

CONNECTION

Burke ♦ Fairfax ♦ Springfield ♦ Fairfax Station

(From bottom to row)
On Monday, Sept. 21,
Former Democrat-
ic Governor Terry
McAuliffe, House of
Delegates Speaker
Eileen Filler-Corn
(D-41), and Senate
Majority Leader Dick
Saslaw (D-35) stop
at the Fairfax County
Government Center
to campaign for the
Biden-Harris ticket.
Early voting shows
record turnout and
enthusiasm.



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PHOTO BY MERCIA HOBSON/THE CONNECTION

Mobilizing for the Biden-Harris Ticket

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SENIOR LIVING

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Shooting in Lorton Leaves One Dead, One Injured

NEWS, PAGE 6

Prosecutor Delivers Blow

NEWS, PAGE 8

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 9-25-20

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PUBLIC NOTICE

**Proposed Limited Access Control Change
Franconia-Springfield Parkway
Shared-Use Path from
Spring Village Drive to Ridgeway Drive
Fairfax County**
Willingness for Public Comment

The Virginia Department of Transportation (VDOT) and the Fairfax County Department of Transportation (FCDOT) are accepting comments regarding a proposed limited access control change for Fairfax County's planned shared-use path along Franconia-Springfield Parkway (Route 289) from Spring Village Drive to Ridgeway Drive. A break in the Limited Access Line just east of the Franconia-Springfield Parkway and Spring Village Drive intersection has been requested by Fairfax County to construct the ten-foot-wide asphalt trail that will connect to the existing shared-use path at the northeast corner of the intersection. This project will involve changes and/or breaks in limited access control.

Review project information on the project website (www.fairfaxcounty.gov/transportation/franconia-springfield-path) or during business hours at the FCDOT Office, 4050 Legato Road, Suite 400, Fairfax, VA 22033. Please call ahead at 703-877-5742 or TTY 711 to make an appointment with appropriate personnel.

VDOT's Northern Virginia District Office and FCDOT invite public comments related to the proposed limited access control change. Comments must be sent to Mr. G.D. "Madhu" Madhusudhan, Project Manager, Transportation Design Division, Fairfax County Department of Transportation, 4050 Legato Road, Suite 400, Fairfax, VA 22033 or gmadhu@fairfaxcounty.gov on or prior to **October 13, 2020**. Please reference "Franconia-Springfield Parkway Shared-Use Path Limited Access Control Change" in the subject line.

Fairfax County Department of Transportation (FCDOT) ensures non-discrimination in all programs and activities in accordance with Title VI of the Civil Rights Act of 1964 and the Americans with Disabilities Act (ADA). If you need the project information in an alternate format or would like to request reasonable accommodations for persons with disabilities or limited English proficiency, contact FCDOT at 703-877-5600, TTY 711.

Fairfax County Project: 2G40-088-066

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SENIOR LIVING

Getting in Shape at 60, 70 and 80

Starting where you are and staying consistent among suggestions from healthy and fit seniors.

BY MARILYN CAMPBELL
THE CONNECTION

Whether starting a fitness program after the age of 70 or restarting one after raising children and midlife career building, local seniors share inspiring stories of how achieving and maintaining fitness, health and wellness allows them to lead fulfilling, happy and active lives.

After retiring at age 70 from a career in investment, Jim Owen said his life became sedentary. Aching knees and excruciating back pain determined his daily schedule and he tipped the scale at 205 pounds. His life, as he describes it, was on a steady decline.

"I was a certified couch potato and my back pain was robbing me of my energy," said Owen, now 79, who lived in Alexandria before retiring to San Diego. "I said, 'I have to do something or I'll go down hill.'"

After seeking help from a doctor who specialized in sports medicine, Owen began physical therapy, his pain subsided and he was able to begin an exercise program. "I wasn't trying to be Mr. America," said Owen, who turns 80 next month. "My goal was to get rid of my aches and pains."

Though he found it daunting, but also necessary, he began making his way to the gym. Now his workouts include lunges and squats, push-ups, core work and cardio.

"When I started out at age 70, I couldn't do one push up, now I can do 50," said Owen. "The key is to start from where you are and with what you got. So much of it is mental and getting yourself to just try it."

Now he's committed to inspiring other seniors to achieve physical fitness, and he's written a book called "Just Move! A New Approach to Fitness after 50." He also produced a documentary called, "The Art of Aging Well," which he'll release to public television stations next month.

"I want to devote the rest of my life, whether it's five or ten years, to inspiring people to take care of themselves when they're older," he said. "There are some people who say 'My best days are behind me.' I think my best days are still ahead of me."

As a physician, 64-year-old Bob Posner, M.D., has always prioritized his health, but life events including an internal medicine residency program, service in the United States Army, and raising a family often took precedence over fitness.

"Exercise was limited, meals were often fast food ... and I realized that weight started to pack on," he said. "I exited the Navy in 1988 weighing over 190 pounds."

When Posner, of Fairfax, returned to life as a civilian and began his medical practice, his mindset began to change. "I vowed that I would try to set an example for my patients," he said. "How much credibility can an overweight or obese physician have in telling patients to lose weight to become healthier?"

Posner founded Potomac Internal Medicine Associates and uses a program called SeroFit to help patients who want to get in shape. "It is never too late to embark on efforts to get into a more healthy shape," said Posner. "Looking younger, having more energy, lessening risks of severe medical diseases, alleviating pain and fitting into your beautiful clothes are the benefits of being in shape."

Working out with his wife, who is also dedicated to fitness, makes exercising more pleasurable, says Posner, and being fit has helped him maintain fulfilling



PHOTO COURTESY OF JIM OWEN

Jim Owen started working out for the first time at age 70. Now at 79 he says he's in the best shape of this life.

"When I started out at age 70, I couldn't do one push up, now I can do 50."

— Jim Owen, 79



PHOTO COURTESY OF BOB POSNER

Bob Posner, MD is motivated to keep in shape so that he can hike and play tennis with his children. Posner, 63, lives in Fairfax and has offices in Burke.

relationships with his children.

"My son is a tennis player, my daughter is a hiking person and sharing time with them is best when I am doing activities with them that they enjoy," he said. "If I was sedentary and expected them to hang out with me I would probably see less of them than if I am able to keep up with them in their activities."

78 year-old Bonnie Frankel is driven by her goal of maintaining her physical, mental and emotional fitness for as long as possible. "My lifestyle is built around exercise and my sport, which is running," she said. "I cross-train with water workouts, monkey bars, yoga and other ground stretches."

The impact that exercise has on her life is her constant motivator. "Exercise helps me to eat healthier and drink better and more fluids," said Frankel. "It changes my mood from blue to sunny, as those wonderful endorphins start to kick in. I want to be able to live an independent long healthy life."

Mobilizing for the Biden-Harris Ticket

Virginia's former Governor, House of Delegate Speaker and Senate Majority Leader at FXCO Government Center.

PHOTOS BY MERCIA HOBSON/THE CONNECTION

BY MERCIA HOBSON
THE CONNECTION

The second and third day of early voting at Fairfax County Government Center brought enthusiastic voters exercising their rights to vote and more. Saturday, Sept. 19 was the second day of early voting at the Government Center. Shortly before noon, a group taking part in a "Trump Train" circled their vehicles in the parking beside voters waiting to cast their ballots. Footage shared on Twitter showed Trump supporters waving flags, using bull horns, and yelling at voters through vehicle windows. Later they formed a line beside the voters. According to a statement released Sept. 21 on Twitter by Jeffrey C. McKay Chairman, Board of Supervisors, "No one should ever feel intimidated when exercising their right to vote and engaging in the democratic process." Voters were moved inside and continued political activity took place a safe distance away from voters according to McKay.

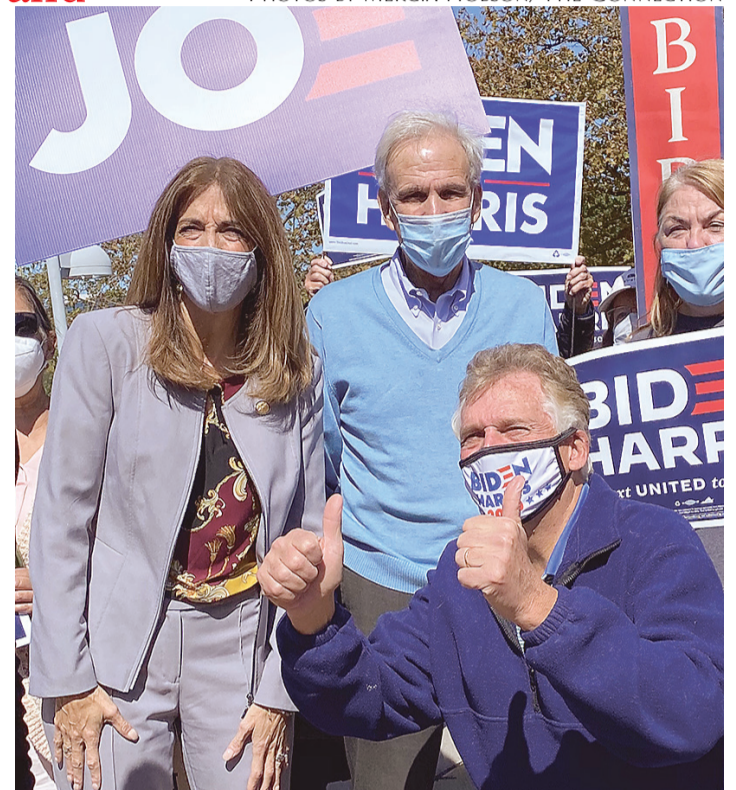
On Monday, September 21, a different scene played out in the "First Amendment" area at Fairfax County Government Center. Supporters holding Biden-Harris posters stood behind Virginia Delegate Hala Ayala (D-51). She is a Democratic candidate in the 2021 Virginia lieutenant gubernatorial election. Ayala introduced former Virginia Gov. Terry McAuliffe (D), 2014-2018, House of Delegates Speaker Eileen Filler-Corn (D-41), and Senate Majority Leader Dick Saslaw (D-35). The elected officials discussed the stakes in the November 3 election with supporters and why Virginians should support the Biden-Harris ticket.

Speaker Filler-Corn is the first woman handed the gavel in the House's 400-year history. She said nothing was more important than exercising the constitutional right to vote. Motioning toward the voters, she said, "You see what's going on right over there? The long line started Friday, but actually, it started a long time ago. We have been fighting to make it easier for Virginians to vote...This past session, we were able to pass HB1...no-excuse absentee voting...Candidates matter. Elections matter... We have that opportunity... You can vote early. Go to IWillVote.com. Joe Biden and Kamala Harris are doing their part. We'll do ours."

Senate Majority Leader Saslaw spoke next. He talked about mailed absentee ballots and drop boxes. He said, "They are not going to be standing where anybody can mess with them." According to Saslaw there could not be a better ticket than Biden-Harris, two people who reflected the majority of what America is all about. "We've had four years of total chaos through the Trump administration. Think about this, when in anybody's lifetime did 80 former congressmen and senators from the other party endorse



Line of voters at Fairfax County Government Center on the third day of early voting



(From bottom to row) On Monday, Sept. 21, Former Democrat Governor Terry McAuliffe, House of Delegates Speaker Eileen Filler-Corn (D-41), and Senate Majority Leader Dick Saslaw (D-35) stop at the Fairfax County Government Center to campaign for the Biden-Harris ticket. Early voting shows record turnout and enthusiasm.



Early voter Nevien Tadross of Vienna: "I've been waiting one hour forty-five minutes. I came today because I set this day aside for voting."



Early voter Lulva Ali of Reston: "Because I believe that we should all vote, and given the current circumstances, it is important that we make a plan, and we make sure that our vote is counted."

the candidate for president for the other party...On top of that...twenty-five people who served the Trump administration are supporting Biden," he said.

Former governor McAuliffe said events like the one in Fairfax were being held all over the Commonwealth that day to encourage voting. "The early vote requests today in Virginia are 865,000. Do you know where they were in 2016? 168,000...In Fairfax, on our first day, we had four times the turnout we had in 2016."

McAuliffe looked at the people in the lines and around him, "Masked... and being saved," he said. "Tens of thousands of people are not alive today because of Donald Trump. He knew about the Coronavirus in November. He knew about it in December. He got an intelligence briefing in January and February. The president said absolutely nothing because he was afraid it would affect his reelection and didn't want to affect the stock market... Donald Trump is about Donald Trump...We've got to get Joe Biden

and Kamala Harris in office. It affects our future."

A Question and Answer Session Followed.

Q: The governor's reaction to Trump supporters at the Government Center on Saturday, "a massive rally, kind of in the same area we were shooed away from. What's your reaction?"

McAuliffe: "We want everybody to vote... This is the most important election of all time. We cannot afford because, as we saw with RBG, the court, what is going to happen, it could go to a six-three conservative court. Everything we have fought for...common sense gun restrictions... reproductive rights... That is all going to be put at risk... Stop the nonsense. Let people vote."

Q: According to a national NBC News/Wall Street Journal poll released yesterday, 11 percent of eligible voters in the United States have yet to decide if they will vote for Biden or Trump. What can you tell about voters who remain undecided with the election just over six weeks away?

McAuliffe: "My guess will be that 100 percent of them voted for Trump in the year 2016. Anybody that didn't vote for Trump sure isn't going to be switching to him now after the chaos he's creating... Eighty percent (of undecided) usually break for the challenger."

Political Correctness Impeding Diversity

If we cannot have conversations without labeling opposing views as bigoted or prejudiced, how can we expect to move forward as a democratic society?

BY PAT HERRITY
SUPERVISOR (R-SPRINGFIELD DISTRICT)



At the July 29 Library Board of Trustees meeting, my appointee Phil Rosenthal made a statement about the need for more diverse views to be represented in the library catalog's highlighted books. He and other trustees pointed out that there is no review process for choosing recommended reads for the library catalog and that has led to an unbalanced selection. Since that meeting I have become very concerned by how partisan interests have defamed Mr. Rosenthal, a long-standing public servant, and are calling for his and others' opposing viewpoints to be removed and silenced. In addition to sharing my thoughts with you below, I would encourage you to view the entirety of Mr. Rosenthal's statement and the Board discussion that follows here beginning around the 1:36:40 mark.

I have always believed that open honest discussion gets us to better answers. It was this open honest discussion on the need for diversity on one of the library's landing pages that Phil Rosenthal was attempting to generate. While by his own admission he did not use what some people would consider "politically correct" language, the words he spoke were by no means racist, hate filled or discriminatory. Racism is a very serious issue that we need to stand against and should take even more seriously when it is trivialized as a political tool with unfounded accusations. Mr. Rosenthal was simply calling for balance and diversity of thought. Library Board Trustee Darren Ewing echoed the need for diversity on the web page stating: "To Phil's point, this is a catalog homepage, it is completely one sided...If you go on the catalog homepage, it is social justice. There's nothing wrong with social justice, but you got to put it within a framework." In fact, another trustee said, "I have a

very personal and selfish interest in pursuing racial justice...but I also have some concerns that all sides aren't being heard, not necessarily just in the library, but in general in the national debate."

MR. ROSENTHAL has become the target of a sustained effort by an outside advocacy group that is seeking to become relevant by defaming the character of a long-

term community activist and philanthropist who has worked to better the lives of countless individuals. Phil is deeply committed to helping our area's low-income families in their struggles to find adequate housing and food, caring for their children, and improving the lives of residents on the Route 1 corridor who continue to suffer from high crime rates, poverty, and a lack of meaningful job opportunities. Mr. Rosenthal has been recognized with Good Shepherd Housing's Philanthropy Award and the Fairfax County Federation of Civic Association's Citation of Merit, among others. In addition to the Library Board, he currently serves on the Fairfax County Community Action Advisory Board, Fairfax County A. Heath Onthank Advisory Committee, Good Shepherd Housing and is a Community Board Member for GMU Hillel, the largest Jewish campus organization in the world. Yet this outside advocacy group claims Mr. Rosenthal is anti-Semitic?

For Chairman McKay to call for the removal of Mr. Rosenthal under the guise of One Fairfax is just as outrageous and unfounded. It is unfortunate that those who preach diversity are intolerant of diversity of opinion. Chairman McKay has gone as far as asking the County Attorney's office to find options for removing Mr. Rosenthal before his appointed term is up. The use of the One Fairfax policy to try to remove appointees that Chairman McKay disagrees with is a dangerous, undemocratic precedent and a slippery slope. This is even more dangerous given nothing Mr. Rosenthal said was rac-

ist, hate filled or discriminatory, but instead a poorly articulated request for a presentation of diverse viewpoints.

My office has been contacted by many residents in support of

Mr. Rosenthal's statement that there needs to be balance, diversity of opinion, and a review process for library catalog highlights. As an appointee, he represents and addresses their concerns. One Library Board Trustee who agreed with the need for balance already has resigned in the wake of calls for his resignation. I have urged Phil Rosenthal to make the much more difficult decision and to stay on the Library Board to continue to serve and represent the citizens of the county that want diversity of opinion and open, honest discussion.

My hope is that we learn from this and work to engage true diversity of views in our community, not just those we agree with. As a businessman, I wholeheartedly believe that we should not just have career politicians serving our County, we need people from every background. We should be encouraging more people to get involved in the local democratic process, not silencing, and out casting them when they don't use the right terminology. A good man and public servant has been unjustly defamed and maligned. If we cannot have conversations without labeling opposing views as bigoted or prejudiced, how can we expect to move forward as a democratic society? We need to be more charitable to our neighbors as we try to understand their views without rushing to judgment.

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 hope to see the Library Board of Trustees work to more holistically encourage diversity of thought for readers in Fairfax County, but given recent events, I am concerned with their ability to do so apart from partisan interests.

If you are interested in providing feedback to the Library Board on this issue, you can find contact information for your district's trustee here.

— *The Herryty Report, Sept. 2, 2020*

Sign of Times

First day of school at Laurel Ridge Elementary, Sept. 8, 2020: All online right now, but we love our teachers!



PHOTO BY ANGELA CAMP

WEEK IN FAIRFAX

Virtual Stuff the Bus for Britepaths

The food pantry of Fairfax non-profit Britepaths is closed due to COVID-19, but Britepaths is still doing whatever it can to help local families in need. And this Saturday, Sept. 26, it'll participate in Fairfax County's Stuff the Bus events – but virtually. Britepaths is mailing grocery-store gift cards to struggling families. To help them do so, just visit britepaths.org and click the Donate button at the top (or in the Menu on mobile devices).

Free Meals for Students

Free grab-and-go meals are available weekdays, through Dec. 31, to FCPS students and other county children under age 18 at multiple school sites, along school bus routes and at pop-up locations. Adults picking up breakfasts and lunches for children should tell staff how many children's meals they need. Adults may pay \$2 for the meals, as well.

In Fairfax City, go to Daniels Run and Providence elementary schools for curbside meal pickup, 8 a.m.-12:30 p.m. Look for the canopy tent and Food and Nutrition Services staff who'll deliver meals directly to vehicles. Walk-ups are also welcome. At the Green Acres Center, a pop-up grab-and-go is available, 7:45-8 a.m. Participants should follow social-distancing guidelines and wear face coverings.

Fire Station Online Open Houses

Normally, each October, Fairfax County's fire stations hold open houses during the annual Fire Prevention Week. But because of COVID-19, this year's events will instead be online. Beginning Monday, Oct. 5, the Fire Department will host several fun, interactive activities, plus peeks behind the scenes.

This year's theme is "Serve Up Fire Safety in the Kitchen." In addition, a virtual open house will feature highlights of the week's activities, throughout the day on Saturday, Oct. 10, on the Department's social and digital platforms.

Register at <https://www.fairfaxcounty.gov/fire-ems/node/354>. Once registered, attendees will be sent a special packet and will also be eligible for daily prizes and other perks.

COVID Buttons at Farmers Markets

Recently, the Downtown Fairfax Coalition began distributing Covid-19 buttons to customers and vendors at the Saturday and Sunday farmers markets on Page Avenue in Fairfax City. They're intended to encourage compliance with CDC guidelines to slow the spread of the virus.

Local resident Gerry Kirwin is providing them free to support those, such as first responders, who put their lives at risk daily to keep others safe. Any person or group wanting to order them in quantities of 50 (\$25), may do so at info@purebuttons.com.

University Drive Traffic Calming

A project to reduce vehicle speeds and improve pedestrian safety along University Drive, between Kenmore Drive and Stratford Avenue in Fairfax City, began Sept. 14. It's expected to be completed by the end of the year.

SEE WEEK, PAGE 11

THIS YEAR'S WALK IS EVERYWHERE.

The Alzheimer's Association Walk to End Alzheimer's® is happening on every sidewalk, track, and trail across this country. All of us are raising funds for one goal: A world without Alzheimer's and all other dementia. Because this disease isn't waiting, and neither are you.

Take your first step at alz.org/walk

2020 NATIONAL PRESENTING SPONSORS

2020 WALK TO END ALZHEIMER'S
September 27 Northern Virginia
October 10 Washington, D.C.

Additional Walks available.
Find one near you at alz.org/walk

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Officers responded to Hagel Circle around 9:22 p.m. on Sept. 21 for a reported shooting. One man died on scene and a second man was transported to the hospital.



PHOTOS BY MIKE SALMON/
THE CONNECTION

Shooting in Lorton Leaves One Dead, One Injured

Supervisor Storck plans a meeting with residents for update next week.

BY MIKE SALMON
THE CONNECTION

Around 9 p.m. on Sept. 21, Frank White heard gunshots right outside his front door, and grabbed his children and headed downstairs so they wouldn't get hit by any stray bullets. "It sounded like machine gun fire, it was crazy," he said.

A couple of shots hit the back of his house, and when the shooting stopped, he heard cries for help so headed outside to see if he could help. The police showed up and "they were in the backyard all night," White said.

According to police, officers from the Franconia District Station responded to the 9800 block of Hagel Circle around 9:22 p.m. for a reported shooting. Upon their arrival, officers found Leonard Brown, 37, of Alexandria, lying on the ground with apparent gunshot wounds. Officers rendered aid until rescue personnel arrived. Brown was pronounced dead at the scene. A second man was also shot and taken to the hospital with life-threatening injuries.

The Office of the Chief Medical Examiner will conduct an autopsy to determine the cause and manner of Brown's death. This is an active investigation and detectives continue to conduct interviews, process evidence, and canvass the area for witnesses, the police said.

Hagel Circle is a street right off Richmond Highway in Lorton, and has been on police radar in the recent past, mostly for minor incidents, but also some more serious. In January this year, there was a break-in where a resident was stabbed; in February there was a car theft; on March 4, attempted robbery; in April there was a package theft; and in June, a license plate and cell phone were stolen; there was a shooting that resulted in a minor injury; and a domestic assault that ended with the suspect barricaded in the house. These incidents were all on Hagel Circle, police



Leonard Brown, 37, was pronounced dead at the scene.

reports stated.

Following the shooting death on Sept. 21, several responded on social media. "That's crazy I heard it outside my house," wrote Haroon Ahmad.

"We heard at least 12 shots fired," wrote maxtheakit. A veteran spoke out: "Some of us here are just veterans trying to be closer to treatment. There are a few bad apples but for the most part... Everyone is amazing! Hard working, Family oriented, normal people!"

White and another man had some ideas to improve the situation in the neighborhood.

"More lights," one man said.

"It's a community thing," White added.

Supervisor Dan Storck (D-Mount Vernon) has been involved with this area and supported the development of a new Lorton Community Action Center co-located with the library and senior center, a couple of blocks from Hagel Circle. Construction crews are working on the center now, and it will be an integral part of the community when it's complete.

"I was very saddened to learn that there was a shooting in Lorton. I have been talking and meeting with Hagel Circle residents to initially respond to their many questions and concerns," Storck said. "Additionally, I look forward to meeting with the community next week, in a Covid-appropriate manner, to provide further information about the shooting, review responses and discuss enhanced community policing options with the community," Storck said.



BONNIE HOBBS/THE CONNECTION

Peachwave owners David and Hanh Waskiewicz cut the store's ribbon with daughter Sabrina, 2, and son Logan, 6 months.

'I'm So Happy, Now That This Is Here'

Peachwave Frozen Yogurt opens in Fairfax.

BY BONNIE HOBBS
THE CONNECTION

Happily eating his cotton-candy-flavored frozen yogurt topped with blueberries, strawberries and Gummy Bears, Harry Ihnat, 3, was too busy to speak. But his parents were thrilled about the new Peachwave Frozen Yogurt that just opened at University Mall in Fairfax.

"We're excited," said mom Andrea Ihnat. "We've been anticipating this since winter, when we first heard they were opening. I got the piña colada flavor – pineapple Dole Whip twisted together with coconut frozen yogurt. It's really low-calorie, but delicious. I'd absolutely recommend this place because I like the variety of flavors and toppings."

Husband Ben said Peachwave also does "a very good job of being sanitary. When you go in, they give you hand sanitizer and gloves; then you grab your own bowl and fill it. Then you put it on a tray and tell them what toppings you want. They don't touch the bowl, and it makes you feel safer."

They were there for the recent grand opening of the first Peachwave in the mid-Atlantic. Based in Oklahoma, there are more than 100 stores in the U.S., Canada and the Grand Caymans. The Fairfax store is tucked behind Taco Bamba and Dunkin' Donuts, at 10631 Braddock Road, and co-owner David Waskiewicz hopes to open another three in Virginia in the next five years.

"My family and I live next to the mall and already shopped here," he said. "I wanted to open up a Peachwave; so when I saw a spot available to lease here, I jumped on it. We originally planned a May opening, but COVID delayed it."

"Where I live, you have to drive four miles for ice cream, so I researched opportunities in the ice-cream realm. I liked that Peachwave is family-centric with a community-forward message. They don't take any of my profits; I just buy my inventory from them. So I have more money to give back to the community and help my business."

SEE PEACHWAVE, PAGE 11

PEOPLE

Lisa Rode Named Virginia's Region 4 Teacher of the Year

Kings Glen Elementary School sixth grade teacher Lisa Rode has been named the Region 4 Teacher of the Year by the Virginia Department of Education. Rode will compete for the 2021 Virginia Teacher of the Year title, to be announced Oct. 8, with seven other regional Teachers of the Year.



COURTESY FCPS
Lisa Rode

"Lisa's students learn through authentic and engaging coding activities, across all curriculum areas, using programs such as Scratch, Blockly, Make Code, and Python," says colleague Cheryl Clark. "These activities require students to think creatively and

often work collaboratively in cooperative learning groups."

Rode "has grown not only into a masterful educator of children but also an expert staff developer, both here at Kings Glen and (literally) across the nation and world," says principal Sam Elson. "Mrs. Rode leads her students and colleagues through real-world scenarios and problems to be solved, using a variety of technologies..." Rode includes materials accessible to all students—from those with intellectual disabilities to those in level 4 AAP classes. She is known to help adapt technology for use by students with disabilities and has served as a homebound teacher for a student who was out for part of the year."

Parent Kathy Lafreniere says that Rode has inspired her daughter and helped prepare her for middle school by tapping into her strengths and building her confidence. "She is learning to be a collaborative learner in a setting that is safe to take risks, have fun, and promote out-of-the-box thinking," says Lafreniere. "It is not only a classroom that challenges her academically, but it is a therapeutic place for any student who needs supports."

Elson adds, "In this current status of 'distance learning,' Mrs. Rode has continued to serve her students and the entire staff by making herself available to anyone and everyone, literally day and night. While FCPS teachers' classroom settings are far from the brick-and-mortar building ... Mrs. Rode continues to invite students to 'lunch bunches'...just virtually, instead of in-person. Today's lesson (transmitted via Internet) was a science lesson held in a local high school stadium."

Rode shares her expertise in technology integration through professional development courses at her school and in FCPS and has been invited to lead professional developments on STEM topics around the country. She also teaches a free robotics class at the James Lee Community Center for upper elementary and middle school students who may not have access to other computer science opportunities and co-manages the Fairfax Falcons Paralympic Sports Team.

Rode has been employed as a sixth-grade teacher at Kings Glen since 2007. She was named Fairfax County Public Schools 2019 Outstanding Elementary Teacher.

BULLETIN BOARD

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

BOLSTER THE BLUE CELEBRATES POLICE

Bolster the Blue will be hosting rallies to Celebrate Our Fairfax County Police Department with Flash Mob Fridays. Participants are encouraged to bring flags and signs, and wear anything to support the police officers. For information, email info@bolstertheblue.com.

Schedule:
Sept. 25 -- Mason District Station;
Oct. 9 -- West Springfield District Station;
Oct. 16 -- Fair Oaks District Station;

SATURDAY/SEPT. 26

Boomers and Beyond Academy. 9-11:30 a.m. Join AARP Virginia and the Osher Lifelong Learning Institute at George Mason University (OLLI Mason) for Day 2 of the Boomers and Beyond Academy. This virtual event is designed to help you make plans for better living. On Day 2, you'll learn about

the positive powers of lifelong learning, volunteering, mindfulness and meditation, and more. You will get information about important life matters that you are faced with today or may face tomorrow. These tips and tools will help you make your own decisions about how you want to live.

SEPT. 28-30

The Providence of Fairfax. 9 a.m. to 6 p.m. At 8280 Willow Oaks Corporate Drive, Suite 600, Fairfax. Immerse yourself in invigorating wellness, join the vibrancy of local culture, and merge a spirited lifestyle of unexpected luxury with innovative care when you visit The Providence Fairfax.

Enjoy select beverages and light fare during a private one-on-one consultation at the Leasing Gallery or join virtually to learn more. Call 571-396-0500 to RSVP Visit the website: <https://providencefairfax.watermarkcommunities.com/>

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Prosecutor Delivers Blow

Commonwealth Attorney says 84 additional positions are needed; 137 if the office is to prosecute traffic cases too.

BY KEN MOORE
THE CONNECTION

The Office of the Commonwealth's Attorney is in crisis, with an "unsettling lack of resources," said Steve Descano, who was elected Commonwealth Attorney in 2019.

At a Public Safety Committee meeting Tuesday, Sept. 22, 2020, Descano asked the Board of Supervisors for the addition of 137 positions.

"We don't have the time to do our jobs properly," he said. "Without time, bad things happen."

Because of the pandemic, there have been no felony trials since March. Felony trials are expected to resume on Nov. 1, 2020.

Descano said as things stand, his office cannot cover: non-DUI traffic cases, thefts, property crimes, quality of life crimes, obstruction of justice, resisting arrest, peeping, assault, non-intimate domestic violence, much of Juvenile and Domestic Relations Court, and animal cruelty cases.

What's more, the office could not at this level cover the planned rollout of police body worn cameras, a key element of the county's police reform measures. Descano predicts 89,000 hours of body camera footage a year will need to be reviewed.

"Historically, Fairfax County's CWA Office has been involved with all types of cases. However, now we know they were not able to do so properly, thoroughly, or ethically," according to Descano's presentation.

"IT'S DISTRESSING to be in the position where we are now," said Descano.

He is asking for 87 attorneys, the rest would be support staff.

The total cost would be \$19.1 million, which covers salary and benefits.

"And you have to find someplace to put them," said Mason Supervisor Penny Gross (Mason).



Steve Descano



Rodney Lusk

"We're all in a little bit of a state of shock right now," said Board of Supervisors Chairman Jeff McKay.

McKay asked Public Safety Committee chair Rodney Lusk (Lee) to develop a working group immediately.

"We need to be having a team of some of the stakeholders in this room working on this, and come back to us on a coordinated plan. Because what is clear is no matter what we do here, we're going to affect another agency. We need to understand what exactly we are getting for our investment."

"I think our Chairman got it right," said Dranesville Supervisor John Foust. "We should all come together, no surprises."

"I wouldn't mind a closed session," said Springfield Supervisor Pat Herry.

"We do need a plan, this is impacting a bunch of people," he said.

"TO FIX A BROKEN SYSTEM," Descano



Chairman Jeff McKay



Pat Herry

said five additional prosecutors on top of 15 positions he recommends to be covered by carry-over funding, would allow the office to cover all violent crimes, sex crimes, and related offenses.

He requested 22 more positions by July 1, 2021 to maintain coverage as the COVID-19 backlog comes to an end.

And 19 additional positions are needed to handle thefts and property crimes.

Expanding police body cameras to the rest of the county after a pilot program is a key piece of police reform in Fairfax County. Descano said his office would need 23 additional people to handle the body-camera footage.

And 53 more people, "whenever possible" to allow the office to cover all traffic misdemeanors.

"The numbers we're dealing with here are unprecedented," McKay said. "We don't typically do that during carryover — encumber

ourselves with recurring costs."

The Fairfax County Office of the Commonwealth's attorney has far less funding than that of other jurisdictions in Virginia. Per Capita spending on the office of the Commonwealth's Attorney in Fairfax County, \$4.31, is dwarfed by other jurisdictions: Arlington County's per capita spending is \$18.53; Alexandria (\$20.72); Loudoun County (\$11.37) and the City of Richmond (\$28.33), for example.

Descano says that Fairfax County spends \$198.67 per arrest, the least of major Virginia jurisdictions, compared to Arlington County (\$1,340.40), Alexandria (\$1,009.84), Loudoun (\$805.05) and the City of Richmond (\$677.05).

Fairfax County has the highest ratio of officers per Commonwealth staff at 33.9, compared to Arlington County (10.4 officers per commonwealth staff), Alexandria (23), Loudoun (15) and the City of Richmond (12.6).

"It's frustrating for officers to have great case work, come to the courtroom, and no longer be able to depend on a prosecutor being in court," said Fairfax Chief of Police Col. Edwin C. Roessler Jr.

DESCANO is in his first year as Commonwealth Attorney after winning the first contested race for that office in more than 50 years, defeating Ray Morrogh in the Democratic primary. Descano was one of several new prosecutors elected last year on a platform of criminal justice reform, including Parisa Dehghani-Tafti in Arlington and Buta Biberaj in Loudoun.

Descano placed some of the blame for the understaffing of his office on his predecessors.

"For too long, we've been misled by prior leadership of the Commonwealth's Attorney's office that this organization was well-equipped, well-managed, and doing its job," said Descano's presentation. "To be clear: this office does not currently have the fundamental resources necessary to perform the services our community expects, and that we are ethically obligated to provide."

Facing Security Challenges of Our Time

Mike Smith, retired Rear Admiral and the President of the American College of National Security Leaders (ACNSL) briefed the West Springfield Rotary Club on Wednesday, Sept. 16 on the key issues facing the U.S. today and ACNSL's informed recommendations to advance our national interests. Their focus covers the gamut from North Korea, China, Africa, and the environment among others.

U.S. positions have to be based on America's values, ACNSL believes. For example, as we press the Afghan government and the Taliban to reach a peace accord, we need to insist on some form of constitutional government that respects

the will of the populace. Additionally, after the withdrawal of military personnel, we need to remain committed to the security of the region by providing economic support and continuing to advise the Afghan military.

Another core belief of the retired Admirals and Generals of ACNSL is that the U.S. has to robustly use soft power, particularly diplomacy, and we cannot rely solely on the military. This requires full support and funding for the Departments of State and Treasury and other agencies responsible for diplomacy, foreign aid and other elements of soft power.

— BILL KRIST



PHOTO CONTRIBUTED

West Springfield Rotary Club meets online on Wednesday, Sept. 16.

ENTERTAINMENT



Morgan Prescott as Workhouse Drive-Thru “Nightmare Alley” ghoul.



“Sad Clown” portrayed by David Blanco.

PHOTOS BY DAVID BLANCO/
COURTESY WORKHOUSE ARTS CENTER

Fun for the Brave

“Nightmare Alley,” Northern Virginia’s First-Ever Haunted Drive-Thru, coming to Workhouse Art Center.

BY DAVID SIEGEL
THE CONNECTION

The ever enterprising Workhouse Arts Center is bringing the upcoming Halloween season thrills with its “Nightmare Alley” the first immersive, completely contactless drive-thru Halloween experience in the region,” said Joseph Wallen, Director of Performing Arts at the Workhouse.

Based upon responses from patrons of the Workhouse’s summer Drive-In movies and with necessary health and safety precautions because of the COVID-19 pandemic, Workhouse staff decided to update its long-standing haunted attraction for Halloween. “It serves not only as entertainment, but also as an extension of the Workhouse Performing Arts program, allowing local youth to practice their set production and theatrical skills,” said Wallen.

“Nightmare Alley” will have zombies, swamp creatures, creepy clowns, and scary dolls among 13 different scary scenes taking up residence on the Workhouse campus. These special campus inhabitants are meant to entertain visitors experiencing the attraction from the safety of their cars.

“At a time when performing arts is on hold in the nation, the Workhouse is truly pleased to provide an artistic outlet for our young actors, set designers, stage managers, and volunteers alike to participate safely in creating this incredible production,” said Wallen.

Food trucks will be on the Workhouse campus to offer food and soft drinks for purchase. It is an alcohol-free event. Bringing snacks onto campus is permitted. Bringing alcohol violates ABC laws. Patrons may arrive up to 45 minutes early to visit food trucks. For the safety of all guests attending, masks covering nose and mouth must be worn when out of a vehicle. Workhouse buildings and restrooms will be closed during this event.

WWW.CONNECTIONNEWSPAPERS.COM



Morgan Prescott behind the Lorton “Nightmare Alley” bus.

Where and When

Halloween season “Nightmare Alley” Drive-Thru, Workhouse Arts Center campus, 9518 Workhouse Way, Lorton. Event runs Oct. 2 through Saturday Oct. 31, 2020. Fridays and Saturdays, 7 to 11 p.m. each weekend. Sundays, Oct. 11, 18, and the 25 from 7-10 p.m. Tickets: Start at \$60 per vehicle (not per person). All tickets sold in advance online. No tickets sold at the gate. Ticket prices increase after Oct. 15, 2020. Tickets are sold with timed-entry. Cars, SUV’s and trucks (maximum clearance of 6.5’ and width of no more than 8’) permitted. Buses, RVs, limousines and over-sized vehicles not permitted. No bicycles, motorcycles, mopeds or open vehicles. Vehicle sunroofs must remain closed. Patrons are asked to bring a printed copy of your ticket, or have it available on a mobile device. For tickets visit www.workhousearts.org or call 703 584-2900. Notes: The “Nightmare Alley” experience not recommended for youth under the age of 13. Patrons are asked to arrive at least 15 minutes prior to timed entry time to check-in and receive further instructions including that vehicles are dispatched one at a time. For inclement weather updates, check Workhouse Arts Center on Facebook.

“Building on last year’s Haunted Trail production of ‘Breakout’ and this year’s Drive-In Movie series at the Workhouse, we found a way to create a hair-raising haunted attraction that is both terrifying and completely safe. The drive-thru design of ‘Nightmare Alley’ will allow visitors to enjoy the Halloween season despite COVID-19,” added Caroline Blanco, Vice Chair of the Workhouse Board of Directors and Chair of the Workhouse Haunted Attraction Design Team.

Get ready for 13 nights of scary fun as The Workhouse Arts Center campus provides a unique and extra eerie setting for Halloween 2020.



PHOTO COURTESY OF ERIN MOLEK

Welcome Back to Fairfax High

Although classes are online for now, teachers in Fairfax High’s ESOL Department created this photo collage to welcome their students back to school. (Top row, from left) are Greer Mancuso, Kate Scrivener and Sara Chae; (middle row, from left) Candi Freeman, Bora Costello and Carrie Mikhail; and (bottom row, from left) Olga Velasquez, Oindrila Banerjee and Elissa Robinson.



PHOTO BY SUSAN LAUME/
THE CONNECTION

Laurel Hill Meadow Restoration Underway

Fairfax County Natural Resources Branch employees Darko Veljkovic and Owen Thomas Williams work to remove thickets of vegetation and invasive trees from a Laurel Hill Park meadow along the Greenway Trail. The work is prep for a controlled burn during the Winter to return the meadow to a grass field as improved habitat for wildlife and native plants.

Workhouse Arts Center Nominated for State Farm Grant

The Workhouse Arts Center needs the public’s help by voting for the organization to receive a \$25,000 grant from State Farm® which will provide additional funding to the Workhouse to deliver top notch arts programming to Northern Virginia residents and beyond.

Voting starts this September 23 at 12 noon ET. As one of the top 200 nonprofits selected by State Farm nation-wide, any U.S. resident who is 18 and older with a valid email address can vote for the Workhouse Arts Center at www.NeighborhoodAssist.com/entry/2035194 (up to 10 times per day). Voting ends Oct. 2 at 11:59 p.m. ET

The Workhouse Arts Center is the only multidisciplinary arts center in Fairfax and Prince William Counties offering a broad array of arts and cultural experiences, the majority of which are free or offered at a low-cost, to the public.

“Being nominated from 2000 applicants truly means that grant organizers and the community we serve share our belief that the arts are critical, especially in the time of crisis,” said Elena Romanova, Chief Development Officer.

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Judge William F. Kussel, Jr.
Foreclosure of Mortgage: 30404

v.

Kami King
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Defendant.

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Dated: September 14, 2020

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-Werner Heisenberg

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NEWSPAPERS



BONNIE HOBBS/THE CONNECTION

(From left) are employees Erich Timm, Jill Russell, Samantha Gamarra and Alex Jaramillo.

Peachwave Opens in Fairfax

FROM PAGE 6

THE NEW STORE has more than 150 flavors of frozen yogurt, made with nonfat milk and 100-percent fat-free. Nothing comes in frozen; fresh milk and fruit arrive daily, and the product is made on site. There are 16 rotating flavors of gelato, as well – such as salted caramel and pistachio – made with 1-percent milk.

Another highlight is the Dole Whip – just like at Disneyworld, in varieties including pineapple, orange, lemon and pomegranate. Similar in texture to sorbet, it's vegan and dairy- and gluten-free. Customers may also create their own smoothies and shakes by layering their favorite frozen yogurt or gelato flavors and having the staff add fresh fruit and blend it into a refreshing drink.

Or they can enjoy their yogurt or gelato in a freshly made waffle bowl or cone, atop crêpes or adorned with homemade whipped cream and toppings such as chopped candy bars, crunchy cereal, cookies, fruit, mochi and edible cookie dough.

At the grand opening, Aria Kapar, 7, enjoyed cotton candy frozen yogurt topped with whipped cream, Oreo cookies, M&Ms and Gummy Worms. "It's super sweet and good, and you can get the toppings you want," she said. "I'm so happy, now that this is here."

"In a time when so many businesses are closing due to COVID, I'm glad to be opening," said Waskiewicz. "My father always wanted to open a business, but he passed away 10 years ago, before getting to, so I'm happy to do this for both of us."

HIS WIFE, Hanh, is co-owner and store manager. "I'm excited that we have our own business – it's a dream come true," she said. "Business has been good since our earlier, soft opening, and we've gotten good reviews from the customers."

Just ask the Armstrong family. Mom Stacy loved her Oreos and cookies-and-cream frozen yogurt mix with blackberries, strawberries, raspberries and blueberries on top. "The fruit is fresh, and the frozen yogurt is delicious," she said. Daughter Amanda, 14, said she really liked her frozen yogurt, which she'd covered with whipped cream, cherries, chocolate chips and cookie dough.

And dad Aaron enjoyed his frozen yogurt mix of cheesecake and strawberry flavors. "The flavors taste more natural than other frozen yogurts," he explained. "And I'd also recommend it because it has more variety."

There for the celebration, as well, was Central Fairfax Chamber of Commerce Executive Director Jennifer Rose, who presented the owners with a plaque. "I'm so excited for David and Hanh," she said. "And it's nice to celebrate some good news in the City."

WEEK IN FAIRFAX

FROM PAGE 5

The work includes adding a missing section of sidewalk along the west side of University, adding intersection bulb-outs to create better visibility and shorten the distance for pedestrians crossing the road, and adding curb islands that narrow traffic lanes and force vehicles to slow down.

In addition, rain gardens will be installed in the curb islands to improve water quality downstream by capturing and filtering stormwater runoff when it rains. New streetlights and landscaping will also be installed. Once finished, pedestrians will have a safe sidewalk between the library in Old Town and the new, Point 50 shopping center in Northfax East.

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"Canceritis"



By KENNETH B. LOURIE

There are two generic types of cancer: the cancer that you have, and the cancer that has you. And the yin and yang is what defines 'canceritis.' The internal struggle between being defined by your disease versus living a life in spite of your disease. The former is easy; you're a victim of an insidious, in some cases, incurable disease that causes myriad problems, shall we say; physically, emotionally and psychologically. The latter is hard. Sometimes, overcoming the former in order to live the latter is much easier said than done. The reason being, primarily, that cancer isn't a killer because symptoms, treatment and side effects are always manageable and overall mental/emotional demands are easily compartmentalized. Nothing could be further from the truth. In fact, the truth is that if the disease, treatment and side effects and/or anxiety/stress about your diagnosis doesn't get you, the total disruption of your life and/or routine will.

Not that you lose free will, but you do lose a fair amount of control. While cancer is in the house, cancer rules the roost. Somehow, even though the disease and all is all about you, you must find a way (navigate) a path forward that enables you to set aside the physical and emotional demands of a terminator-type disease. With many patients, the cancer won't stop until it kills. And for the hundreds of thousands of cancer patients who die every year, wishing, hoping, praying and being compliant to their doctor's instructions, the outcome though hardly guaranteed is not particularly encouraging either. The disease takes its toll and despite all the efforts of the king's men to put Humpty back together again, the ravages of cancer often prevent the patient from ever being whole again.

Sometimes, the damage is already done as it usually is for non-small lung cancer patients who often are asymptomatic until they're not (as I found out, first hand). Then you're told you have a "terminal" form of stage IV lung cancer which is described as incurable which meant for me, being told I had 13 months to two years to live. The question I asked myself back in Feb., 2009: What the hell happened to stages I, II and III? This is what cancer can do: travel at warp speed and not leave too many clues. Finding some kind of work-around/plan "B" to deal with the loss of control and helplessness might keep the patient from descending into an emotional rabbit hole from which there's a scant chance of recovery. At this juncture, the cancer is in charge.

This is the challenge: overcoming a disease which in many instances, is beyond your doctor's/modern medicine's ability to control. Just imagine living with the knowledge that every day you wake up, is a day borrowed against future days when you might not wake up or if you do, might feel so poorly that the point of trying to feel better becomes more of a fool's errand than it does a practical alternative. Cancer is not literally a four-letter word but it's most definitely in its own category: a six-letter word which makes all four-letter words meek by comparison.

Somehow, you must restructure your understanding of your cancerous condition and philosophize: everyday you wake up and feel something isn't a day that's lost. It's a day that's found. Making the most of these emotional crumbs is not a guarantee of anything. Rather, it's an attempt to prevent things from getting worse. And as any cancer patient will tell you: it can always be worse. And until it's the worst, try to embrace whatever remains as the best.

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

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