in FY 2022. However, now that we have fully analyzed data from this time period, revenues only fell \$234.2 million below the original projected amounts. While less than expected, this amount still shows 2% growth from our previous fiscal year. Because of this Governor Northam's budgetary proposals were scaled down in order to absorb the impact from the coronavirus pandemic, and while cuts on current spending were avoided, much spending approved in our original budget we passed in March will not be reinstated.

After receiving the reforecasting data, \$99.6 million in spending has been proposed for restoration in FY 2021 and \$44.9 million in FY 2022. Much of this restoration was provided for one-time and urgent spending initiatives like increased money to the Housing Trust Fund, broadband deployment, and dam rehabilitation

projects.

In addition to budgetary adjustments, Virginia has also received \$3.1 billion in federal Coronavirus Relief Fund dollars. Coronavirus Relief Fund money can only be used to cover expenses related to the COVID-19 response, and must be spent prior to Dec. 30th, 2020. As I mentioned earlier this year, there is a possibility that federal legislation will allow for more flexibility on the use of these funds, and an extended timeline, but Congress has yet to act on this and so this cannot be guaranteed. These funds have not been appropriated within the budget, instead, they have been allocated administratively. Currently, \$1.3 billion of this funding remains uncommitted. Types of expenditures that might be eligible could include testing, PPE, and health worker hazard pay to name a few.

Priorities in the newly proposed budget revision reflect the effects COVID-19 has had on the Commonwealth, providing funding for combatting the health crisis, helping Virginians facing housing and food insecurity, increasing child care programs, and expanding voting access, among other initiatives. \$55 million in FY21 and \$30 million in FY22 have been proposed for funding the Housing Trust Fund. The Housing Trust Fund supports loans for projects to expand Virginia's affordable rental housing, and funds efforts to reduce homelessness. The budget also includes language to extend the eviction moratorium through April 30, 2021, and provides a process for landlords and tenants to enter into a COVID-19 housing payment plan. Language is also included to prohibit utilities like electric, gas, and water providers from disconnecting services for nonpayment of fees until 60 days after the public health state of emergency ends.

\$85 million across the biennium has been set aside for improving broadband infrastructure

across the Commonwealth, which has become an even more important initiative during this pandemic, as we have moved to online work and learning. As I noted last week, Governor Northam provided for funding for prepaid postage for mail-in absentee ballots in this reforecasted budget, which fulfills my bill which passed this year, HB 220, as well as adds absentee ballot return drop boxes. The pandemic has shown more acutely the necessity of expanding voting options and providing accessibility for absentee ballots. Voters should not have to choose between their health and the health of their loved ones and exercising their right to vote. Secure drop boxes for absentee ballots are already common throughout the country, and will provide yet another safe, secure, and accessible method of returning ballots for voters. Due to the pandemic and delays that may be experienced through USPS, allowing voters an option to bypass mailing ballots is a necessary addition to ensure each vote is counted, and to maintain election integrity.

I introduced three budget amendments to the revised budget, requesting partial restoration of unallotted spending, and utilization of CARES Act funding for one-time expenses. One requests \$882,500 from the Coronavirus Aid, Relief and Economic Security Act (CARES) Act to enable the Virginia Mental Health Access Program to respond to the children's mental health crisis being experienced as a result of the COVID-19 pandemic. Another is a language amendment granting the DMV the authority to administer driver education programs and testing online during a state of emergency. The last one partially restores funding (\$500,000) for Pre- and Post-Incarceration Services (PAPIS) for individuals nearing or newly released from incarceration, aiming to improve outcomes for individuals and reduce recidivism rates.





(From left) Fairfax City Mayor David Meyer and Economic Development Director Chris Bruno were on hand when Paul VI's spirit rock was moved from the City.

Paul VI High's Spirit Rock is Relocated

As Paul VI High moves from its storied Fairfax City campus to its new location in Loudoun County, an iconic piece of the past is going with the school – its spirit rock. Since the 2008-09 school year, this rock highlighted upcoming events, celebrated sports and other victories, and honored student awards and achievements.

Now, though, Paul VI has a new home, and the IDI Group will redevelop its site along Fairfax Boulevard into a mixed-use community.

So IDI recently had the rock moved to the school's new location. Since it weighs a hefty 6.6 tons, it was no easy task, but the mission was accomplished.

PHOTO COURTESY OF EILEEN CURREN



PHOTO CONTRIBUTED

West Springfield Rotary Club held a virtual meeting on Wednesday, Aug. 19.

Discussing Security Challenges In a Post COVID World

What security challenges will the U.S. face when the COVID pandemic is finally under control? That was the topic that Col. Cedric Leighton addressed in a talk to the West Springfield Rotary Club on Wednesday, Aug. 19. As a CNN military analyst and former intelligence official, Col. Leighton had a lot to say.

Globally there have been some 22 million confirmed cases of COVID 19 around the world and over 780,000 deaths. US economic activity plunged 33 percent because of the virus, while Europe's economy fell 40 percent.

Crime in the US is down, but there has been a 34 percent increase in mass shootings. Cybercrime is up - in fact an

estimated \$30 billion in stimulus funds may be stolen = and the education of our children is impacted.

Col. Leighton spelled out three possible scenarios, one with weak leadership and no vaccine, where bad actors, like China, Iran, Russia, and North Korea, will take advantage of the difficult conditions worldwide.

A second with strong leadership and vaccines where we would almost return to normal, and a third with weak leadership and delays in a vaccine, which would further expose the weaknesses in the economy and our social structure. However, business is stepping up to adjust and global technology and connectivity will see us through if we let it.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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This McDonald's is at Old Lee Highway and Old Pickett Road in Fairfax City.

'The Changes Will Make a Huge Difference'

Renovation, drive-through proposed for McDonalds in Fairfax.

BY BONNIE HOBBS
THE CONNECTION

Yes, the famous fries and Big Macs will remain the same; but some building changes are proposed for the McDonald's at 3195 Old Lee Hwy., near Old Pickett Road in Fairfax City. Details of the plan were presented during Fairfax City Council's July 28 work session.

The applicant, Venable LLP, wants to renovate the existing, 3,309-square-foot restaurant (one story with a basement). Drive-through windows would be added on the north side of the building to enlarge it into a contemporary-looking, 3,420-square-foot restaurant.

The structural elements of the old building would be retained, while the exterior would be modernized. The mansard roof would be removed and replaced with a flat roofline and cornice. A new storefront would be installed on the front and sides, and the brick would be painted gray.

The parking spaces and drive aisles would be reconfigured, and a 10-foot-wide sidewalk and 5-foot-wide landscape strip on both sides of the sidewalk would be added along Old Lee Highway. Furthermore, a 6-foot-wide sidewalk and 5-foot-wide landscape strip on both sides of the sidewalk would be added along Old Pickett Road.

ONSITE LIGHTING is provided to illuminate the site, but bicycle racks and a new, trash/recycling enclosure would be added. The existing, sit-down restaurant is a by-right use, but the drive-through windows and lane require a special-use permit from the City. The proposed hours of operation would be from 5 a.m.-1 a.m.

Fairfax Mayor David Meyer asked if having a drive-through so close to the Chick-fil-A at Fairfax Circle would add to the traffic on Fairfax Boulevard. But Community Development Division Chief Jason Sutphin said it would not.

"The McDonald's would have multiple access points from two roads – Old Lee Highway and Pickett Road,"

he explained. "And also, this site is easier to get in and out of than the Chick-fil-A is."

Representing Venable, attorney Evan Pritchard said, "We're trying to modernize the building and give it a fresh, new appearance." He said the customers wanted a drive-through and, often, would purchase their food inside the restaurant, get back into their cars with it and go."

"We're also trying to increase the number of trees and the amount of landscaping on the site and will underground almost all of the utilities," he continued. "We're removing nine trees, but adding 17 new trees, besides the ones that will remain. We're trying to make this a more pleasant and welcoming location."

Pritchard noted that, during construction, the restaurant would be closed. But Area Construction Manager Tom Hughes said it would be less than 30 days. "There'll just be interior demolition work and architectural changes," said Pritchard. "And we're narrowing the entrance from Old Lee Highway so pedestrians there would have as short a distance to walk across that driveway apron as possible."

"A tremendous amount of traffic goes by there, so I think widening it would be better," said Councilmember Joe Harmon. "But I support the idea of a drive-through there." "I think the changes will make a huge difference and will add to the appearance of this site," said Councilmember Tom Ross. But, concerned that the parking would be reduced to just 19 spaces, he urged Pritchard to talk to the owners of the adjacent shopping center about "possibly being able to have some overflow parking there."

PRITCHARD said he could do so. "We feel pretty confident that we have the right number of spaces," he said. "But maybe we could have some employee parking in the shopping center."

Still, said Ross, "I worry there could be a potential traffic nightmare there, adding more traffic to the Fairfax Circle area. Perhaps some improvements to that site could lessen the impact."

Sutphin said this matter will probably return to City Council for a public hearing in early October.

"We think we have a good project and we look forward to coming back before you, this fall, when it's fully baked," said Pritchard. "We also appreciate all of City staff's help with the technical issues."

'Commitment to Building Back Stronger than Ever'

Fairfax City awards \$10,000 grants to 48 small businesses.

BY BONNIE HOBBS
THE CONNECTION

A week after awarding \$1 million in grants to help Fairfax City's small businesses, its Economic Development Authority (EDA) is doing even more. Of the total 153 ReConnected Grants, 105 are for \$5,000 – but 48 will be for \$10,000.

These enhanced grants were awarded after a competitive selection process. The businesses receiving them have demonstrated innovative or creative best practices and techniques to adapt to new health and safety procedures.

Funding the grants is part of the CARES Act money Fairfax City received from the Commonwealth. And some 70 percent of all the City's recipient businesses are owned by minorities, women or veterans.

"Part of what makes Fairfax City so extraordinary is its vibrant and diverse local business community," said EDA Vice Chair Kathleen Paley. "Thanks to the Mayor and City Council's vision, the ReConnected Grant program will assist scores of the City's businesses as they re-tool and reinvent themselves in the COVID era. These businesses have developed innovative strategies to serve the public during a challenging time, and we look forward to watching them thrive."

Some of their proposals include launching new, e-commerce infrastructure; establishing permanent outdoor dining; and updating business models for minimal, person-to-person service beyond COVID-19. Other plans are to provide online classes, workshops and other consumer-engagement opportunities; and to create robust marketing campaigns guaranteeing that customers know the health and safety guidelines.

And the businesses receiving these enhanced grants deeply appreciate the help, as well as the City's faith in them to succeed. Just ask Wendy Wong, owner of The Standard Barber-shop on Main Street.

"During this hectic and chaotic time, like many other local businesses, we were unsure of how we would sustain our operations during the pandemic," she explained. "With this enhanced ReConnected grant, we are able to provide our staff the tools necessary to feel safe returning back to work, and to create a sense of normalcy for our patrons during a time of chaos. For that, we are grateful to be chosen by the Fairfax City EDA and the ReConnected team for this generous grant."

Fairfax Mayor David Meyer is pleased, as well, that the City is lending an extra hand to the 48 businesses selected. "The \$10,000 recipients have presented the strongest proposals deemed most effective for a safe and healthy reopening of businesses," he said. "These are pillar businesses within the community, and their focus and commitment to building back stronger than ever does not go unnoticed. I thank our Economic Development teams and, in particular, our committee of Commissioners for their leadership with this program."

"The \$10,000 recipients have presented the strongest proposals deemed most effective for a safe and healthy reopening of businesses."

—Fairfax Mayor David Meyer



David Meyer

BONNIE HOBBS

FUN THINGS TO DO THIS SUMMER

GIRLS WHO MATH

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

ALEXANDRIA

DRIVE-IN THEATRE

The Alexandria Drive-In Theatre, presented by Alexandria based businesses ALX Community and The Garden, will kick off on Saturday, Aug. 29. The six-part movie series will run on Saturdays through October 3 and will feature a popular collection of movie classics and family favorites. The drive-in theatre will be located in the Eisenhower section of Alexandria in the parking lot connected to commercial space owned by real estate developer and event partner Stonebridge. The lot can comfortably accommodate up to 215 cars per screening. To help support our food truck vendors who have been hit hard by the pandemic, event organizers have partnered with Curbside Kitchen who will be on-site providing a rotating selection of sweet and savory food truck cuisine from local truckers, such as The Chewish Deli, Gemma Gelato, Capital Chicken & Waffles and Bangkok offering mobile ordering. Movie patrons can also bring their own food.

Alexandria Drive-In Movie Line Up:
Saturday, Aug. 29, 2020-- "Jurassic Park"

Saturday, Sept. 5, 2020 -- "Back to the Future"

Saturday, Sept. 12, 2020 -- "Trolls"

Saturday, Sept. 19, 2020 -- "Field of Dreams"

Saturday, Sept. 26, 2020 -- "ET"

Saturday, Oct. 3, 2020 -- "Mamma Mia"

Website: www.AlexandriaDriveIn.com
Cost: \$30 per car/per screening. No refunds. 100% ticket costs goes to two local Alexandria based charities

DRIVE-IN THEATERS

AT WORKHOUSE

The Workhouse Drive-In Movie Theatre is set up with a 40 foot screen on campus and is limited to 75 vehicles at \$30 per vehicle. All tickets will be purchased online and parking location will be on a first-come, first-served basis. Options to purchase a packaged snack box will also be available. Alternatively, movie goers may bring their own snacks or meals purchased from

www.CONNECTIONNEWSPAPERS.COM

local restaurants. Showtime is 9 p.m. and gates open at 8:15 p.m. At 9601 Ox Road, Lorton. Visit the website: www.workhousearts.org.
Thursday, Aug. 27 -- "A League of their Own"

Friday, Aug. 28 -- "Hot Fuzz"

Saturday, Aug. 29 -- "The Dark Crystal"

Sunday, Aug. 30 -- "Moana"

TYSONS CORNER

DRIVE-IN MOVIES

Tyson's Corner Center is hosting Drive-In Movie Nights, in partnership with the Hyatt Regency Tyson's Corner Center, on the second weekend of each month. Located along Fashion Blvd. between Nordstrom and Bloomingdale's, will open for parking, be sure to bring your ticket. Show starts at 8:30 p.m.

Saturday, Sept. 12 -- "Mrs. Doubtfire"

Reserve your spot - space is limited. Reservation and movie details are located at

<https://www.tysonscornercenter.com/Events>

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 Aug. 28: "Sonic the Hedgehog" at 5:15 p.m.

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 Visit www.mosaicdistrict.com.

COLUMBIA PIKE DRIVE-IN

Pull up to the 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. Address: 816 S Walter Reed Dr, Arlington, VA 22204. Visit the website: <https://www.columbia-pike.org/movienights/>
Saturday, Aug. 29 -- "Mary Poppins Returns"

SUMMER

ENTERTAINMENT SERIES

The Fairfax County Park Authority will livestream 25 free summer concert events featuring a mix of nationally known performers and singer-songwriters. These virtual events provide a new way to enjoy great performances from the safety of your home. To view a livestream concert, go to the Fairfax County Park Authority's Summer Entertainment Series main page at www.fairfaxcounty.gov/parks/performances, select the date on the calendar for this performance, and click on the links for the livestream video.

Schedule
Saturday, Aug. 27 -- The End of America, 7:30 p.m.

Saturday, Aug. 27 -- Mount Vernon Nights: Los Texmaniacs, 7:30 p.m.



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County Fire Chief Honored

Fairfax County Fire and Rescue Department (FCFRD) Fire Chief John Butler has been selected as a recipient of the 2020 International Association of Fire Chiefs (IAFC) President's Awards of Recognition.

This award is presented by the IAFC president to honor individuals from the fire service who have contributed in a significant way during the president's term. Chief Butler is being recognized for his commitment to the IAFC, especially focusing on his role as a leader in the fire service promoting diversity and inclusion. Chief Butler is a founding member of the IAFC Diversity Executive Leadership Program (iDELPE), which supports individuals from under-represent-



Fire Chief John Butler

ed identity groups and those interested in creating a diverse workforce to advance into the ranks of leadership in the IAFC and fire

and emergency service leadership at a national level. More recently, Chief Butler has assisted past IAFC President Gary Ludwig develop the IAFC Fire Chief's Equity and Inclusion Council, similar to a program Chief Butler started in the FCFRD. Additionally, Chief Butler was instrumental in serving as an IAFC representative to have open discussions at the national level on race relations.

Chief Ludwig stated "Chief Butler is always gracious to help out, no matter what the topic. He is a leader in the fire service and has helped navigate the open dialogue we have had at the IAFC regarding race relations and our efforts to continually move the fire service forward."

PHOTO COURTESY OF FCFRD

Baking For Social Issues Sprouts in Alexandria

BY MIKE SALMON
THE CONNECTION

Upcoming eighth grader at Mark Twain MS Iris Nijbroek was so affected by the national racial justice issues this summer, she pulled out her recipe book and started cooking to raise funds for the Black Lives Matter movement. This resulted in the creation of the Racial Justice Bake Shop, where there are 11 items on the menu ranging from Key Lime Pie to Banana Bread to raise funds for various civil rights groups.

She has a list of organizations her customers can choose to benefit when they order. In addition to Black Lives Matter, customers can steer the money to SURJ Northern Virginia, Black Youth Project 100, United We Dream or Black Girls Code. Her first order went out on July 10 and in a few weeks, she had raised more than \$1,800 for the cause.

In addition to fundraising, her experience with events this summer have been limited since she is 13 and can't drive. "I have been to some marches," with her mother, she said.

Iris got the idea after hearing about a pastry chef doing a similar thing on National Public Radio, and decided to localize her effort.

Neighborhood Know How

She lives over in the Jefferson Manor neighborhood of Alexandria, and will deliver to houses nearby if requested. The menu includes Zucchini Bread, Key Lime Pie, Chocolate Chip Branana Bread, Brownies, Gluten Free



Iris Nijbroek not only bakes but runs a business all in the name of racial justice.

Chocolate Black Bean Muffins, Dark Chocolate Orange Crackle Cookies, Peanut Butter Buckeyes, Cranberry Raisin Nut Granola, Sour Cream Coffee Cake, Carrot Cake Cupcakes with Cream Cheese Frosting and Dog Treats which she recently added.

"Key Lime Pie is a big crowd pleaser," she said.

"We decided to expand the menu a couple of weeks ago," she said. "All the recipes besides the dog treats are family recipes," she added.

All the cooking began with lessons from her mother, and the rule in their household is that each

member cooks a meal every week. With the bakery in full swing, Iris has been busy but her last dinner was lasagna. "She thinks it's a big life skill, she wants us to be prepared," Iris said.

Iris is a student at Twain Middle School.

The website was her own creation, using the "Google Sites," application.

She knows about all allergies these days, especially nuts, so she has this statement on her website as a warning to those who may be allergic. "All items are made in a kitchen that houses nuts, gluten, citrus, and dairy."

PHOTO CONTRIBUTED

BULLETIN BOARD

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

CINEMARK MOVIES OPENS

With theaters in Fairfax Corner and Centreville, Cinemark Holdings, Inc., is continuing the phased reopening of its U.S. theatres on Friday, Aug. 28. The theatres reopen just in time to welcome this year's newest film, "Unhinged," and the 10th anniversary re-release of "Inception." Releases continue with "The New Mutants" and "The Personal History of David Copperfield" on Aug. 28, and "Tenet" by Christopher Nolan on Sept. 3, with early access screenings beginning Aug. 31. Guests are also invited to enjoy "Comeback Classic" films and their favorite concessions at greatly reduced "Welcome Back" prices, with \$5 tickets for adults and \$3 for children and seniors. Visit www.cinemark.com.

FAIRFAX CONNECTOR RESUMES FULL SERVICE

Fairfax Connector bus system will resume full service on all routes starting Saturday, Aug. 29, 2020, with service enhancements including a new commuter route from the Stringfellow Road Park and Ride to Southwest Washington, D.C., launching simultaneously. Throughout the COVID-19 pandemic, Fairfax Connector maintained approximately 70 percent of its service to ensure customers dependent on transit had access to essential jobs and vital services and could practice social distancing on Fairfax Connector buses.

PARKING DAY

The annual event known as Park(ing) Day will be celebrated in Fairfax City on Friday, Sept. 18, 2020 for the second consecutive year. The parking lot of Fair City Mall at 9650 Main Street will be transformed into an interactive parklet from 11 a.m. to 2 p.m. as businesses, GMU students, and Fairfax City departments collaborate to celebrate people and open space. The event will feature a balloon garden and encourage the community to share their thoughts on their favorite things about Fairfax City. Each idea will be attached to a balloon in the balloon garden so that visitors can read thoughtful messages as they walk through it. In addition to the balloon garden, there will be a performance by the Dewberry School of Music Flute Ensemble of George Mason University's (GMU) College of Visual and Performing Arts, giveaways, and raffle drawings from businesses located at Fair City Mall. To learn more about Fairfax City's Park(ing) Day event visit fairfaxcityconnected.com/parkingday2020.

POLLINATOR GARDEN NAMED FOR MARGARET KINDER

The Fairfax County Park Authority

Board has voted to name a pollinator garden at Lake Accotink Park in honor of lifelong educator, naturalist, gardener and community volunteer Margaret Kinder. At its meeting on July 22, 2020, the Board voted to name the garden the Margaret Kinder Education and Pollinator Garden. Kinder is widely considered a park icon known for her love of parks, especially Lake Accotink Park; and her support for the park and neighboring communities has spanned more than three decades. As a member of the Ravensworth Farms Civic Association Green Thumb Garden Club, Kinder tended the pollinator garden at Lake Accotink Park for years. She could be found in the traffic circle weeding, hoeing and nurturing milkweed during the semi-annual cleanups. She recruited other volunteers, and she instilled enthusiasm as she taught about native plants and invasive species.

FLASHING CHEVRONS INSTALLED

Flashing chevrons aimed at improving safety have been installed along I-95 ramps in Springfield, according to the Virginia Department of Transportation. Several flashing chevrons were added along the ramp from northbound I-95 to northbound Route 123 (Exit 160B) as an innovative way to help guide drivers along the curve, particularly at night. The improvements cost about \$32,000.

FREE ONLINE COMPUTER SCIENCE WORKSHOPS

DMVHacks, founded by Lucy Chen and Anaum Khan, is conducting free online computer science workshops to increase interest in STEM throughout the community. It offers multiple workshops, ranging from basic Scratch (for those who have little to no experience coding) to advanced Web Development (for those who are already familiar with a coding language). They also place a special emphasis on Python and Java. These workshops occur from 3 - 4 p.m. on Wednesdays and Fridays through Zoom. For more details, email Lucy Chen at lchen888@gmail.com or the DMVHacks team at dmvhacksteam@gmail.com.

FRESHFARM MARKETS OPEN

Local FRESHFARM Markets are opened. Residents are encouraged to pre-order as much as possible, but grab-and-go and prepackaged options will be available for purchase at all of the markets listed below.

Saturday Markets
Mosaic, 9 a.m. - 2 p.m. -- 2910 District Ave., Fairfax

COVID-19 TEXT MESSAGES IN SPANISH

As part of its efforts to provide coronavirus-related information and assistance in multiple languages, Fairfax County now provides COVID-19 text alerts in Spanish. To sign up, text FFXCOVIDESP to 888777.

SENIOR LIVING

For Seniors, Love Is Not Cancelled

This region is a prime location for meeting and dating other singles of all ages safely.

BY MARILYN CAMPBELL
THE CONNECTION

Even during the current coronavirus pandemic, the need for healthy human emotions like intimacy has not disappeared, particularly for seniors.

The lack of positive social connections, which is linked to physical and mental illnesses, has increased during COVID. In fact, 43 percent of adults aged 60 or older, report feeling lonely, according to a study by the National Academy of Sciences pandemic, particularly by those who are widowed or divorced.

While seniors are often reluctant to use online dating services, this year's pandemic has made finding meaningful companionship a priority, says Barbie Adler, Founder and President of Selective Search, a matchmaking firm.

"The restrictions and safety precautions put in place by the pandemic has allowed relationships to evolve at a slower pace," Adler said, a pace older people are more likely to be comfortable with. "Our couples are forming strong bonds over Zoom wine tastings, book discussions, sharing past travel mementos and planning future adventures, and venturing out for picnics in the park," she said. "Without overbooked schedules and quick dinner reservations, clients are recognizing their own desire to connect, and are enjoying the process of getting to know someone. The first date-second date-third date playbook is no longer obvious."

"Moving toward intimate connection requires trust, the ability to be vulnerable, and the courage to try something new. However, during a pandemic, these are the very things that we are encouraged not to do," said Carolyn Lorente, Ph.D, a professor of psychology at Northern Virginia Community College, Associate Psychologist at Outpatient Addictions Services in Montgomery County, Md. and a private practitioner.

The need for romantic and even sexual relationships persist during COVID, says therapist and former geriatric nurse Barbara Rubenstein, LCSW-C. "Many people might be surprised to know that 57 percent of adults over the age of 60 are sexually active," she said. "Obviously chronic illnesses, which increase as a person gets older, can affect that figure, but I would say that sex, when practiced safely, will have a positive affect on the mental and possibly physical health of seniors."

Older adults have a higher risk of serious COVID-19 complications, and safety measures are critical. But wearing a mask and maintaining a 6-foot distance is a

likely obstacle to romance at a certain point.

"COVID-19 is not a sexually transmitted disease, [but] it is spread through respiratory droplets when someone with the virus coughs, sneezes or talks," said Dr. Benjamin Schwartz, M.D., Division Director of Epidemiology & Population Health for the Fairfax County Health Department. "It can be spread by touching someone's eyes, nose and mouth."

While researchers at the Mayo Clinic encourage abstinence among seniors who are a greater risk for a serious illness because of pre-existing medical conditions, Lorente believes in creating a healthy balance.

"Many folks, particularly those who live alone and have been practicing physical distancing as encouraged by the CDC, are experiencing feelings of depression, isolation, and cheerlessness," she said. "Sure, staying in your own bubble in your house is the best way to protect yourself from the virus, but the negative impact of [depression and isolation] is real too."

It's possible to maintain a romantic and intimate relationship while also maintaining a safe social distance. "Many of my older clients are also quite comfortable using technology such as Zoom and Facetime to connect too," said Lorente. "I've been doing talks over Zoom where people can attend and meet and are way more intimate than let's say a big lecture hall. Interestingly, we may see a move toward longer courtships in order to build trust, which may be really fun." In fact, those video conferencing platforms allow partners to dress up and go on virtual dates, watch movies or listen to music together. "I have encouraged my clients that physical distancing is not social distancing," said Lorente.

"I have a client in her mid-sixties who lives by herself," Lorente said. "Last session I was checking in with her, worried about possible isolation. She sounded energized." The client had just finished playing a game of bocce ball in the morning with her new friend.

A 67-year-old widower who lives in Old Town, met a woman who is divorced and 65. They met on eHarmony, getting together before COVID. Both were looking for someone their own age who was healthy, active, attractive and interested in a relationship. They hike and bike together in Rock Creek Park and Great Falls.

They traveled together until COVID, and were supposed to go to Italy this summer. They've been together for a year and divide their time between her place and his, but they do stay together during COVID-19. They say that they couldn't imagine being alone and socially isolated during this period.

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Groundbreaking in Lorton

FROM PAGE 2

beyond includes two additional multipurpose spaces, exercise area, a large gymnasium, pantry, lab, a sensitivity room for children with sensory issues, and an art room, with such amenities as a kiln and 3-D printer. The new senior center will replace use of leased space now located at Gunston Plaza. The community center will be the new home for LCAC's Murphy House and trailer operations previously located on the site. LCAC serves residents in Fort Belvoir, Lorton and Newington, helping with basic needs: food, clothing, emergency rent and utilities. They provide educational opportunities, including tutoring, English as Second Language (ESL) classes, resume writing, budgeting, and nutrition. The project also includes upgrades to the existing adjacent park, adding playground and fitness equipment, walking trails, and an environmentally conscious rain garden, designed with native plants and bird friendly. Parking will be expanded to accommodate the site's increased functionality and use.

In her remarks, Linda Patterson, Executive Director, LCAC, quoted community members speaking about what the new center would mean to them. Erik Robles, "... gives people a safe space to do productive things and interact with each other in a comfortable environment." Rod Myers, "... Beyond the bricks and

mortar, this building will be transformed by the energy and passion of the people who visit - staff, volunteers, parents, children, seniors and youth."

THE PROJECT was made possible by voters' November 2016 approval of a \$85 million bond, shepherded to passage by former County Supervisor Gerry Hyland, for construction of two new community centers. Funding was approved in Fall 2019 for the library renovation and expansion. Combining the two projects for a cost of \$27 million, saved approximately \$1 million in construction costs. The project is targeted for completion in Spring 2022, with earlier phased availability of park amenities.



PHOTO BY SUSAN LAUME/THE CONNECTION

Lorton community members join officials in commemorating the start of the new Lorton Community Center and Library project.

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-Werner Heisenberg

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THE CONNECTION
NEWSPAPERS

Highlights of Public Comments

FROM PAGE 3

The following is a sampling of records held and released upon request by the Office of the Chair of the Fairfax County Library Board regarding Trustee Rosenthal's views.

Jonathan Whetler:

Why don't we promote white lives matter? Throw a stone at any shelf in the library and you'll find books and movies about white Americans. Why don't we have non-"rain-bow" books? Point to a random shelf and you'll find books about heterosexual characters. The numbers of these far outweigh any other titles that have more diverse characters, plots, settings, and themes. He's not only thoroughly misunderstanding the zeitgeist of the nation, he is adamantly clinging to a racist, homophobic, entitled, privileged perspective that is not only outdated, ignorant, and cruel, but also dangerous.

Kathy Smerke, Fairfax:

I personally have been very pleased that the library has provided recommendations for resources to put on hold for all ages during these tumultuous times in our country, and I applaud the library for intentionally putting diverse voices on display. I am particularly concerned with Mr. Rosenthal's request to display books on "both sides of these issues" as I would certainly be appalled to log into the library homepage to find white pride literature, conversion therapy information or literature advocating a return to pre-Civil Rights era treatment of black people in this country.

Ian Hochberg:

Phillip Rosenthal's remarks about not being racist because he has employed black people were dangerous. His further desire to represent "both sides" on race issues is inaccurate and a form of "gatekeeping" by empowered white people. There are not "two sides" to anti-racism... In a county in which 50.1 percent of its residents are white, meaning almost half are BIPOC (black, indigenous, people of color), it is even more necessary that literature represent and affirm BIPOC. I find it alarming that the composition of the library board of trustees is overwhelmingly white. I recommend that the board make diversity of composition its number one priority and that it seek training

on anti-racism and unconscious bias.

Eileen Evon:

Although the library has an established mechanism for patron concerns about the library collection, Mr. Rosenthal chose to use this public meeting as a platform to air what appeared to be his personal grievances. Mr. Rosenthal's statements contradicted Library policies, and disparaged the needs and concerns of the community he was appointed to serve. Because he asserted these remarks represent his opinion "as a Trustee," the Board and the County should officially address Mr. Rosenthal's public statement. Furthermore, all Trustees should be required to review the Library's governing policies, and examine their commitment to them... Trustees represent the interests of Fairfax County citizens as a whole. If Mr. Rosenthal feels his personal beliefs conflict with the inclusive values of the Library, he may wish to resign, or Mr. Herrity may want to reconsider his appointment. As a private citizen and patron, Mr. Rosenthal will always be free to check out and explore the books and materials which best match his personal preferences. The library is for him, as much as it is for every other person in Fairfax County.

David Pimentel, Fairfax:

I ask that you consider initiating two motions at the next Board meeting: (1) Amend the Board's Policy Regarding Selection Of Materials, section 5, to explicitly clarify "Different viewpoints on controversial issues may be acquired AND PROMOTED..."(2) Vote of "No Confidence" in Rosenthal serving as a member of the Board. No literate American (in 2020!) should be unfamiliar with the concrete realities of systemic racism and other forms of structural oppression. The fact that Mr. Rosenthal objects to the library highlighting these important societal problems is truly appalling.

dmpimentel@gmail.com
Sujatha Hampton @SujathaHampton tweeted:

"This man doesn't understand what libraries are about. And he doesn't seem to understand what books are for. If he read any of the books on the list he's waving around, he would learn all the answers to the questions he's asking. @FairfaxNAACP I think it's time to organize."

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The Doggone Truth



By KENNETH B. LOURIE

I don't remember much substance from my freshmen-level, psychology 100 class at the University of Maryland in 1972 except that the lecture hall sat approximately 600 students, tests were graded on a bell curve (with which I was totally unfamiliar), the professor always wore black leather pants, and he brought his dog to every lecture. Sitting as far away as I did (my choice), I can't even tell you what kind of dog was at the end of his leash. Content-wise, I remember Pavlov's dog, B.F. Skinner, behavior modification and conditioned reflex (something to do with saliva). And that's about it. Oh, and I received a "D," my first-ever below-"C" grade. Still, it is my first-ever memory of classes while attending college. As such, it has stuck with me for years. As has predictable behavior.

What I am referring to is how I can be predicted to behave after my wife, Dina, doles out my daily Nestles Crunch bar allotment. As you regular readers may recall, due to the pandemic and my status as a primary Covid risk: over age 65, lung disease and compromised immune system (the trifecta of trouble), I am not allowed to go to the grocery store, pharmacy or wholesale outlets and mix with the masses and risk exposure. What this means is that, for the first time in 40 or so years, I am not doing the in-store shopping. My wife, Dina is. Moreover, she is ordering our food on-line, rather than risking her own exposure - and mine indirectly, by shopping in store since it's unlikely we'll be social-distancing once she's back at home. Ergo, she is in control of the food, from it's initial order to its ultimate put-away at home. As a result, either I'm not getting what I crave/need, or I'm getting it with strict controls. Controls which involve some of my requirements (chocolate) being out of site, but unfortunately not out of my mind, and then having Dina distributing it very judiciously - and not according to my demands either. Particularly so for the candy. Dina is hiding it - in plain sight, she claims, for weeks now, and try as I most definitely have, I can't seem to find it.

Now back to Pavlov and Skinner and the dog. Every day, in the morning, before I get up and walk downstairs to the kitchen to begin my morning pill routine, Dina will have placed two Nestles' Crunch fun-size bars in an empty candy dish in the dining room, same time, same place as the day before. So I know where and when to look and I do every day. To invoke these famous psychologists, a conditioned response has been created. I have anticipated her behavior and accordingly I walk into the dining room and reach for these two Nestles Crunch bars. My behavior has become absolutely predictable. Moreover within a minute or so of finding them (more like 10 seconds), I will have unwrapped and eaten them - without fail. My reaction is as reliable/instinctive almost as if I were hit on the front of my knee with a mallet. Just as the knee reflexively jerks forward, so does my mouth pop open ("Oh boy") in anticipation and confirmation of the candy allocation.

However, this has not been any kind of controlled experiment. Dina is not learning anything about my behavior that she hasn't witnessed first hand dating back to 1978. She's not portioning out these hidden treats to see how I'll react. She knows. If I don't get my candy, I'll fuss about it (that's a polite description of my reaction). Rather she is attempting to manage my behavior/chocolate consumption (even though to quote my brother, Richard: "The weight looks good on me") because I'm pre-diabetic and have already been diagnosed with two types of cancer: non small cell lung cancer and papillary thyroid, both stage IV - in a pandemic, no less, and in consideration of the fact that it's unhealthy for me to maintain my present pace.

Dina may not be able to exactly set her watch by my appearance in the dining room, but she certainly knows it's only a matter of time before I'll grab the bars; time she hopes she's helping to guarantee that I'll have after the candy has been eaten.

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

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