



At Huntington Avenue, the turn lanes create one more thing for the pedestrian to consider when crossing.



Vehicles coming off I-495 create more congestion at the first light on southbound Richmond Highway.

PHOTOS AND MAP BY MIKE SALMON/THE CONNECTION

Pedestrian Deaths Continue to Mount on Richmond Highway

Intersection improvements can barely keep up with the traffic.

BY MIKE SALMON
THE CONNECTION

A pedestrian was killed last week in a part of Richmond Highway just south of Hunting Creek in an area that has traffic coming in from the Capital Beltway, and several secondary roads intersecting, and is short on pedestrian-friendly crossings.

According to Fairfax County police, a 78-year-old man died as a result of injuries from being struck by a car on Wednesday, Sept. 9 around 10 p.m. Detectives from the Fairfax County Police Department Crash Reconstruction Unit have preliminarily determined that James Spack, of Alexandria, was crossing the road in the area of the 5900 block of Richmond Highway. The driv-

er of a 2012 Hyundai Veloster was traveling northbound on Richmond Highway when he struck Spack. The driver remained on the scene and is cooperating with detectives. Spack was taken to a local hospital where he died from his injuries. Preliminarily, speed and alcohol do not appear to be factors for the driver, according to police. The investigation is ongoing.

This is the 12th pedestrian fatality in the county to date in 2020.

There are several parts of Richmond Highway that have been improved for pedestrian safety, but this part of the corridor, which has several turn lanes, merging areas and traffic signals, not much has been done for pedestrian safety. The roadway here can be a daunting eight lanes to cross, plus the median.

The Richmond Highway corridor will be impacted in the future by the “Embark,” project, but this particular strand of roadway is just outside of the project limits.

Embark Richmond Highway is a plan that is slowly coming together to provide multi-modal transportation solutions and create opportunities for economic development in the Richmond Highway Corridor. Multi-modal means a transportation system that is inviting for pedestrians, bicyclists, transit users, and drivers by including separate bicycle and pedestrian accommodations on both sides of the roadway, project information stated.

The Embark plan includes six business areas, and while the area where James Spack was killed is near the “North Gateway,” business area, identified as part of Embark, it is

just outside the project scope.

VDOT Study Says

Pedestrian fatalities in Virginia have increased, according to the Virginia Department of Transportation 2017 Pedestrian Crash Assessment. In response to the continuing increase in pedestrian fatality rates, the VDOT Traffic Engineering Division completed an inaugural statewide Pedestrian Safety Action Plan (PSAP) in early 2018. Of the three troubled areas in Northern Virginia that VDOT listed as “hot spots” on the action plan, the one spot listed in Fairfax County was Richmond Highway. This plan considers ways to improve pedestrian safety, and ultimately reduce pedestrian fatalities throughout the Commonwealth. VDOT

SEE PEDESTRIAN DEATHS, PAGE 7

Opening Date for New Army Museum Still At Large

With the pandemic still impacting the area, museum crowds need to be avoided.

BY MIKE SALMON
THE CONNECTION

At 5 p.m. every weekday evening, officials retire the flag at the National Museum of the U.S. Army at Fort Belvoir. The museum has not yet opened due to the pandemic, but there is still staff on duty there, face masks in place. The flag goes up in the morning and down at sunset, just like hundreds of other flags at military installations across the country.

On April 16, the U.S. Army

postponed the museum’s public opening, which was originally scheduled for June 4, 2020. Due to the COVID-19 pandemic, some of the exhibit gallery finishing work was suspended, impacting the project timeline. Currently, there are a few staff members still on duty, finishing up the final touches until the grand opening, which is coming soon, but a date has not been set yet.

According to museum communications official Dan Gregory, the official announcement for the big day may be coming soon, but this decision has not been made yet. “Some

essential Museum and Foundation staff and contractors who can perform their work safely are working on site to continue progress on the Museum,” he said.

The Museum will open when the conditions can ensure the health and safety of Museum visitors and staff, and the Museum is ready to begin daily operations, read the museum website. www.thenmusa.org

The large facility for the National Museum of the U.S. Army is right off the Fairfax County Parkway on the west end of Fort Belvoir.



PHOTO BY MIKE SALMON/THE CONNECTION

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NEWS



Belle View shopping center has a post office, grocery store, florist and restaurants, good for this community, they say.



Neighbors chat it up at the community gathering place.

PHOTOS BY MIKE SALMON/THE CONNECTION

Plans Nixed for an Updated Belle View Shopping Center

Proposal for mixed use redevelopment is withdrawn.

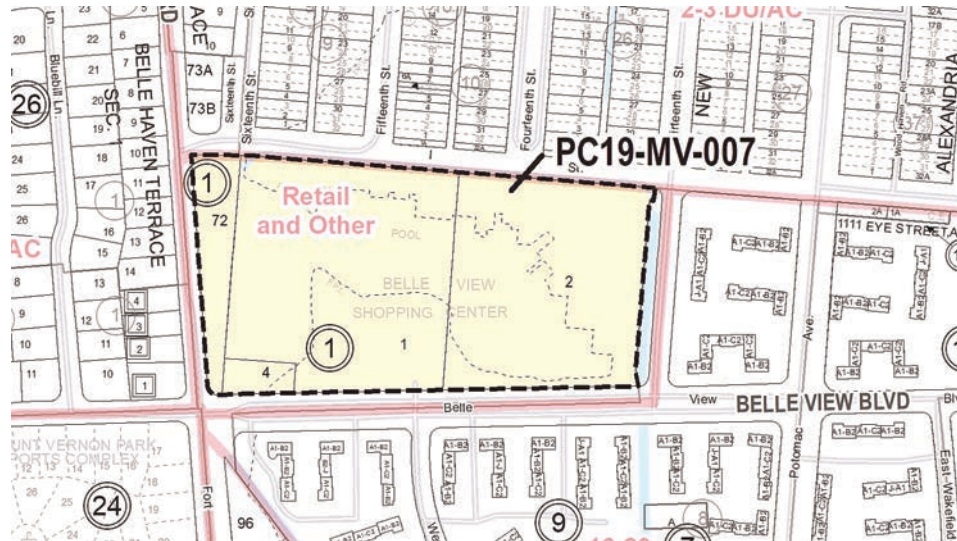
BY MIKE SALMON
THE CONNECTION

When a proposal to renovate the Belle View Shopping Center came up earlier this year, builders wanted a mixed-use development consisting of retail, office, and midrise multifamily residential uses with a maximum building height of 5 stories, totaling 837,872 to 1,047,340 square feet.

After getting a healthy dose of push back from area residents and officials, the developer reconsidered. Residents cited traffic, sewage, flooding and wildlife for reasons for not moving forward with the redevelopment plan.

But on Monday, Sept. 15, David Gill, land use attorney for the project, sent a letter to planners withdrawing proposals to redevelop.

"After careful thought, we have deter-



Plan withdrawn.

mined not to further pursue the SSPA [redevelopment plan] at this time. Given COVID and the recovery from the recent fire, we are focused on ensuring that the shopping center and our tenants are able to recover as soon as possible. Our focus on these efforts, and, frankly, the feedback from both Staff

and the Community, made us realize that continuing to pursue the SSPA at this time does not make sense," Gill wrote.

Supervisor Dan Storck (D-Mount Vernon) looks at the process as a good opportunity for the community to weigh in so any proposals will be a better fit for everyone, and

after hearing the concerns, this was not the right proposal at this time, he said.

"I appreciate Belle View management for recognizing staff and community concerns and withdrawing the proposal. I also appreciate all the residents who took the time to engage in this public process and advocate for their neighborhood," said Storck.

The revised plan, known as PC19-MV-007 "is not recommended to be added to the Comprehensive Plan Amendment Work Program. The revised nomination remains problematic when evaluated against Plan goals regarding neighborhood compatibility, buffering, and transitions to the surrounding suburban neighborhood, as well as goals seeking to achieve environmental benefits," the addendum read, dated September 8, 2020.

"The retail environment continues to evolve and the Belle View shopping center owners want to meet the needs of their businesses as well as the needs of the surrounding community," said Holly Hicks Dougherty, Executive Director at the Mount Vernon Lee Chamber of Commerce who is one of the 13 members on the Mount Vernon SSPA Task Force.

BULLETIN BOARD

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

THURSDAY/SEPT. 17

Fall Garden Tour & Tea. 1-3 p.m. At Green Spring Gardens, Alexandria. (Adult) Tour the lush demonstration gardens with a master gardener docent who will inspire you with stories of Green Spring past and present and highlight the standout

plants of fall. Afterwards, enjoy a delicious English afternoon tea in the 1784 Historic House. \$36 per person. Call Green Spring Gardens at 703-642-5173.

SATURDAY/SEPT. 19

Floral Design Workshop: Autumn Beauty. 1-2:30 p.m. At Green Spring Gardens, Alexandria. (16-Adult) Enjoy autumn's rich colors and textures by bringing them into your home. Learn step-by-step how to create a unique, take-home floral design that celebrates the season with the help of profes-

sional floral designer Betty Ann Galway. Learn tips and tricks of the trade to practice on your own designs at home. \$39 per person (plus a \$30 supply fee). Register online at www.fairfaxcounty.gov/parks/parktakes (code BA9.A17E) or call Green Spring Gardens at 703-642-5173.

TUESDAY/SEPT. 22

Car Free Day will be celebrated locally on Tuesday, Sept. 22. Commuters are encouraged to telework, bike, walk/run, carpool/vanpool (Car-Lite), scooter, or use public

transit. Take the pledge, even if you're already car free. Due to the Coronavirus pandemic, residents taking the Car Free Day pledge are encouraged to review and follow the region's "Commute with Confidence" guidelines in a safe and healthy manner.

FRIDAY/OCT. 2

Now through Sept. 30, applications are being accepted for the Spring 2021 semester for the Hope For The Warriors Military Spouse and Caregiver Scholarship program. Since 2006, Hope For The Warriors has award-

ed Military Spouse and Caregiver Scholarships twice a year. The program recognizes and rewards post-9/11 spouses and caregivers for their strength, fidelity and resolve despite adversity as they assume critical roles in the financial well-being of their families. Scholarships vary from \$1,500 to \$2,500 and applied toward higher education at an U.S. accredited university, college or trade school. To receive an application to apply for the Spring 2021 semester, visit hopeforthewarriors.org and apply for services.

Special Session at 'Crossover'

BY DEL. PAUL KRIZEK

As of this week, it is safe to say that we are at the unofficial halfway point or "crossover" period of this action-packed and historic special session. As a reminder, crossover occurs during each year's regular session, and it is the point in time in which bills from the House must "cross over" to the Senate for consideration by that body, and vice-versa. Although, since there is no set end-date for this special session there is no officially scheduled midpoint, or "crossover". Essentially though, this is our current status—a virtual crossover. This week, the Senate holds their committee meetings to discuss the bills we passed in the House, and we will do the same for those Senate bills arriving to our House committees.

Most significantly, we are working hard on amending the Commonwealth's revised biennial budget in the Appropriations Committee due to the reforecasting necessary because of the economic crisis caused by the pandemic, with hearings and debate on each member's most critical amendments they put forward for consideration. A draft of this budget should be ready for presentation to the General Assembly in the coming days.

In the beginning of this special session we laid out our agenda

to provide impactful COVID-19 relief for the Commonwealth and implement necessary criminal justice and police reform. I can say confidently that we are well on our way to achieving these goals. We passed 39 bills through the House that will soon be taken up by the Senate, with the one election legislation that passed both chambers and already is signed into law by Governor Northam. I've listed many of these very important measures below along with their chief patron.

COVID-19 Relief

HB 5028 (Jones) Establishes a presumption of workers' compensation eligibility for first responders, teachers, and other high-risk essential workers who die or become disabled due to COVID-19.

HB 5048 (Sickles) Mandates transparency requirements for congregate-care facilities during a public health emergency.

HB 5050 (Helmer) Authorizes the Governor, during a declared state of emergency due to a communicable disease of public health threat, to purchase and distribute PPE to private, nongovernmental entities.

HB 5064 (Price) Provides rent payment plan opportunities for tenants negatively impacted by COVID-19.



HB 5068 (Ayala) Prohibits garnishments for stimulus relief checks.

HB 5106 (Cole) Protects the credit of tenants negatively impacted by COVID-19.

HB 5113 (Roem) Ensures local school board participation in the federal Community

Eligibility Provision (CEP) no-cost breakfast and lunch program.

HB 5115 (Price) Protects housing security for individuals and families negatively impacted by COVID-19.

HB 5116 (Guzman) Requires businesses with over 25 employees to provide paid quarantine leave for their workers.

Police and Criminal Justice Reform

HB 5013 (Bourne) Eliminates qualified immunity for law enforcement officers.

HB 5043 (Bourne) Creates a statewide Marcus Alert system to ensure the presence of mental health professionals for calls related to mental health crises and wellness checks.

HB 5045 (Delaney) Bans sexual relations between officers and arrestees.

HB 5049 (Helmer) Demilitarizes police departments by prohibiting the acquisition and use of certain weapons by law enforcement agencies.

HB 5058 (Hope) Eliminates certain pretextual police stops.

HB 5099 (Aird) Prohibits no-knock search warrants.

HB 5112 (Levine) Mandates the duty of one officer to report the misconduct of another officer.

HB 5146 (Herring) Reforms Virginia's laws related to automatic expungement of police and court records.

HB 5148 (Scott) Increases earned sentence credits for prisoners.

HB 5029 (McQuinn) Mandates the duty of one police officer to intervene to stop the use of excessive force by another officer.

HB 5051 (Simon) Requires the decertification of a law enforcement officer who is terminated or resigns for violation of the law, violation of departmental policies or procedures, or during an internal investigation.

HB 5069 (Carroll Foy) Bans the use of neck restraints by law enforcement.

HB 5098 (Askew) Expands the definition of hate crimes to include false 911 calls or reports to law enforcement against another person made on the basis of race, religious conviction, gender, disability, gender identity, sexual orientation, color, or national origin.

HB 5104 (Price) Strengthens the assessments and review of prior law-enforcement employment re-

SEE SPECIAL SESSION, PAGE 5

Facilitating Voting, Adjusting the Budget and Tackling Criminal Justice

BY SEN. SCOTT SUROVELL

Over the last month, the Virginia General Assembly has been in what's called a "special session" to address voting in the forthcoming election, the budget and criminal justice. We have been juggling our jobs, families and other responsibilities to serve the public in this historic session.

The legislature had to revisit the state budget because the covid-19 pandemic has seriously impacted the budget we approved in February 2020. Revenues have stabilized somewhat and the state has received some federal assistance. Our money committees are now reconciling the ideas from both chambers to cut about \$2 billion from the budget. Both chambers are prioritizing secondary school and healthcare spending in light of this crisis, priorities that I support.

Making Voting Easier

For the November 3 election, we

made several changes which Governor Ralph Northam has signed into law. First, we authorized early voting drop boxes at the early voting polls and at the November 3 polls for people to return paper, absentee ballots. Second, we appropriated funds to pre-pay each absentee ballot return envelope. Third, we created a process for voters to cure or complete their absentee ballot if the registrar finds that the voter failed to include all required information on the return envelope.

Criminal Justice Reform

The Senate has passed significant criminal justice reform measures. The Senate police reform legislation would revamp the process to train and decertify police officers. All new Virginia officers will have state-mandated minimum training and officers will no longer be allowed to terminate



decertification proceedings through resignation. Law enforcement agencies will be required to share records with new employers so that misconduct cannot be covered up. We are expanding the reasons for decertifying law enforcement officers, adding five new categories of misconduct, including improper use of force.

Our bill will put into law use-of-force standards, including bans on chokeholds and shooting into moving motor vehicles, requiring warnings before using deadly force, requiring de-escalation and stipulating use of deadly force as a last resort. These new rules could also be used to challenge an officer's assertion of qualified immunity in a civil case.

The Senate has passed bills to reduce opportunities for racial profiling and prohibit searches of people or vehicles based solely upon an odor of marijuana. Now that

the legislature decriminalized marijuana, criminal searches should not be undertaken solely because of an allegation of an odor, a situation that is impossible to challenge in court.

The Senate approved my bill to

SEE FACILITATION, PAGE 6

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LETTER

8th Congressional District Candidate Forum

The League of Women Voters of the Fairfax Area invites you to join its U.S. House of Representatives - Virginia 8th District Candidate Forum, to be held online on Wednesday, Sept. 23 from 7:00 to 8:30 p.m. The candidates certified for the Nov. 3 general election are U.S. Rep. Donald S. Beyer Jr. (D); and Jeff A. Jordan (R).

This event is free and open to the public. Register at: https://us02web.zoom.us/join/register/WN_n2O-kz-GTX6TUY7y_zT-SiQ

Questions addressed to both candidates should be submitted in advance at: <https://forms.gle/h7jbiNn4y1aTadjv7>

League of Women Voters' Candidate Forums are nonpartisan. The League never supports or opposes any party or candidate. We invite all certified candidates competing for office in their respective districts.

Please direct any questions about the event to: pr@lwv-fairfax.org

The League of Women Voters of the Fairfax Area is a non-partisan political organization that encourages informed and active participation in government, and works to increase understanding of major public policy issues.

Special Session

FROM PAGE 4

cords required before hiring law enforcement officers.

HB 5109 (Hope) Standardizes and enhances training by criminal justice academies and establishes required in-service training standards for law enforcement officers.

Finally, HB 5103 introduced by Delegate Sickles, passed through the House, establishing absentee ballot drop-off locations, supporting pre-paid postage for absentee ballots, and making it safer to vote by mail-in absentee ballot. Its companion bill, SB 5120 (Howell), passed both bodies and is already signed by Governor Northam into law. As we approach this critical election, where more people than ever will request to vote absentee, it is important to continue to ensure that voting is accessible and safe to all citizens, and that voters can trust in the integrity of our elections.

As a reminder, absentee voting for the November 3rd election begins this Friday, Sept. 18. In-person absentee voting will begin then at the Fairfax County Government Center, and those who have

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OPINION



Callen Shirley (left), Grant Berge (middle), Elias Comeaux (right)

Good Deeds in Difficult Times

On August 22, while on my morning dog walk along Paul Spring Creek, I came upon a group of enthusiastic scouts from Trail Life Group VA-1115 splashing about as they removed several hundred pounds of trash from Paul Spring Creek in Hollin Hills.

The project, initiated by 11-year-old Armstrong "Army" Robertson as a ser-

vice project for his Timberline Award, included a couple of dads as well. Lots of wet socks, but even more joy and laughter as they tackled the constantly increasing trash that fills our streams and pollutes the Potomac.

Kudos to the Trail Life Group!

Mary Tracy
Hollin Hills

Facilitating Voting

FROM PAGE 4

reform the current law that addresses assault on a law enforcement officer. My bill eliminates the mandatory minimum, six-month sentence, requires an investigation of incidents by an independent police officer, requires a prosecutor to approve charges and gives a judge or jury the option of convicting someone of a misdemeanor if the defendant has slight culpability and there is either no bodily injury or the defendant has either diminished mental capacity or pervasive intellectual disability.

On a 30 to 6 vote, the Senate also passed my bills to restore prosecutors' discretion to drop charges or enter plea deals that involve rehabilitation, mental health treatment and either reduced charges or dismissal. I expect the Senate to pass a bill this week to enhance civilian review boards' powers and to set up standards for mental health emergency response teams.

Last week, the Senate debated creating a new state lawsuit for police violations of any provision of the U.S. Constitution, the Constitution of Virginia or any provision of state or federal law. The sponsors referred to it as "repealing qualified immunity," but it was in-fact much broader than that and would have constituted a massive and unpredictable expansion of liability for local governments. We will continue to work on this legislation.

I and many of my colleagues want to increase opportunities to hold law enforcement misconduct accountable in civil courts. We will work with the House to arrive at a targeted approach in the 2021 session.

We expect this special session to conclude in the next three weeks. If you have any feedback, please email me at scott@scottsuovell.org.

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News

Restaurant Worker Wins \$1 Million

Restaurant workers, among many others, have been facing economic hardships since the start of the COVID-19 pandemic, but one restaurant worker, Nelson Lopez Rivera, is now the winner of \$1 million from the Virginia Lottery.

Mr. Rivera went to Sai Express at 8178 Richmond Highway in Alexandria to buy food and decided to buy two 20X the Money tickets. He said, "Something called me to come buy this ticket." While the first ticket wasn't a winner, the second one surprised him. He initially thought it was a \$1,000 winner, but when he uncovered the additional zeros, the Fort Washington, Maryland, man realized he'd just scratched to win the game's \$1 million top prize.

Mr. Rivera is the third top prize

winner in the latest version of 20X the Money (game #1998); that means one top prize remains unclaimed. The game features prizes ranging from \$10 up to \$1 million. The chances of winning the top prize are 1 in 1,224,000. The chances of winning any prize in this game are 1 in 3.51.

He had the choice of taking the full \$1 million prize over 30 years or a one-time cash option of \$601,685 before taxes. He chose the cash option. The store receives a \$10,000 bonus from the Virginia Lottery for selling the winning ticket. Mr. Rivera said he plans to take some time to think about what he wants to do with his winnings.

Authorized by Virginia voters in 1987 referendum, the Virginia Lottery generates more than \$1.7 million per day for Virginia.

Pedestrian Deaths Continue

FROM PAGE 1

reported that crossings at "mid block," where there is no light or intersection is a greater risk than crossings at intersections without a marked crosswalk, followed by intersections without a traffic signal.

VDOT uses the PSAP to prioritize corridors for select safety enhancements, based on available funding, like intersection improvements, in collaboration with localities, said VDOT spokesperson Jenni McCord.

In 2020, there have been dozens of pedestrian crashes including 12 fatalities in Fairfax County.

Fairfax County reports that there are nearly 4,000 miles of roads in the county, and that many are now being re-engineered to be more pedestrian friendly.

Pedestrians are one of the most at-risk groups of roadway users,

according to the National Highway Traffic Safety Administration. While pedestrians account for only 3 percent of all Americans involved in traffic crashes, they represent 14 percent of all traffic fatalities. Pedestrian collisions often occur at intersections and crosswalks, where foot traffic and roadway traffic meet and interact, and vehicle speed is another primary risk factor, according to the NHTSA. The faster a vehicle is travelling, the more likely a pedestrian will be seriously injured or killed in a collision. Nationally, pedestrian deaths in the U.S. hit their highest levels in the past 30 years in 2019, at 6,590 deaths.

Anyone with information about this fatal crash is asked to contact the police Crash Reconstruction Unit at 703-280-0543.

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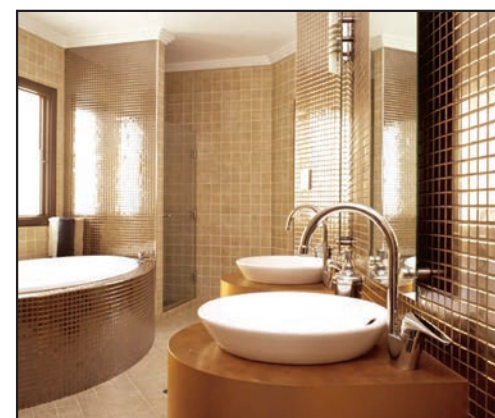
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Safe Spaces for Productive Racial Discussions

Components that should be included in effective forums.

BY MARILYN CAMPBELL
GAZETTE PACKET

As symbols of racial tension and injustice seemed ubiquitous this summer, a group of parishioners at St. Paul's Episcopal Church in Alexandria began meeting virtually to engage in dialogues about the thorny issue of race. They began watching documentaries and reading lengthy passages on racial history in advance of their discussions. At one point this summer, members of the predominantly white and wealthy parish joined the Prayer Walk for Peace & Justice sponsored by Alfred Street Baptist Church, an African American congregation also located in Alexandria.

"It has been incredible ... but our people are so willing to spend time on it, and hungry not only to learn more but to be part of supporting real change in our society," said Reverend Elizabeth Rees, Senior Associate Rector at St. Paul's Episcopal Church. "We're using the Sacred Ground curriculum. Over the past months, we have heard parishioners talking about their eyes opening to their white privilege and their struggles to use that privilege to open their worlds up to different people and different voices."

From social media and the workplace to classrooms and places of worship, buzzwords like white privilege and micro-aggression and discussions around race were important after a summer of racial unrest. While open and honest conversations can improve race relations, researchers say that workshops, classes and group discussions and those who are establishing forums or simply seeking them must include certain basic components such as education and self-reflection in order to lead to enhanced racial harmony and decrease the chance of members gaining misunderstanding, antagonism and defensiveness.

"For me the most important aspect of teaching about race is to foster a conversation that is self-referential," said Anita Chari, Ph.D., cofounder of 'Embodying Your Curriculum', a course that teaches educators how to navigate racism and social injustice. "I think that when we delve into issues of race, which can be highly charged, we need to begin from a basis of introspection and looking at each individual's own racial formation, and move from there."

As with the structure of the program of study at St. Paul's, a review of the past ra-

cial occurrences should be included in effective discussion about race, advises Chari. "I think understanding the nuances of racial history is one of the most fundamental aspects of coming to greater reconciliation and understanding about race within American society," she said. "This involves teaching students not only about the broader view of race in American history, for example ... the evolution of racial discourse through the brutal practice of chattel slavery, as well as the very local histories of race that inform the present."

Gatherings that encourage empathy and a deep understanding of other points of view can break down racial barriers on the road to racial justice, says David Trigaux, director of programs and fundraising, Washington Urban Debate League, an organization that creates debate teams for young adults and older students in Montgomery County and others parts of the Washington region. "Students prepare for debates by reading and trying to understand both sides of an argument," he said. "This process forces you to see an issue from the perspective of someone whose view is the opposite of your own. Any experience that forces you to be intellectually aware of another point of view and to walk in another person's shoes, causes empathy and brings people together in a way that can spur social awareness and awakening."

The topic for the league's current season is the criminal justice system, says Trigaux. "We get to think about the fact that some people might see a police officer as helpful while another person might see them as a threat," he said. "Switching sides forces you to think about where someone else is coming from."

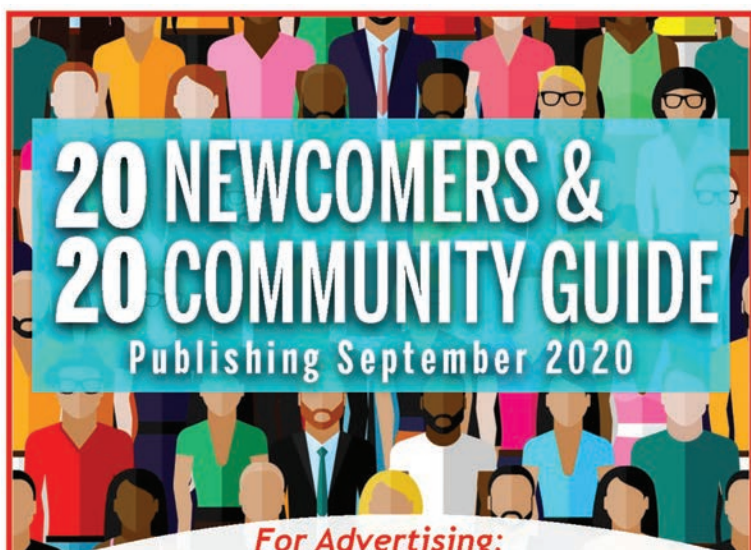
Because of the controversial nature of discussions around race and the fear of being misunderstood or criticized, some might opt for silence, says Rees. "People in my generation and community were taught to be colorblind when we were children," said Rees. "We didn't consider ourselves racist, but we didn't talk about race because we didn't want to offend."

The goal now, says Rees, is to be color conscious. "Some might say 'this doesn't have anything to do with me because I'm not racist,' she said. "That's part of the problem. Racism and injustice is a community sin. Until we realize that we're part of the system that affects other people and unless we're addressing it, we're part of the problem."

Due to its popularity, Rees says that St. Paul's is planning for a second phase of the forum, which is open to anyone and not limited to parishioners. "We will learn more particularly about racial injustice in Alexandria and Virginia and think about what injustice and antiracism might look like for us as a parish," she said. "It seems like we'll be spreading this learning and these ground-shaking conversations further into the parish."

I am so glad to be doing this work, and so thrilled the parish is behind it, and eager to see where it leads us."

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Glory Days Grill is a sports themed family-friendly American grill and bar that combines an award-winning menu of freshly prepared appetizers, entrees and sandwiches with entertainment that appeals to all ages.

Dining rooms are open with occupied booths and tables spaced for social distancing. The patios are popular with diners and "to-go" orders may be placed online at <https://glorydaysgrill.olo.com/> where customers can see daily specials or seasonal menus, like the special Oktoberfest menu items.

Each restaurant has an abundance of televisions to watch the big game, news, cartoons or just about anything that's available for watching, along with the latest interactive games. Glory Days Grill

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Lorton, VA 22079
www.glorydaysgrill.com
Hours of Operation: 11am - 10pm
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Friendly staff greet customers at the Alexandria Glory Days Grill. Right to left, manager Wilmy De Jesus, Breyana Smith-Harper, Katy Avila, and Sabrina Bullard.

offers a full bar, "to-go" services, catering and banquet/party facilities.

The name "Glory Days Grill" originated from the concept of the "glory days" or "good ol' days" of sports and famous moments in sports history. This is reflected both in the sports-themed memorabilia in the restaurants, as well

as the large-scale photography of "glory moments" on the walls.

When Glory Days Grill was conceived, the founders were soccer moms and football dads like many parents today, and they relished watching their own children play local sports, win trophies, and break records.

SEE GLORY DAYS, PAGE 10

Legals

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7-Eleven Inc and Vaada LLC trading as 7-Eleven 35539B, 7849 Richmond Highway, Alexandria, VA 22306, Fairfax County. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a wine and beer off premise license to sell or manufacture alcoholic beverages. David Seltzer, VP, 7-Eleven Inc and Annu Gulati, Manager Member, Vaada LLC. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

And So It Begins

By KENNETH B. LOURIE



Eleven years, six months and two weeks, approximately, after being diagnosed with "terminal" cancer: stage IV non small cell lung cancer, I have begun my treatment for stage IV papillary thyroid cancer. I'll be taking three pills a day, all at once, same time every day. The list of possible side effects are as long and scary as it presumably gets (blood clots, arrhythmia, to highlight just a few). I doubt its bluster. Likely somewhere between it depends and probably. Every patient is different of course so what happens next - to me, can only be forewarned. It cannot be foretold - with any kind of certainty, that is.

What I've read about these straight-on effects so far is somewhere along the lines of the cancer untreated would be worse so pick your poison, I suppose. I didn't exactly pick, but the poison - euphemistically speaking

if not literally, which has been prescribed, arrived by mail at my home as of 1:30 this afternoon and I see no reason to wait. Gulp. Let us go forth in hope because there are no guarantees here. The guarantees left the building late Feb., 2009 with my initial diagnosis. Maintaining a positive attitude and a good sense of humor has to remain my not-to-so-secret weapon. Granted, wishing and thinking a thing doesn't make it so, but moaning and groaning about it will be neither productive nor prudent. It would simply reinforce a negative and as Brian Dennehy (a.k.a. "Cobb") said in the movie "Silverado" about a completely different subject: "We can't be having none of that now, can we?"

I think the reason I'm meandering about here and in life is that I don't have a clear understanding of my prognosis yet, though I have asked. Moreover, since my new normal has only just begun, I don't have my routine down and as a result, the treatment process has not become second nature. And until it's no longer first nature, I'll be more preoccupied and cognizant of what I'm doing and why, and when I should be doing it. Primarily, this confusion/series of arrangements has to do with coordinating taking the three thyroid cancer pills with my current and pre-existing - going back 11-plus years, pill regimen which involves upwards of 60 pills daily. It's not overly complicated. It's just new and some pills shouldn't be taken together as is the case with the synthroid medication, the anti-nausea pill and additionally, not all pills can be taken with food, without food and so forth. I realize this isn't rocket science, but my life sort of depends on it, so it's kind of important that I pay attention to what and when I'm ingesting.

And it's this newness that is scary because it represents the great unknown - for me: Will the side effects be debilitating, life changing? Will they be treatable/manageable? Will my life expectancy once again be front and center as I wobble back and forth from lab work, diagnostic scans and follow-up appointments? Previously I sort of knew where I stood. Now, I don't really know anything. Oddly enough, having been there and done that is not as comforting as I would have anticipated.

Even though I've switched over - so to speak, from lung cancer to thyroid cancer, I can't really say I've experienced a "Serenity now-" type moment. I'm not nearly so confident in my outcome now as I sort of was when I

only had lung cancer. Being diagnosed with a 'new' cancer, 11-plus years in the presenting, hardly reassures that all is under control. I mean, what about my "incurable" lung cancer? We're not treating it anymore. Is it going to now grow and reassert itself and if it does, will we then stop the thyroid cancer treatment? It seems that there could be a return to sender situation here where I'll be back and forth between oncology and endocrinology. I'll figure it out. I'm not afraid to ask the tough questions. It's the answers that might scare me though.

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

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NEWS

Fire in Kingstowne Damages Townhouse, Spreads to Others

No injuries reported. Firehouse open houses to go virtual.

By MIKE SALMON
THE CONNECTION

In the afternoon hours of Sunday, Sept. 13, several companies of firefighters responded to a fire that broke out in a Kingstowne townhouse near Hayfield Road.

According to Fairfax County Fire and Rescue, firefighting crews from Fort Belvoir and Alexandria assisted the Fairfax County Fire and Rescue in extinguishing the townhouse fire in 6000 block of Wescott Hills Way in the Kingstowne area. The fire spread to a second townhouse. There were no reported injuries, they said.

The neighbors were on the scene, looking at the aftermath and thinking about next steps to possibly help the inhabitants. One said he heard it was the grease from their grill, which was on the wooden deck, but it is still under investigation, fire officials said.

This fire occurred right before Fire Prevention Week, which is Oct. 4-10. This year's theme is "Serve Up Fire Safety in the Kitchen!" This focus on cooking fire safety comes in response to home cooking fires representing the leading cause of U.S. home fires, with nearly half (49 percent) of all home fires involving cooking equipment. Unattended cooking is the leading cause of these fires.

Every October for the past few decades the fire department has invited community members into fire and rescue stations for Open House events during Fire Prevention

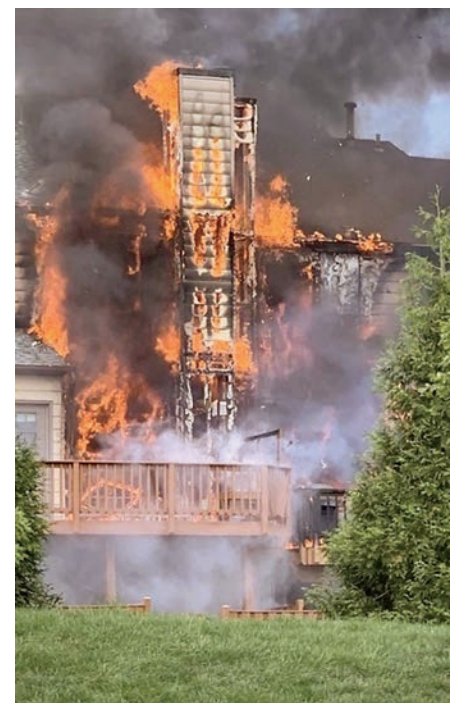


PHOTO CONTRIBUTED

From the road, flames engulfed the residence.

Week. This year it is safer for the Fairfax County community and members of the Fairfax County Fire and Rescue Department without traditional Open Houses at fire and rescue stations.

Instead, FCFRD will be hosting virtual events throughout Fire Prevention Week beginning on Monday, Oct. 5.

A virtual open house will occur throughout the day on Saturday, Oct. 10 on FCFRD social and digital platforms. Register online to be eligible for prizes and to enjoy our specially prepared weekly selections! Register here: Virtual Fire Prevention Week 2020 www.fairfaxcounty.gov/fire-ems/node/354

Special Session

FROM PAGE 5

already applied for absentee ballots will begin to receive them in the mail. To date, over 800,000 registered voters have requested absentee ballots. In the previous Presidential election of 2016, we had a total of 616,000 absentee ballots cast. Our satellite locations open October 14th and they will include ballot drop boxes where you can drop off your absentee ballot safely and securely. Visit <https://vote.elections.virginia.gov/VoterInformation> to register to vote, check or update your registration, and apply to vote absentee. Absentee ballots, to be counted,

must be postmarked on or by Election Day and arrive at the Office of Elections by 12:00 p.m. on the Friday immediately after Election Day. To be safe, allow even more time for your ballot to arrive and mail as soon as possible.

To track the status of your absentee ballot application and ballot, view your Virginia Voter Record via the citizen portal at <https://vote.elections.virginia.gov/VoterInformation>. I doubt I need to remind you, but please don't forget to vote! And, be safe out there wearing your mask and social distancing.

Glory Days

FROM PAGE 9

The first Glory Days Grill was launched in Burke, Virginia, and the owners and management team are still local. They have grown the business to 39 locations in six states.

It is this love of sports, friends and family that is celebrated every day at Glory Days restaurants.

Every day is a "glory day" for guests by en-

joying not only great food and good sports but also for those everyday celebrations - a winning game, a birthday dinner, or a great report card.

Glory Days is the "Restaurant of the Week" from Mount Vernon Lee Chamber of Commerce. Restaurants are an industry deeply affected by the Covid-19 pandemic. Support local restaurants and help retain the variety of wonderful eateries in our community.

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MACHINE ROTORS ADDITIONAL.

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OIL & FILTER CHANGE

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NON-SYNTHETIC

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SYNTHETIC

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