



Burke CONNECTION

WELLBEING

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Committed to Innovate

NEWS, PAGE 3

iNNOVATE! 2016:

spark. create. thrive.

INTERSECTIONS OF HEALTHCARE,
INFORMATICS AND
PERSONALIZED MEDICINE

Virginia Governor Terry McAuliffe gave the opening address to the attendees of the 2016 Innovate Conference at the Inova Translational Medicine Institute in Falls Church.

Face of Integrity

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Alexander Hamilton Brought Back to Life by Rap Music?

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Burke

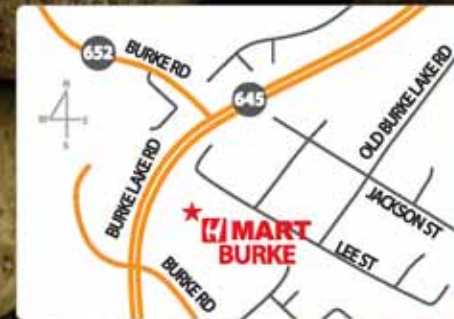
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EVENT 3

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Dulles Chamber Presents Innovate! 2016

Local experts and elected officials discuss personalized medicine, data flow, analytics, cyber security and their impact on the regional economy.

BY ANDREA WORKER
THE CONNECTION

PHOTOS BY ANDREA WORKER/THE CONNECTION

In 2014, at a Biotech conference in California, then new Governor Terry McAuliffe discovered that the Commonwealth of Virginia ranked 46th on the list of states recognized as best places to do biotech business – as he sat on a stage between the governors who represented the first and second spots on that list. “Never again. We are not going to be beat here in Virginia. No excuses!” declared McAuliffe as he delivered the opening remarks at the fifth annual “Innovate!” Conference on Oct. 28.

The event was presented by the Dulles Regional Chamber of Commerce in cooperation with the Northern Virginia Technology Council and held at the new Inova Translational Medicine Institute in Falls Church. Titled “Intersections: Healthcare, Informatics and Personalized Medicine,” the event featured many of the key players and experts in medicine, research, informatics, cyber security and academia, from both the public and private sectors.

Dr. Keith Crandall, Director, Computational Biology Institute at the George Washington University and the “Innovate! 2016” Chairman made the introductions of McAuliffe and of Congresswoman Barbara Comstock, who also spoke in the opening section that focused on “Federal and State Intersections” with the other disciplines under discussion.

THE GOVERNOR insisted that cooperation among all the stakeholders is essential for the success of each individually and for the state and its citizens as a whole, and the foundation that had to be tended and improved, he said, was in the arena of education. “We need to teach the skill sets that are needed for today’s high-tech jobs,” he cautioned, or risk losing out to other areas of the country, or other parts of the world. The Governor said that there were some 36k high tech jobs “starting around \$88k” currently vacant around the state. “I need to fill them, or they’ll go away,” he warned, “but we need an educated workforce” ready to take on these positions.

McAuliffe also reminded the audience that another round of sequestration could be looming on the horizon. Every effort was required by all to champion this region as the Biotech, Cyber Security and Informatics hub. The Governor praised the quality and the numbers of Virginia’s high tech companies, schools and universities, and its medical centers, but concluded his remarks by stressing the need for tech-centric educa-



U.S. Rep. Barbara Comstock (R-10) spoke on the government’s obligation to reduce obstacles to innovation at the Innovate! 2016 Conference and echoed the Governor’s call to reform Virginia’s educational system to prepare students for employment in a high-tech environment.



Virginia Governor Terry McAuliffe gave the opening address to the attendees of the 2016 Innovate Conference at the Inova Translational Medicine Institute in Falls Church. Skill-specific education and a commitment to high-tech job preparation are essential ingredients for keeping Virginia on a path of growth and economic and personal success, he asserted.



A distinguished panel answered questions and discussed the obstacles to collaboration among the biotech, information technologists, medical, research, education and government personnel. From left: Edward Abrahams, Ph.D., Will Fitzhugh, Praduman Jain, Brig. General (ret.) Klaus Schafer, and moderator Dr. Alex Carlisle.

tional opportunities and the need for greater collaboration, and less competition among all parties to achieve the common goals.

Congresswoman Comstock echoed much of the Governor’s sentiments. “We need a new structure. We need to move at the speed of innovation.” She maintained that researchers spend as much as 40 percent of their time on paperwork and that State and Federal governments should commit to finding ways to reduce the redundancies.

After a networking break, a panel took questions from moderator Dr. Alex Carlisle, Senior Scientific Advisor for Northrop Grumman’s Health IT unit and from the audience and discussed “Opportunities for Industries Big and Small.” The panellists shared the realistic obstacles to collaboration among the various invested parties. Concerns about intellectual property were a major stumbling block when trying to get “competitors” to work together. “Don’t put

it under the rug,” advised Praduman Jain of Vibrant Health. “Discuss what is the motivation for all parties...who wants what outcome and what piece of the pie.” William Fitzhugh of 5AM Solutions noted that today’s tracking systems were designed to handle more simple data, but that the actual data flow of today has grown exponentially to millions of data points. Despite the challenges, Fitzhugh is optimistic, saying that the need to handle this new information highway presents great opportunities for companies to develop systems with this increased capability and for others to form and grow by developing complementary technologies and services.

The terms “Data Islands and Formats,” and “Silos” were used often by all the panellists. Brigadier General (ret.) Klaus Schafer, Chief Medical Officer for CACI International cited the “serious problems” of differing systems between related agencies and organizations like the Veterans Administration and the Department of Defense. Schafer said it was difficult to collaborate, or even function efficiently, when their data systems differ so widely, even within their own network and between regions, but he remains proud of the region and the work being done here. “We could be the Life Sciences Center if we collaborate. There’s a hell of a lot we can do here.”

Solving these problems for our future growth and welfare will take sustained investment at all levels and a commitment to re-configure the entire system according to

SEE COMMITTED, PAGE 5

VOTE NO ON THE MEALS TAX!

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



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

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

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It's vague.

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

NO to regressive taxes! NO to the meals tax!



www.stopthefoodtax.com

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

Committed to Innovate

FROM PAGE 3

panellist Edward Abrahams, Ph.D., president of the Personalized Medicine Coalition.

DEMONSTRATING THE SPIRIT of cooperation that was a key ingredient of the event, Dr. Rebecca Farkas of Medimmune, headquartered in Gaithersburg, made a presentation on how her company is “building a strong local ecosystem. “Our mission is to help this region become a Top 3 Biotech Hub by 2023.” Farkas willingly shared Medimmune’s blueprint for building this reputation for the area. The company decided not to “wait for someone else or some government agency” to get the ball rolling, and has developed a new logo and regional brand material that they want to “get into the collective conscious.” They are “meeting their neighbors in their own backyard” to lead the way to their goal.

For those in the audience who were still awaiting a deeper dive into the “personalized health” topic that was part of the event’s title, final speakers James McClain, Acting Chief Technology Officer for the National Institutes of Health Precisions Medicine Initiative, and Dr. John Niederhuber, CEO of host Inova Translational Medicine Institute did not disappoint. McClain went into significant detail on the NIH’s “All of Us” Research Program which will grow to capture enormous amounts of data on one million volunteer participants for years to come. The project will not focus on a particular disease, and by allowing easier access to the data, will provide resources for researchers, participants, and citizen-sci-

entists on a variety of conditions. Precision, personalized medicine is the next great frontier according to McClain and his colleagues. “Imprecise medicine costs everyone time, money and health.”

Niederhuber spoke to the fact that medicine and the treatment strategies of today generally begin at “acute” – when the patient is already ill. “And we’ve been treating for the ‘average’ since we began,” while each person is a unique entity. Personalized medicine, based on an individual’s DNA, risk factors, environment, behavioural choices and other person-specific factors makes prevention the goal, and customized and more effective treatment the new norm when prevention is not possible.

Neatly tying the topics and the considerations of the day’s events into a closing bundle, Niederhuber reiterated that personalized healthcare will require a collaborating team of experts, who were equally expert at being a team. Doctors, patients, researchers, information technology and cyber security experts, engineers, academics, students, and government at all levels will need to contribute to make personalized care a reality and to reap its benefits in our lives and in our region’s wellbeing and continued growth.

And as for where the Commonwealth now ranks on biotech matters? Governor McAuliffe says we are making great strides. To prove his assertion, he was pleased to tell the audience that in June of this year, at the 2016 Bio International Convention in California, he received the 2016 Governor of the Year award in recognition of leadership and commitment to strengthening the biosciences industry within Virginia. “And we are just starting to put our foot on the gas.”



PHOTO CONTRIBUTED

Following his remarks at the Innovate! 2016 Conference, Gov. Terry McAuliffe was standing alone while many seemed too shy to approach him. Then Northern Virginia Community College student Niquita Dowell decided to take the plunge – and request a “selfie” with the Commonwealth’s number one elected official. Dowell will be transferring to George Mason University to pursue her nursing degree when she completes her NOVA studies. “Events like these are great. They’re a chance to learn even more about the biotech and medical fields and certainly a great way to network.”

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Vote No Later than Tuesday, Nov. 8

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

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

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

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

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

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

VOTING ON THE QUESTIONS:

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

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

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

For Voters Who Arrive Without Identification

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

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

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

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

CORRECTION

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

— MARY KIMM
KIMM.MARY@GMAIL.COM

EDITORIAL

Reject the Meals Tax

BY TOM DAVIS
FORMER U.S. REPRESENTATIVE

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

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

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

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

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

There are a number of problems with a new tax

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

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

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

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

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

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

LETTERS

Where Are the Details on Social Security?

To the Editor:

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

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

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

George Cupp
Springfield

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COMMENTARY

Vote 'Yes' on Question #2

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

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

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

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

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

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

I hope you will join me in honoring our first responders who put their lives on the line, by voting YES on Question #2 on Nov. 8.

LETTERS TO THE EDITOR

What Happens if Trump Loses

To the Editor:

Many Republicans are turning away from supporting Donald Trump and many do so fearing that his election will lead to the end of the Republican Party as it

existed before Trump. But are they blind to what could happen if he loses?

As President Hillary Clinton will likely appoint two, three, or more relatively young liberal judges to

the Supreme Court. This will create a liberal balance that cannot be changed for many decades, if ever. One result of this will ensure

SEE LETTERS, PAGE 9



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The building formerly occupied by the Giant Food supermarket in Burke Village Center will re-open Nov. 9 as Asian-inspired grocery store H Mart.



PHOTO CONTRIBUTED

H Mart Grocery Store Opens in Burke Nov. 9

The building formerly occupied by the Giant Food supermarket in Burke Village Center will re-open Nov. 9 as Asian-inspired grocery store H Mart.

H Mart is short for “Han Ah Reum,” which translated means “One Arm Full of Groceries.” The chain started in Queens, New York in 1982.

The ribbon-cutting and grand opening are sched-

uled to kick off at 9:30 a.m. Festivities will include Korean percussion music, Chinese lion dance, traditional Vietnamese dance, face-painting, balloons and other giveaways.

The new H Mart supermarket is located at 9550 Burke Road, in Burke.

—TIM PETERSON

VOLUNTEER EVENTS & OPPORTUNITIES

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

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

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

Fairfax County’s free Caregiver Seminar/Webinar Series features experts in Medicare, dementia care, mental health and

wellness, nutrition and elder law. **Register online at** www.fairfaxcounty.gov/olderadults and click on Caregiver Support and Respite Programs or call 703-324-5205, TTY 711.

10 Legal Issues Caregivers Should Know About, Thursday, Nov. 3, 7-8:30 p.m. Caregivers often make health and financial decisions for loved ones. Learn what documents loved ones need in place, if the document age matters, and what happens if the documents fail or can’t be drafted. George Mason Regional Library, 7001 Little River Turnpike, Annandale.

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

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

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

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The National Association of Remodeling Industry (NARI)
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AREA ROUNDUPS

Applications Accepted for Citizens Police Academy

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

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

Correction

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

LETTERS

FROM PAGE 7

that all existing restrictions on abortion will be ruled unconstitutional. Overturning Roe v. Wade has been a motivating factor for many pro-life voters for decades. Why would they ever again settle, holding their noses and voting for less attractive Republicans in the future, especially if pro-life third party choices are available?

For those who support the second amendment, these same liberal judges will rule that strict gun control legislation is constitutional, thus the second amendment will be effectively altered forever. Again I ask, why would

these second amendment advocates continue to support Republicans, who have failed them?

I believe that the Republican Party will lose many of these pro-life and pro-gun voters to third party candidates and the margin of victory they have previously provided will disappear, and in many close races Republican candidates will no longer be able to win.

Yet, these party purists refuse to "hold their noses" and vote for Trump.

Sometimes actions have unintended consequences.

James Warrick
Burke

Social Security, Finally Addressed

To the Editor:

I am pleased that finally the Social Security issue came up during the third and final Presidential debate. I am not happy that Chris Wallace lumped it with "welfare," which of course must be addressed, but Social Security is one thing that the recipients have already paid for. Social Security is not an entitlement – we have all paid in and earned our benefits. I am glad that at least our candidates have taken it seriously and proposed improvements which include lifting the cap on the amount of income that can be taxed for Social Security and getting more Americans working.

I cannot emphasize enough that Social Security is a lifeline for almost all senior citizens, and many do not have any other means of income in retirement. Let me appeal to all those running to represent us Northern Virginians: pay more at-

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

Wahed Hossaini
Springfield

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Send to:

Letters to the Editor
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PEOPLE

Face of Integrity

By TIM PETERSON
THE CONNECTION

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

Since 2002, Sayles has been collecting trash along a stretch of Centreville Road, documenting everything as he goes. At one

time he went six nights a week. Now he's out three nights a week.

The non-profit Clean Fairfax estimated last year alone Sayles picked up more than 800 bags of trash and 1,200 illegally placed signs.

SAYLES WAS HONORED for his efforts at the Oct. 18 Fairfax County Board of Supervisors meeting as one of two individuals to win an Environmental Excellence Award.

Sayles' nomination for the award read: "There are many residents of Fairfax County who are passionate about keeping the county clean, green and sustainable, but few follow through with Herculean efforts like Mr. Sayles."

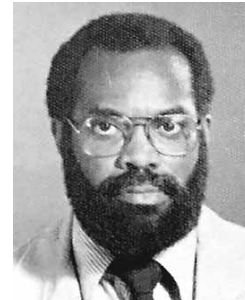
It took as much effort if not more for Sayles to overcome what he said was a pattern of harassment from Fairfax County law enforcement while trying to volunteer.

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

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

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

These interactions came on top of a number of situations where he said he was harassed by Fairfax County Police officers af-



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

ter being pulled over at various times. One morning, when Sayles was already stopped looking for his Fairfax County RECenter card, he said a cruiser stopped in the through lane next to him, lights flashing. The officer asked for his license and registration then walked away. Sayles didn't want to identify himself as former law enforcement..

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

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

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

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

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

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

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

Within 24 hours, Sayles was back out on the road, police saw him, and kept driving. Roessler attributed the repeated stops while Sayles was on Centreville Road to a lack of communication among overlapping jurisdictions that border the area: the Sully, Fair Oaks and Reston District stations.

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

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

These experiences with law enforcement in Fairfax County, as well as his professional experience in the field motivated him to serve on the Use of Force Subcommittee for

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



PHOTOS CONTRIBUTED

the Ad Hoc Police Practices Review Commission.

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

Following the police commission recommendations, the Board of Supervisors has already voted to create an independent police auditor to review use of force incidents and complaints in particular. Next month they're scheduled to vote on establishing an independent civilian review panel that would look at other types of citizen complaints against officers for misconduct.

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

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

communities.

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

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

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

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

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

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



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Murder Charge Goes to the Grand Jury

Caterer stabbed after E.C. Lawrence Park wedding.

BY BONNIE HOBBS
THE CONNECTION

On the surface, an argument over folding chairs after an Aug. 6 wedding at Cabell's Mill in Ellanor C. Lawrence Park led to a woman's fatal stabbing and a man charged with murder. But according to a witness and a video of the seven minutes leading up to the tragedy, tensions between the man and the wedding party had been simmering all during the event.

Monday afternoon, in Fairfax County General District Court, defense attorney Peter Greenspun argued that his client, Kempton Bonds, had no malice toward Tyonne Johns, the woman he allegedly stabbed to death. If anything, said Greenspun, the crowd there was verbally abusing and threatening Bonds. But ultimately, the judge found probable cause to believe Bonds is guilty as charged and certified his case to the grand jury.

Johns, 35, of Washington, D.C.,

was the event's chef and caterer. Bonds, a 19-year-old Clifton resident, is a 2015 Robinson Secondary School graduate and was a seasonal employee of the county Park Authority. Police had already responded to the Chantilly park around 9:24 p.m., after Bonds reported the wedding guests' disorderly conduct. But the next call they received, about 10:50 p.m., was about the stabbing.

THE CHAIRS for the wedding were supplied by both Chef Tyonne Catering Co., owned by the victim, and the Park Authority. Witnesses said Johns was starting to pack up the folding chairs, but Bonds told her the chairs belonged to the park, and the two began to argue.

Johns's assistant, Shaina Mason, testified Oct. 31 that "There was a conversation about the chairs and the bride was upset and yelling."



Kempton Bonds



Chef Tyonne Johns



Tyonne Johns, the victim

She said that after Johns asked Bonds why he was upsetting the bride, Johns "yelled at him and he stabbed her and she stepped away and said, 'You stabbed me!'" Mason said she didn't see the actual stabbing, but saw Johns back away from Bonds, "who had a knife in his hand." She also said Johns never touched him.

Mason then called 911. After that, she said, crying, "Someone put [Johns] in a chair, and [Bonds] went down the steps on the side of the building."

Under Greenspun's cross examination, Mason said that during the event, guests were upset with Bonds turning off the music and taking down the decorations. She said for 10 to 20 minutes, people were yelling and cursing at him. She also said that Bonds didn't curse, scream or threaten anyone, but "he was rude."

During the seven minutes or so before the stabbing, Bonds videotaped on his phone what the others were saying and doing, and Greenspun played that tape in court. In it, the bride yells at Bonds, "Boy, I'm about to f*#k you up, I swear to God, on my wed-

ding day."

Then the groom yells at Bonds, "I guarantee, you'll be fired; you ruined my whole wedding." He and another woman also call Bonds derogatory names, and a female tells him, "I'm going to knock you out." Next is the stabbing, and Bonds says, "Stay away from me." Mason said she couldn't tell one voice from another on the tape and was in the driver's seat of a U-Haul during the altercation. However, Greenspun got her to admit that, when she heard a voice threaten to "f*#k [Bonds] up," Johns was "within arm's reach" of him.

"It wasn't Bonds who was acting out of control, with malice, it was the group," said Greenspun.

County police officer Jason Reichel was the first officer responding to the stabbing. "There were people running and screaming, all over the place," he said. Reichel said they told him their friend had been stabbed and they pointed out Bonds as the culprit, so Reichel handcuffed him.

THE OFFICER then found Johns slumped over in a chair. "I tore her shirt and saw a wound underneath her left breast," he said. "I applied pressure to her wound and supported her head to protect her airway." When more officers arrived, he directed them to take custody of Bonds and he returned to the victim. "The only thing she said to me was, 'I can't breathe,'" said Reichel. Then an ambulance came and rushed Johns to a hospital,

where she was pronounced dead.

Also testifying was Officer Jason Deal, who arrived at the scene to find Bonds on his knees, in handcuffs. "Officer Reichel said it appeared he'd stabbed someone, and Bonds said, 'Yes, that's correct; that was me.' I found a folding pocket knife on him - about 4 inches, folded up." He then took Bonds to the Adult Detention Center, where he was arrested and charged with second-degree murder.

Summing up, Greenspun said, "This is clearly a tragic situation, but there's no evidence of malice. There was a blistering, ugly, aggressive, assertive assault by numerous people there. But [Bonds] didn't invite or provoke this horrible, verbal assault. It was the vitriol, hate and aggression of the words - and Johns gets in his face, as he's backing up to the railing, and yells at him. If it's anything, it's manslaughter, not murder."

But Assistant Commonwealth's Attorney Brandon Shapiro stressed that Bonds "had a knife in his pocket - a deadly weapon. He had the ability to leave and didn't. There was no physical altercation; at no point was Bonds touched. There's probable cause for second-degree murder."

Agreeing, Judge Michael Lindner said, "Words can be very hurtful, [but] the defendant's responses to the anger were not words of peace. There was a knife inside someone's body. There's a fair probability that Mr. Bonds killed somebody in malice."

Lindner then certified the case to the grand jury for possible indictment. He also continued Bonds's bond of \$250,000 plus house arrest.

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FAITH NOTES

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Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under

the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by both traditional and contemporary worship services at 10:30 a.m. at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspringfield.org.

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 10 a.m. and Cup of Fellowship at 11 a.m. Nursery care is provided from 9:45-11:15 a.m.

Christian education for all ages is at 9:45 a.m. 703-830-3175.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., Latin mass at 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. Additional mass offered Monday-Friday at 6:30 a.m. (except on Federal holidays) and 8:45 a.m. 703-817-1770 or www.st-andrew.org.

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or www.poplc.org.

ENTERTAINMENT

Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline is the Friday prior to the next paper's publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

ONGOING

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

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

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

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



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

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

EXERCISE PROGRAM Mondays and Fridays at 9:30 am year-round at

Lord of Life Lutheran Church, 5114 Twinbrook Rd. Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for more information.

Cafe Ivrit (Hebrew Cafe). Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP Naama.Gold@jccnv.org.

Smoke Free Bingo (with breaks for smoking friends). 7 p.m. Every

Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot. www.fairfaxvd.com. 703-273-3638.

English Conversation Groups weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: <https://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp>

First Sunday Jazz Brunch 11 - 2 p.m. Recurring monthly on the 1st Sunday at Bazin's on Church 111 Church St N.W., Vienna. Enjoy brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Visit: <http://www.fxva.com/listing/bazins-on-church/1686/>

Stories From Strawberry Park 10 - 11 a.m. Tuesdays in Mosaic - Strawberry Park 2910 District Avenue, Fairfax. Enjoy a live interactive performance each week taught by a group of unique storytellers. For ages 10 and under. Held outside in Strawberry Park. In inclement weather and October through April, storytime will be held in Angelika Film Center. Recurring weekly on Tuesday. Visit: <http://www.fxva.com/listing/mosaic-district/2326/>

FRIDAY/ NOV. 4 & SATURDAY/ NOV. 5

Shanghai Acrobats Friday 8 p.m. & Saturday at 2 p.m. and 8 p.m. at the George Mason University's Center for the Arts. 4400 University Dr. Fairfax. Trampoline artists, aerial acrobats, juggles, contortionists and martial artists of Shanghai Acrobats of the People's Republic of China. <http://cfa.gmu.edu/calendar/2276/>

SATURDAY/NOV. 5

Mission Marketplace at Burke United Methodist Church 10 - 3 p.m. 6200 Burke Centre Parkway, Burke. Join us for a handmade craft festival - with a purpose. Local artisans and handicrafts from around the world will be on display. Proceeds benefit local, national, and international missions efforts. Bbq lunch also for sale. www.burkeumc.org

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

SAT/NOV. 5 & SUN/ NOV. 6 11 - 5 PM

2nd Annual Mini Maker Faire with The Flint Hill School Robotics Team 11 - 5 p.m. at Barnes & Noble Fairfax 12193 Fair Lakes Promenade Dr. Fairfax. Our weekend long celebration will feature coding and programming, 3D drawing, exploration of mechanical builds, motorized enhanced mechanisms, augmented & virtual reality and more.

Cox Farms Pumpkin Madness. 10 - 5 p.m. Cox Farms, 15621 Braddock Road, Centreville. Come out and smash, throw, and launch those old pumpkins. Bring back your used Jack-o'-lantern...We'll help you recycle it. Last admission 4 p.m. Visit: <http://www.coxfarms.com/fallfestival.aspx>.

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Managing Holiday Weight Gain

Advanced planning is key to keeping off pounds.

BY MARILYN CAMPBELL
THE CONNECTION

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

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

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

There are a few, simple ways to combat



PHOTO BY MARILYN CAMPBELL

Develop a plan now to combat holiday weight gain.

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

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

you're not starving."

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

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

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

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

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

use food to help calm and cope."

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

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

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

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

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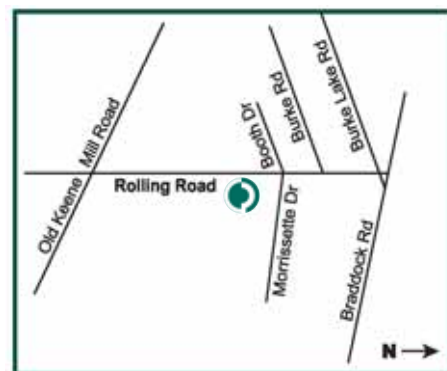
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Staying Healthy and Safe During the Holidays

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

By MARILYN CAMPBELL
THE CONNECTION

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

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

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

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

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

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

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



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

Food Safety

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

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

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

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

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

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

PHOTO BY MARILYN CAMPBELL

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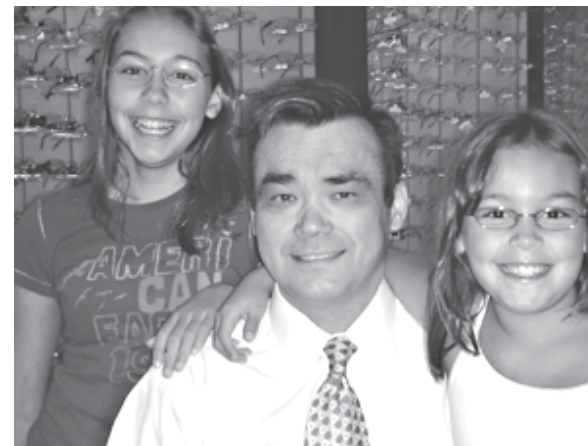
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Alexander Hamilton Brought Back to Life by Rap Music?

Musical historian shares the unlikely story with Fairfax audience.

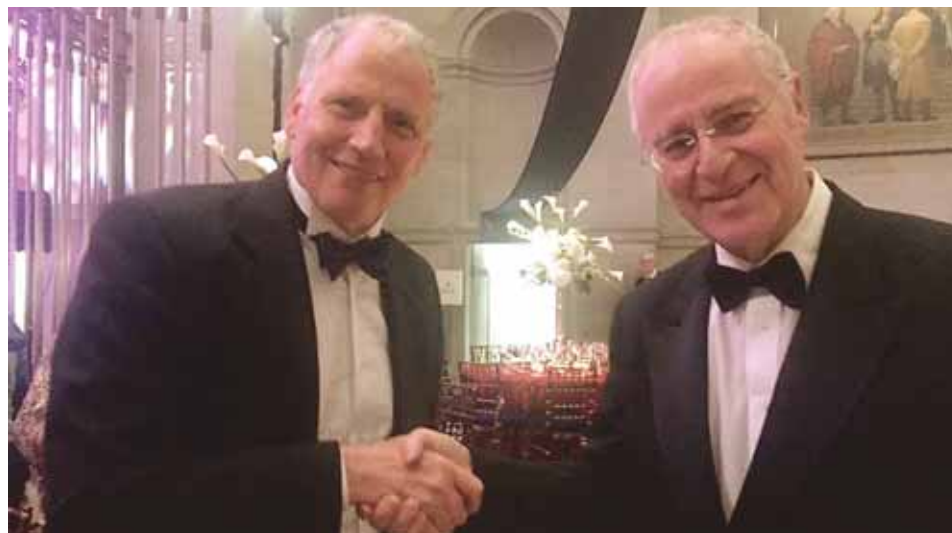
BY DAVE RYAN
OLLI AT GMU

Let's face it: A couple of years ago, how many younger — or even older — Americans would have bothered even crossing the street to voluntarily learn anything about a musty old historical figure like American founding father Alexander Hamilton.

But then the young son of Puerto Rican immigrants in New York did the unlikely thing of writing a smash hit Broadway musical, drawing heavily on rap music, that brought to vibrant life for many Americans the fascinating story of our first Secretary of the Treasury.

Speaking Saturday at the Church of the Good Shepherd in Burke to the Osher Lifelong Learning Institute at George Mason University, over 150 OLLI members listened to economics PhD and avid local musical theater historian Dan Sherman describe this improbable genesis of the wildly popular musical "Hamilton." He played many songs from the show and explained how well the 2 and ½ hour musical compressed the story of Hamilton's complex life.

AN INCREDIBLY AMBITIOUS, motivated and hard-driving character with a chip on his shoulder, Hamilton, a poor immigrant orphan born illegitimate in the Caribbean, stood in stark contrast to most of America's founding fathers, who were rich, well-educated and came from prominent families. Despite his background, Hamilton was a brilliant writer, Revolutionary War hero, and of course, our first Secretary of the Treasury. He was very close to George Washington, serving as his personal



From left — OLLI class instructor Dan Sherman and Ron Chernow, author of bestselling biography, Alexander Hamilton.

secretary during the war, and played a key role in convincing the reluctant "Father of our Country" — who longed to return to Mount Vernon — to become president. Hamilton never thought our new nation would become strong under its first governing principles, the Articles of Confederation, and fought hard for the convention that wrote our current constitution. Author Ron Chernow, in his best-selling book, Alexander Hamilton, said, "...Hamilton is the foremost political figure in American history who never attained the presidency, yet he probably had a much deeper and more lasting impact than many who did."

Despite these accomplishments, Hamilton faded into the mists of American history, and was known to most Americans only as the man on the ten-dollar bill who was shot

by Aaron Burr.

Enter Lin-Daniel Miranda, the 36-years-old son of Puerto Rican immigrants, who grew up in New York City. His parents loved Broadway shows, so he grew up listening to Broadway cast albums — as well as rap songs. He combined these interests in a musical about — of all people — Alexander Hamilton, which opened in Jan. 2015 with a mostly African American and Latino cast, and the rest is show business history.

American playgoers used to the flowery, ornate writing of 18th century historical figures were probably surprised and intrigued to hear the character of Hamilton expostulating in rap rhythm against Thomas Jefferson in a hip-hop debate:

"Thomas, that was a real nice declaration, welcome to the present, we're running a real



PHOTO BY DAVE RYAN

Instructor Dan Sherman teaching the class.



OLLI member Wendy Campbell: 'I loved every minute of the class.'

COURTESY PHOTO

nation, would you like to join us or stay mellow doing whatever the hell it is you're doing at Monticello, do we assume the debt, the union debt that you might have said is a financial diuretic, how do you not get it ..."

Sherman said that some African Americans who've seen the play told him that they felt Hamilton is really a hip-hop story — both Hamilton and Miranda came from an inner city culture and they both managed to make it.

OLLI MEMBER Wendy Campbell added:

"What a magnificent tribute to two men - Lin Manuel Miranda and Alexander Hamilton... I loved every minute of the class."

OLLI MASON, which sponsored Sherman's talk, provides educational opportunities for citizens of Northern Virginia. For more about OLLI Mason and its events can be found at olli.gmu.edu

Autopsy Report Yet to Come for Deputy-Involved Shooting

Administrative investigation to follow.

BY TIM PETERSON
THE CONNECTION

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

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

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

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

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

had.

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

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

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

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

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

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

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

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

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TUESDAY NOON

101 Computers

101 Computers

21 Announcements

21 Announcements

LEGAL NOTICE.

According to the Lease by and between Barbara Franceschi (of unit 1069) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: totes, bed, furniture, home decor, ect. Items will be sold or otherwise disposed of on Friday November 18, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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

According to the Lease by and between Gustavo Reyes (of unit 1133) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: boxes, paintings, luggage, ect. Items will be sold or otherwise disposed of on Friday November 18, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between Obed Butuk (of unit 3046) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: mattress, furniture, printer, ect. Items will be sold or otherwise disposed of on Friday November 18, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between Gustavo Reyes (of unit 3113) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: furniture, rug, bed frame, table, ect. Items will be sold or otherwise disposed of on Friday November 18, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

21 Announcements

21 Announcements

21 Announcements

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21 Announcements

21 Announcements

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

SCHOOL NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Vocal musicians from 12 Fairfax County public schools have been named to the Virginia Honors Choir for 2016. This select choir is open only to the top 125 singers from around the Commonwealth of Virginia, and is the highest honor a choir student can attain during his or her high school career. Thirty-one Fairfax County Public Schools (FCPS) students were selected for the choir, and five students were named as alternates. The choir will perform at the Virginia Music Educators Association (VMEA) convention to be held at the Omni Homestead Resort in Hot Springs, Nov. 17-19. FCPS students named to the 2016 Virginia Honors Choir include the following students from our area schools: **Woodson High School:** Megan Humes, Caroline Grass, Jacob Lamb, Lucas Valdes, and Marc Manaloto and **Hayfield Secondary School:** Jessica Pressley.

Jonathan Whittington, Kathryn Herring, Emma Zettlemoyer, of Springfield; **Bridget Ray and Kirsten Chase**, of Burke; received \$2,000 scholarships from the Scholarship for Military Children Program in July 2016.

Jane Gibbins-Harding, of Springfield, was named to the dean's list at Bethany College for spring 2016.

U.S. Air Force Airman **Brian A. Zamfino** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. Zamfino is the son of Joanne and Joseph Zamfino of Springfield. He is a 2015 graduate of West Springfield High School.

Thomas Miskimins, of Fairfax, graduated with a master of arts, in Spring 2016 from the University of New Haven.

Jordan Ecker, of Fairfax, is on the spring 2016 dean's list at the University of Minnesota-Twin Cities.

Caroline Dickson, of Fairfax, is on the spring 2016 dean's list at the University of Maine-Orono. Allison Righter Moore, and Sarah Ann Hughes Cushing-Spiller, of Springfield, is on the dean's list at Hollins University, for the 2016 spring semester.

James Butler, a Lake Braddock Secondary School graduate, was inducted into the Naval Academy Class of 2020 on June 30, 2016.

Kyle Austin Walsh, of Fairfax, and **Abigail Lynn Lackey**, of Springfield, were named to the honors list for the 2016 spring 2016 semester at Averett University in Danville.

Katherine Marie Hough, of Fairfax Station, is on the dean's list at George Mason University for spring 2016.

Anna Kormis, of Springfield, graduated from Emory and Henry College in spring 2016.

Kyle Austin Walsh, of Fairfax, graduated from Averett University in June 2016. was among the 261 students to receive diplomas during Averett University's May 7 Commencement,

Megan R. Seymour, Megan F. Cummins, Thomas S. Cohen, of Fairfax, **Joshua D. Harlowe, Samantha E. Kinde, Melissa A. Schwartz**, of Springfield; **Sean C. Baird**, of Fairfax Station; graduated from Boston University in spring 2016.

BULLETIN BOARD

Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

THROUGH NOV. 4

Sheehy Auto Stores Fall Harvest Food

Drive Sheehy Auto Stores throughout Washington, D.C.; Richmond, Virginia; and Baltimore, Maryland areas will collect canned goods and non-perishable food as part of the company's annual Fall Harvest Food Drive. Feeding America provides low-income individuals and families with the fuel to survive and even thrive. As the nation's leading domestic hunger-relief charity, Feeding America's network members supply food to more than 37 million Americans each year, including 14 million children and 3 million seniors.

Locations include:
Sheehy Volkswagen, 6601 Backlick Road,

Helene J. Decosse, Alexis J. Fahrney, Jessica M. Ochoa, of Fairfax, are on the dean's list at Boston University for spring 2016.

Seth Lehman, Thet San, of Fairfax, graduated from Furman University in spring 2016.

Luke Hartman, Natalie Heinitz, of Springfield, graduated from Manhattan College in spring 2016.

Maria Larrazabal Carrillo, of Fairfax is on the dean's list for May 2016 at Iowa State.

Kayse McGough of Fairfax is on the dean's list for May 2016 at St. Mary's College.

Jared Rondeau of Clifton, graduated May 2016 Triple Major in Physics, Mathematics, and Chemistry from Emory and Henry College.

Moriah Dreisbach, of Fairfax, is on Union University's president's list for spring 2016.

Irene Martinko, of Springfield, is on the spring 2016 dean's list at Muhlenberg College in Allentown, Pennsylvania.

James F. Agnew, Kyle T. Deivert and Nathaniel Oliver, of Fairfax, are on the dean's list at Hampden-Sydney College.

Cameron Kisailus, of Franconia, graduated from Gonzaga College High School. He will be attending the University of Pittsburgh.

Michael Gerlach's, of Fairfax Station, is on the dean's list at James Madison University for spring 2016.

Kara Anne Crennan, an alumna of West Springfield High School Class of 2011, graduated from the United States Air Force Academy in June 2016.

Liana Ruiz was awarded the Virginia Credit Union Scholarship of \$2,500. She will graduate from Robinson High School in June 2016 and will attend Virginia Tech in the fall.

Ketty Klimchuk, of Fairfax, is on the spring 2016 dean's list at Johnson State College in Vermont.

Abdullah Al Nouman, of Fairfax, graduated with a master of science, biomedical sciences from Iowa State University in spring 2016.

Robel Teffera, of Fairfax, graduated in spring 2016 with a bachelor of science in international business from Quinnipiac University.

May 2016 Oregon State University graduates from Burke include, **Kimberly L. Ogren**, doctor of philosophy, geography; **Jacob M. Sage**, bachelor of science, cum laude, construction engineering management.

Jennifer S. Richards, of Lorton, graduated with a bachelor of science, earth sciences from Oregon State University in May 2016.

Jeffrey A Renner, of Fairfax is on the dean's list for spring 2016 at Baylor University.

Alexandra Hoenscheid, of Springfield, received the University of Mary Washington Alumni Award upon her graduation in May 2016.

Thet San, of Fairfax, is on the dean's list at Furman University in South Carolina for spring 2016.

Natalie Heinitz, of Springfield, received Manhattan College's Gunn Alumni Medal during the 2016 commencement.

Allison Campbell, a 2007 graduate of West Springfield High School, graduated from Washington University in St. Louis Olin Business School in May 2016.

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THE CONNECTION
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11

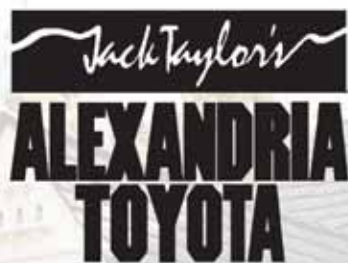
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