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 And I Try  
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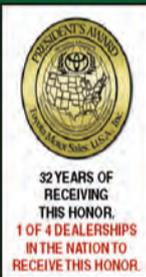
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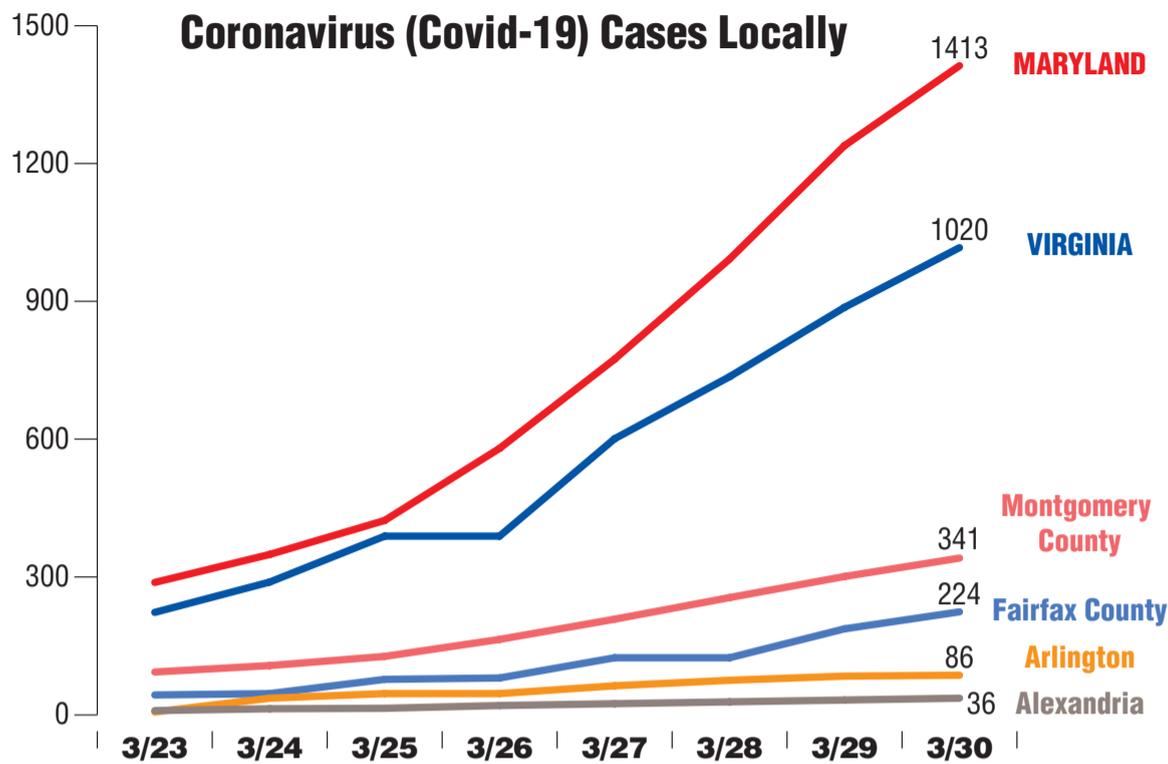
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# NEWS



## Governor Issues Statewide Stay at Home Order for Virginia

On Monday, March 30, Gov. Ralph Northam issued a statewide Stay at Home order to protect the health and safety of Virginians and mitigate the spread of the novel coronavirus, or COVID-19. The executive order takes effect immediately and will remain in place until June 10, 2020, unless amended or rescinded by a further executive order.

The order directs all Virginians to stay home except in extremely limited circumstances. Individuals may leave their residence to seek medical attention, work, care for family or household members, obtain goods and services like groceries, prescriptions, and others as outlined in Executive Order Fifty-Three, and engage in outdoor activity with strict social distancing requirements.

The executive order also directs all Virginia institutions of higher education to stop in-person classes and instruction. Private campgrounds must close for short-term stays, and beaches will be closed statewide except for fishing and exercise.

“We are in a public health crisis, and we need everyone to take this seriously and act responsibly,” said Northam. “Our message to Virginians is clear: stay home. We know this virus spreads primarily through human-to-human contact, and that’s why it’s so important that people follow this order and practice social distancing. I’m deeply grateful to everyone for their cooperation during this unprecedented and difficult time.”

Last week, Governor Northam issued Executive Order Fifty-Three closing certain non-essential businesses, prohibiting public gatherings of more than 10 people, and directing all K-12 schools to remain closed for the rest of the academic year.

Frequently Asked Questions about Executive Order Fifty-Three can be found <https://www.governor.virginia.gov/>.

For the latest information about the COVID-19 outbreak, visit [virginia.gov/coronavirus](http://virginia.gov/coronavirus) or [CDC.gov/coronavirus](http://CDC.gov/coronavirus).

## Postcards from Coronavirus Time

Impacts from the quarantine and economic volatility are everywhere.

The quarantine impacted the stores at Springfield Town Center.



PHOTOS BY MIKE SALMON/ THE CONNECTION

A variable message sign in Kingstowne reminded everyone to wash their hands.



A variable message sign in Kingstowne reminded everyone to wash their hands.

## Fairfax County Urges Residents to Stay Home

Fairfax County strongly urges residents to follow the stay-at-home order issued by Virginia Gov. Ralph Northam today.

This order is critical to help slow the spread of the coronavirus as cases continue to climb across the state with 225 confirmed cases in the Fairfax County Health District. Social distancing is the most effective method to limit the disease’s transmission.

The governor’s action, which remains in effect until June 10, means that residents should stay in homes with only a few exceptions for essential ac-

tivities, including:

- Getting groceries or medicines.
  - Caring for a sick family member or friend.
  - Getting medical care for yourself .
  - Going outside for exercise for yourself or pets (although not in groups larger than 10 people).
  - Getting essential social or government services.
  - Traveling to and from work or place of worship. Do not go out unless you need to go out.
- “To date, this has been a suggestion to Virginians,” said Northam. “Today it’s an order.”  
More details: <https://bit.ly/2ylmDtH>

## COVID-19 Call Center Changes Hours

Health Department’s Coronavirus (COVID-19) Call Center has changed its hours.

The Call Center, which can be reached at 703-267-3511 with coronavirus questions, is now open 9 a.m. to 7 p.m. weekdays and 9:30 a.m. to 5 p.m. on weekends.

There are several other ways to stay informed and get additional informa-

tion. You may also text FFXCOVID to 888777 to receive updates from Fairfax County about COVID-19 and email questions or concerns to [ffxcovid@fairfaxcounty.gov](mailto:ffxcovid@fairfaxcounty.gov). This email account is staffed Monday through Friday, 8 a.m. through 6 p.m.

Fairfax County also has a web portal for coronavirus that serves as a one-stop online resource for

online information; Coronavirus information can also be found on the Health Department Coronavirus (COVID-19) Webpage and FAQ page.

And on social media, be sure to follow the Fairfax County Government Facebook Page and Health Department Facebook Page as well as follow @fairfaxcounty and @fairfax-health on Twitter.

## Grateful, Scared and Hopeful

On the front lines of the pandemic.

BY WINIFRED ALLEN

As I reflect on the last few weeks and the changes that I and my co-workers throughout Fairfax County are navigating, the first word that comes to mind is gratefulness. Difficult times have pushed us together in ways that we could never have imagined, and I'm grateful more than ever for everyone who is coming together to protect our community.

Day in and day out, Fairfax County nurses, social workers, first responders and educators -- along with grocery workers, home care providers, hospital staff, and countless others -- are on the front lines keeping our community safe and healthy. In the middle of this pandemic, I have seen how hard everyone is working to implement changes that seem to occur minute by minute while we maintain services for the community and try to care for our own families. I see co-workers continue to show up every day, despite their fears, because of their dedication and love for what we do.

I see my fellow mental health professionals providing comfort and counseling to our community members with mental illness. I see our housing staff working to ensure that every family has a roof over their heads and that no one loses their homes. I see our community center staff making sure that seniors still get health



Winifred Allen and her daughter: Allen reflects on challenges on front lines of the pandemic.

care, food, and companionship. Their courage and commitment are incredibly inspiring.

As a Board member of the Fairfax County Government Employees Union, SEIU Virginia 512, I also hear my co-workers' concerns regarding safety and health. I hear the fear that some express now that coronavirus is at our

doorstep. We are afraid for our loved ones and for the people we serve. And when we learn of fellow employees directly affected, as we did last week, it hurts us all because we are not just co-workers, we are family. We are bonded by our employer, Fairfax County, but we have banded together in unity to take care of each other.

I am so grateful for my co-workers who support me every day so that I can continue serving those in need. I am so grateful for our union, which is fighting for all working families every day. I am grateful for Chairman Jeff McKay and the Board of Supervisors for listening to and partnering with us to keep our community and our workforce safe.

Now we are standing with working people across the country with urgent demands for our federal government. Every one of us on the front lines need protective equipment such as gloves, masks, and cleaning supplies, as well as expanded opportunities for telework so we can continue to serve our communities. We demand paid leave for all impacted workers so everyone can care for their own families no matter where we are from or what race we are.

While it's clear that many challenges are coming, I know that the gratefulness I have now for the people who make our community a wonderful place can expand. I know that if our elected leaders take action now, all of us can look back at this critical moment with gratitude.

*The writer is Mental Health Therapist and SEIU Virginia 512 member.*

## Foster Dog or Cat

BY BARBARA HUTCHERSON

Lost Dog & Cat Rescue Foundation (LDCRF) in Falls Church has pledged to continue taking in animals in need during the COVID-19 crisis, when shelters across the country are facing disrupted operations and the looming likelihood of exceeding capacity. To make room to help overburdened shelters and their animals, LDCRF is asking the community to please step up and host a foster dog or cat in the coming week, and even consider adopting. Fostering is a fantastic way to take advantage of extra time at home, and as an added bonus: isolation is much less stressful with a four-footed friend!

During this anxious time, we are all faced with some difficult decisions. Our shelter partners are feeling the strong effects of significantly decreased adoptions and are quickly running out of space, many of whom have had to close their doors to the public. Many rescue organizations are also at capacity and unable to help municipal



PHOTOS CONTRIBUTED

**Fostering is a fantastic way to take advantage of extra time at home, and as an added bonus: isolation is much less stressful with a four-footed friend!**

shelters by taking in pets. Thanks to our supporters and wonderful community opening their homes to our rescue animals, we're extremely fortunate to currently have

## Local rescue tackles new animal welfare crisis.

space and are happy to help. We will do what we can to alleviate this recent pressure on our shelter partners. To do so, we'll need even more people to adopt and foster dogs and cats over the coming weeks.

In accordance with guidance from the government and national animal welfare organizations such as American Pets Alive! (AmPA!), Lost Dog & Cat Rescue Foundation is working under enhanced protocols and procedures to promote public health. We've shifted to adoptions by appointment and are now having supporters meet dogs outside where it's easier to maintain social distance whenever possible. "We are taking precautionary recommendations very seriously, and at the same time, maintaining our commitment to doing everything we can to help animals in need.

Members of the public can pro-

vide critical support by adopting, fostering, or donating today. To find out how to adopt or foster a pet, visit [www.lostdogrescue.org](http://www.lostdogrescue.org). To make a contribution to LDCRF's life-saving efforts, visit <https://lostdogrescue.org/donate-now/>. To order supplies from the organization's wishlist, go to <https://amzn.to/2xcdP8I>.

Lost Dog & Cat Rescue Foundation is a nonprofit animal rescue organization in Falls Church, intaking and adopting out nearly 2,000 dogs and cats per year. Its primary focus is on rescuing animals at risk of euthanasia in municipal shelters, where space becomes an issue. LDCRF also participates with national organizations to rescue animals in the wake of natural disasters and in the event of large-scale hoarding cases. LDCRF runs a vibrant "dogventure" program that allows members of the community to take a dog out for a few hours or a day.

*The writer is Executive Director, Lost Dog & Cat Rescue Foundation.*





PHOTO BY SUSAN LAUME/THE CONNECTION

Streufert photographs birds on Laurel Hill Park's Loop Trail.

## Lorton Man Wins National Photo Contest

Bathing warbler best of 4,800 contest entries.

BY SUSAN LAUME  
THE CONNECTION

Last week, amateur wildlife photographer Randy Streufert, of Lorton, received notification of his Grand Prize win in the National Wildlife Federation's (NWF) "Garden for Wildlife" photo contest. His winning photo captured a male prothonotary warbler enjoying a misting bath in Streufert's garden on Mason Neck.



Grand prize photo by Randy Streufert (Prothonotary Warbler)

The winning picture was taken from Streufert's back porch, with a digital Nikon camera using a 600 mm lens on a tripod.

Streufert's grand prize win was selected from among 4,800 contest entries in several habitat garden categories. In its first contest on this subject, NWF sought to showcase "the impact habitat gardens can have on wildlife and people alike."

Other local winners include Sherry Schellenger Parker, of Fairfax, for her picture of a child in a flower garden; and Arthur Hass, of Reston, for his close-up of an Eastern Tailed-Blue butterfly. Streufert also received an honorable mention for his Cope's Gray Tree frog tadpole and froglet photo.

When not in his backyard capturing wildlife doing what often goes on unseen, Streufert volunteers as Treasurer of the Friends of Mason Neck State Park, and performs maintenance at conservation refuge on Accotink Bay and Mason Neck. A retired USAID director, he has made a hobby of photographing nature for over more than 20 years, including plants and flow-

ers, as well as wildlife. His contest entries in two prior years were not selected as winners, but were included in NWF's card packages; a cardinal in snow and a screech owl in a tree hollow. His grand prize this year won him \$1,000 cash, which Streufert plans to donate to aid in the corona virus crisis response.

The NWF organization, headquartered in Merrifield, Va., is known world-wide for its wildlife photography contests which draw thousands of entries from around the world; 23,000 entries in its 2019 contest. Started 49 years ago, the wildlife photo contests "celebrate the power of nature photography ...photographs can inspire people to care about the creatures that share our planet and act on their behalf." Contest entrance fees support the organization's conservation mission.

The 2020 annual wildlife contest closed on March 29. Readers can view past winners, including those mentioned above, at [www.nwf.org/magazines/national-wildlife/photo-contest/2019-GFW-PC-winners](http://www.nwf.org/magazines/national-wildlife/photo-contest/2019-GFW-PC-winners).

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**WELLBEING**

# Cooking in the Age of Coronavirus

Turning pantry staples into delicious and nutritious meals.

BY MARILYN CAMPBELL  
 THE CONNECTION

**D**uring this time of social distancing, more time spent indoors and fewer trips to bare-shelf supermarkets, stocking the pantry with a food supply that's meant to last for weeks has become the new normal. No longer is dining out an option. From potato chips washed down by soda to canned tuna paired with frozen broccoli, cooking and eating food that's on hand can throw an entire household into an unhealthy culinary rut.

"This is not a snow storm that will melt in a few days. This isn't the time to eat more brownies, drink more wine and munch continually because you don't have much structure in your life," said licensed nutritionist Janet Zalman, MS, of the Zalman Nutrition Group. "You can't say, 'I'm going to go back to eating healthy when this pandemic is over,' because we don't know how long it's going to last. Eating healthy and keeping our bodies healthy can make a difference in a crisis, especially for preexisting health conditions like heart disease, obesity and diabetes."

With a little creativity, it's possible to turn pantry staples into healthy, but savory dishes that can be soul-soothing during this time of heightened anxiety, says Terri Carr of Terri's Table in Potomac. "Stews, chilies and soups [made with] ground meats, potatoes, canned beans and tomatoes and stock or broth cooking in a slow cooker or on the stovetop for a couple of hours release aromas that are inviting and comforting," she said. "Pasta dishes can be very diverse depending upon what ingredients you have available. They don't have to be limited to typical pasta sauces. Adding lots of onions, a bit of garlic, parmesan and even greens at the end of cooking the pasta can be very tasty and healthy."

The right mixture of herbs and seasonings can turn ho-hum meals into flavorful powerhouses. "Pesto is a terrific change and several types of pesto are easily available at grocery stores," said Carr. "I add leftover chicken to pasta dishes to provide protein and use up leftovers. Adding sundried tomatoes gives a big flavor boost in pasta dishes."

Even with the limited availability of some foods, it's still possible to find key ingredients to stock a healthy pantry. "Whole-grain pasta such as brown rice or buckwheat is a complete protein and you can add beans and vegetables on top of that for a complete protein ... option," said Teri Cochrane, author of *The Wildatarian Diet —Living as Nature Intended*,



PHOTOS BY TERRI CARR

A pantry stocked with a carefully planned array of staples can keep meals healthy and interesting.

and founder of the Global Sustainable Health Institute. "Dried beans or canned, organic beans are very cost-effective. You can get a bag of dried beans for less than two dollars. You can sauté frozen vegetables and when you pair that with brown or wild rice you can have a full protein meal for almost pennies per person."

"There are no frozen vegetables right now, but fresh vegetables are still in the supermarket," said Zalman. "You can wash them with soap and water."

From savory to sweet, ideas for preparing that produce abound, says Zalman. "You can roast carrots,"

she said. "Apples are around. You can make baked apples if you want something sweet. Have it with yogurt or ice cream or almond milk and you have a dessert."

Instead of reaching for a bag of potato chips, Zalman suggest slicing and baking sweet potatoes that have been brushed with oil and sprinkled with a dash of salt. "You can make popcorn on the stove and add herbs, a drop of salt unless you have high blood pressure," she said.

When the butcher section of the grocery store is low on meat, it's time to think inside the can. "If you want turkey burgers, but don't have turkey use canned salmon and make a

salmon burger," said Zalman. "It's delicious inexpensive and healthy. 'If you have kids you can make casseroles like a tuna casserole or a salmon casserole.'"

In fact, healthy cooking is a way to spend the extra family time we're given. "A good way to get families together in the kitchen is [making] things from scratch such as soups and breads or treats," said Cochrane.

**"If you want turkey burgers, but don't have turkey use canned salmon and make a salmon burger. It's delicious, inexpensive and healthy."**

— Janet Zalman, Zalman Nutrition Group

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PHOTOS BY AMTRAK

# Auto Train Still Chugging Along in Lorton

Amtrak's service is the only of its kind in the nation.

BY MIKE SALMON  
THE CONNECTION

The Auto Train in Lorton is the only rail service in the country that lets travelers bring their car for a trip to Florida, eliminating stressful travel on I-95 and the fuel costs. The Auto Train, which is part of Amtrak, leaves each day at 4 p.m. and arrives in Sanford, Florida the next morning. Sanford is located north of Orlando and west of Daytona Beach.

Sanford is close to Disneyworld, so there are “a lot of advantages for people that have children and going to Disneyworld,” said Kimberly Woods, a spokesperson for Amtrak. The costs are comparable to air travel. For example, a coach seat for one person is \$89 one-way, and about \$250 for the car. The fare is comparable to the same trip by air, but then there’s the rental car at

## Auto Train by the Numbers

In Fiscal Year 2018, Auto Train had 224,837 riders out of Lorton  
Average of 117,000 vehicles annually  
Average of 319 vehicles per day  
Average of 160 vehicles per departure  
In Fiscal Year 2019, the Annual Station Revenue was \$76,744,013 and 236,035 riders out of Lorton

the airport, and that could raise the price tag of the whole trip significantly. There are several options on the train instead of coach seating, with bedrooms and meal plans available as well. The station in Lorton is located off Lorton Road near the Clock Tower, and has seating and snacks available in the lobby. According to Woods, some riders get into the station about 11:30, go through the loading process with their car then have time to take a walk or shop across the street at the plaza. Some riders come in from out of town, stay the night in one of the motels across I-95 on Silverbrook Road, and leisurely come over to the station the next morning.

The Auto Train was the brainstorm of Eugene K. Garfield, who had once worked for the U.S. Department of Transportation. In 1969, Garfield started the company and service began on Dec. 6, 1971 with daily trips in both directions.

The Auto-Train became a hit, so that on May 24, 1974, they started weekend service between Louisville, Ky., and Sanford, Fla., but they ran into problems and shut down in 1981. In 1983, Amtrak conducted a feasibility study to restart the rail service, and

received such positive feedback that in April 1983, the Amtrak Board of Directors authorized planning for the new service, which began that October. Amtrak rebuilt the station at Lorton in 1998 while continuing to

SEE AUTO TRAIN, PAGE 10

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Ciao's Sal Speziale (center) brings dinner, Saturday evening, to Centreville's Fire Station 17.



Chef Antonino Di Nicola holds the pizzas he's giving to the Fairfax County Sheriff's Office.

# 'I've Been Blessed, and I Try to Give Back'

Ciao brings free meals to doctors, nurses, firefighters.

BY BONNIE HOBBS  
THE CONNECTION

Sal Speziale hasn't stopped working in four weeks – but that's OK with him, because he and his award-winning, Italian restaurant, Ciao Osteria in Centreville, are busy feeding the frontline fighters of COVID-19. Since March 17, he's provided free lunches and dinners to doctors, nurses, firefighters, sheriff's deputies and police, and he doesn't plan on quitting anytime soon.

"In the military, they teach you to keep going and not rest until you've accomplished your task," he said. "And we're going to keep doing this until everyone's well again and we can go out into the sunshine and be near each other again."

Actually, running a restaurant is Speziale's third career. He spent 14 years in the Air Force, where he was a fighter pilot, flying F-15 Eagles. Next, he was an American Airlines pilot for 32 years, only recently retiring.

He opened Ciao in 2014 and it quickly won rave reviews. It was listed among Open Table's "Top 100 Italian Restaurants" and has consistently been rated in the "Best 50 Restaurants in Northern Virginia" by Northern Virginia Magazine.

Now, though, besides providing takeout and deliveries for Ciao's regular customers, he's bringing food to emergency-room staff at Inova Fair Oaks and Fairfax hospitals, plus Centreville's fire stations.

"I was born in Italy, and poverty makes me appreciate what this country has given me," said Speziale. "The community's been great to us, so we want to give back. This is our way of helping." And he's doing it via Ciao's mouthwatering lasagna, meatball sandwiches, pizza, chicken marsala, Caesar salad, spaghetti, chicken pasta Alfredo and

even gelato.

But he's always thought of his community, even when times are good, giving employee discounts to first responders. So when COVID-19 dramatically changed everyone's lives, it was natural for Speziale to help further. "Doctors and nurses are on the front lines," he explained. Until restaurants were ordered to close their dining areas, business at Ciao was booming. But the March 16 edict only allowing 10 diners at a time forced Speziale to lay off almost 60 percent of his 65 staff members.

**THEY NOW WORK ROTATING SHIFTS** and he helps those short on funds. Curbside and delivery orders have been strong, so he's rehired four employees, but he'd like to bring them all back. "We're family," he said.

Meanwhile, on March 17, he called Fair Oaks hospital's ER department and asked if anyone was providing their lunches.

"They said 'No,' so we brought 12-14 large pizzas for them," said Speziale. "When we gave them the pizzas, they had the biggest smiles, and it gave me warm feelings. So we returned with food the next day, too. I also asked [Fairfax County] Sheriff Stacey Kincaid to send deputies to pick up food, and we gave them pizzas and salads for their office."

He's now feeding 75-175 meals/day to doctors, nurses and other first responders, seven days a week. Initially, knowing Ciao was struggling, guardian angels in the community helped out. Two people left \$750 and \$400 tips, which their servers shared with coworkers. Others gave 200-300-percent tips.

One Ciao's fan anonymously donated \$5,000 for the employees. Another handed



Sal Speziale (at far left) delivers pizzas from his restaurant, Ciao, to Inova Fair Oaks emergency-room nurses.

Speziale \$200 for his staff. "It's so touching, the support and love we're receiving," he said. "So how could we not take care of the first responders?"

Those donations certainly helped – and Speziale's extremely grateful for his customers' generosity. But with all the free meals he's providing, the funds only went so far. March 18 and 19, Fair Oaks hospital's ER received lunch and dinner from Ciao. "My wife Gina was a labor-and-delivery nurse there for 24 years, so we thought of them first," he said.

He soon included Inova Fairfax, but he had to alternate its meal deliveries with Fair Oaks because he didn't have enough money to feed both hospitals. Then on March 23, all Virginia restaurants were ordered to close, except for takeout and delivery.

That day, Speziale started a Go Fund Me account: <https://www.gofundme.com/vh2v8-feeding-first-responders>. His goal's

\$100,000 and he's already raised more than half, with 100 percent of the donations going toward food purchasing,

Meanwhile, daily meal deliveries go on. Last Thursday, Ciao brought chicken marsala to Inova Fair Oaks' ER staff. "We also surprised them with our homemade gelato, and they started clapping," said Speziale.

**ON FRIDAY**, he fed pizza to police officers and dinner to Centreville's Station 38 firefighters. Then a Fair Oaks nurse gave him \$400 she'd collected from neighbors and asked him to feed that hospital's housekeepers, janitors and ER staff. She also handed him thank-you cards made for them by local children.

"It wasn't enough money, so we matched it and fed them dinner," said Speziale. "One housekeeper, in tears, told us nobody ever takes care of them like that." Then on Saturday, he brought lunch and dinner to the Fair Oaks Intensive Care Unit, lab and security staff. "We're trying to spread it around," said Speziale. He also fed the firefighters at Centreville's Station 17.

"I love helping people," he said. "I've been blessed, and I try to give back a little of what's been given to me." He noted that, "When people get pickups and deliveries from us, it keeps our employees working and kitchen cooking so we can provide food to the first responders until this is over."

Throughout Speziale's adult life, the message in John Greenleaf Whittier's poem, "Don't Quit," has guided him: "Stick to the fight when you're hardest hit; It's when things seem worst that you must not quit."

"We're going to come through this; failure is not an option," said Speziale. "People are starting to work together. This country has problems, but it's still the greatest country in the world. We'll fix it, slowly, but surely – it can't rain forever."

PEOPLE

# Springfield Cab Driver Holds 5 Guinness World Records

Ujjwal Sharma Thakuri is sixth-degree black belt in American Marine GoJu-Ryu Karate.

BY STEVE HIBBARD  
THE CONNECTION

Ujjwal Sharma Thakuri, 45, of the Leewood community of Springfield has earned his fifth title in the Guinness Book of World Records. A World Martial Arts Champion, the Nepali native broke the record for crushing the most eggs with a kick (68) in one minute. The eggs were lined up on a 4-foot-3-inch-high beam where he kicked and broke the eggs in front of judges in Towson, Md., recently.

"I feel great and give thanks to God that he gave me the power to bring my name to the Guinness Book of World Records. I feel blessed by God that I did such a good thing for the country," said the Uber cab driver by day.

The sixth-degree black belt ("Roku") in American Marine GoJu-Ryu Karate has been written about hundreds of times in Nepali and American newspapers for his accomplishments. Today, he lives on Leebrad Street in Springfield with his wife Priyanka and daughter Elizabeth, 13. He came to the U.S. 18 years ago after spending his childhood in Kathmandu, Nepal.

To prepare for the event, he tied weights to his legs and practiced kicking real eggs in his yard for three years. "You have to measure the height; you have to put the timer on the side and practice every day," he said. "The egg has to be crushed permanently. I bought nearly expiring eggs and then I crushed maybe 1,000 eggs when I was practicing."

In Karate, the name of the powerful front kick is the "Mae Geri." He said he hopes to achieve his sixth Guinness World Record soon, the latest being two hat-ricks, where he wears 10 pounds of weights on his ankle and does knee strikes. The goal is to do more than 100 knee strikes at four feet height for three minutes; that's the world record. He has already completed 70 strikes in one minute.

He performed his Guinness Record feat in front of four judges, two time-keepers, as well as a crowd of 500 spectators. He started training for the feat in 2015, by working out for an hour and 30 minutes every day. He trained in Springfield with Lt. Col. Garry Klaus, USMC Ret., of the Soki American Marine GoJu.



PHOTO BY STEVE HIBBARD/THE CONNECTION  
Guinness World Record holder Ujjwal Sharma Thakuri of Springfield with his five world record certificates.

Thakuri is an expert in American Marine GoJu-Ryu Karate and also does Shito-Ryu Karate, which means karate with empty hands or no weapons. Strictly an amateur fighter, he receives no financial rewards for his hard work but holds more than 30 national trophies, medals, belts and cups for competitions inside the U.S.

His biggest accomplishments include the world record for the most full-contact knee strikes in three minutes (226 on one leg); he holds two world records for his Van Dam style weight lift – a split and weight lift (142.48 pounds); the feat is named after Rob Van Dam whose record he broke two times. His other records include a World Championship Belt -- the 2017 Kuro Bushi Martial Arts Organization Champion; a World Title Belt from the Battle of Baltimore 2016 World Karate Championship. Another is a first-place Black Belt in Creative Form at the Amerikick International Championship.

In his living room, along with his other awards, he has letters signed by Virginia Sens. Tim Kaine and Mark Warner, U.S. Rep. Gerry Connolly, as well as Ohio Sen. Sherrod Brown for being a five-time Guinness Record holder, among others. In the future, he hopes to open a Dojo, a training facility for Karate, and train people for the Olympics.

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## NEWS

# Inmate in 20s Tests Positive for COVID-19

**O**n March 30, 2020, an inmate in his 20s at the Fairfax County Adult Detention Center tested positive for COVID-19. He has been incarcerated since Jan. 29, 2020 and is now in isolation at the Adult Detention Center. The Sheriff's Office said they will continue to work closely with the Health Department to identify individuals who have been in close contact and are at increased risk.

"While we are doing everything we can to prevent the spread of illness, it is possible that additional cases will occur since individuals already could have been

exposed.

Since mid-March, at the recommendation of the Health Department, we have implemented enhanced screening and cleaning protocols to limit the spread of disease within our facility.

The agency also suspended personal visiting and volunteer-led programs.

The Sheriff's Office is taking every possible precaution to ensure the safety of our staff and the incarcerated population for whom we are responsible," the office said in a statement.

## WEEK IN FAIRFAX

### Oak View, Providence, Mosby Wood Meals

Students attending Oak View and Providence elementary schools in Fairfax now have curbside pickup available to them. They may get both breakfast and lunch, Monday-Friday, from 9 a.m.-1 p.m., at their schools. Parents should follow the kiss-and-ride signage for traffic flow, and FCPS staff will deliver meals to children and adults while they wait in their cars in the kiss-and-ride line. Walk-ups are still welcome at all sites. Walkers should use school sidewalks to safely navigate their walk to the pick-up stations.

Meanwhile, Mosby Woods Elementary will serve both breakfast and lunch from noon-12:30 p.m.

office.

Children must be pre-approved for COVID-19 testing at the Fairfax location. Standard copays apply for an office visit, \$0 copay for a PM Pediatrics Anywhere visit. Once approved, bring the child to the Fairfax PM Pediatrics, any day, from 10:30 a.m. to 7:15 p.m., for testing. The testing site is in the parking lot; results will be available in three to five business days. (Phone: 703-552-5437).

### How to Help during the Pandemic

For information about how to help others during the coronavirus pandemic, go to <https://www.fairfaxcounty.gov/covid19/donate-help>.

### COVID-19 Testing for Children

PM Pediatrics, at 11056 Lee Hwy. in the Kamp Washington Shopping Center in Fairfax, is temporarily reserved for children's COVID-19 testing only and is closed for regular, in-office visits. Anyone who believes their child is showing symptoms of this virus should first get the child evaluated by using the PM Pediatrics Anywhere telemedicine mobile app or by visiting a nearby PM Pediatrics

### Blood Donors Are Needed

Inova is currently experiencing a shortage of blood supply, and inventory is expected to continue to drop with the shortage of donors due to COVID-19. Inova Blood Donor Services has implemented extra precautions to protect donors and assures them that it's safe to give blood and donations will save lives. Make appointments at [www.inovablood.org](http://www.inovablood.org) or 800-BLOOD-SAVES.



PHOTO BY AMTRAK

As seen from the docks on the Occoquan, the train goes by in the afternoons.

# Auto Train Still Chugging Along in Lorton

FROM PAGE 7

run the service, replacing the old building and double platform with a \$25-million, 31,000 square-foot complex that required an additional purchase of land from the

neighboring Lorton Correctional Facility, before the prison closed a few years later, Amtrak said. The new station opened with a "Hollywood-style premiere worthy of a train that runs many vacationers

to Disney World and Universal Orlando," they said. Funding for the project was provided by Amtrak, the Virginia Railway Express and the Virginia Department of Rail and Public Transportation.

## BULLETIN BOARD

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

### GOVERNOR ORDERS STAY-AT-HOME ORDER

Governor Ralph Northam issued a statewide Stay-at-Home Order this week to protect the health and safety of Virginians and mitigate the spread of the novel coronavirus, or COVID-19. The executive order takes effect immediately and will remain in place until June 10, 2020, unless amended or rescinded by a further executive order. The order directs all Virginians to stay home except in extremely limited circumstances. Individuals may leave their residence for allowable travel, including to seek medical attention, work, care for family or household members, obtain goods and services like groceries, prescriptions, and others as outlined in Executive Order 53, and engage in outdoor activity with strict social distancing requirements. The executive order also directs all Virginia institutions of higher education to stop in-person classes and instruction. Private campgrounds must close for short-term stays, and beaches will be closed statewide except for fishing and exercise.

### GOVERNOR ORDERS STATEWIDE CLOSURES

Governor Ralph Northam last week issued a statewide order to protect the health and safety of Virginians and reduce the spread of the novel coronavirus, or COVID-19. Executive Order 53 orders the closure of certain non-essential businesses, bans all gatherings of more than 10 people, and closes all K-12 schools for the remainder of the academic year. This order went into effect at 11:59 p.m. on Tuesday, March 24, 2020 and will remain in place until 11:59 p.m. on Thursday, April 23, 2020.

**Public Gatherings --** All gatherings of more than 10 people are banned statewide, beginning at 11:59 p.m. on Tuesday, March 24, 2020. This does not include gatherings that involve the provision of health care or medical services, access to essential services for low-income residents, such as food banks; operations of the media; law enforcement agencies; or operations of government.

**K-12 Schools --** All schools will remain closed through the end of this academic year. The Virginia Department of Education (VDOE) will issue guidance to help divisions execute plans to continue instruction, while ensuring students are served equitably, regardless of income level, access to technology, English learner status, or special needs.

**Recreation and Entertainment Businesses --** The following recreation and entertainment businesses are considered non-essential and must close to the public beginning at 11:59 p.m. on Tuesday, March 24, 2020:

Theaters, performing arts centers, concert venues, museums, and other indoor entertainment centers;

Fitness centers, gymnasiums, recreation centers, indoor sports facilities, indoor exercise facilities;

Beauty salons, barber shops, spas, massage parlors, tanning salons, tattoo shops, and any other location where personal care or personal grooming services are performed that would not allow compliance with social distancing guidelines to remain six feet apart;

Racetracks and historic horse racing facilities;

Bowling alleys, skating rinks, arcades, amusement parks, trampoline parks, fairs, arts and craft facilities, aquariums, zoos, escape rooms, indoor shooting ranges, public and private social clubs, and all other places of indoor public amusement.

**Dining and On-Site Alcohol Establishments --** All dining and congregation areas in the following establishments must close to the public beginning at 11:59 p.m. on Tuesday, March 24, 2020. These establishments may continue to offer delivery and/or takeout services. Establishments include:

Restaurants;

Dining establishments;

Food courts;

Farmers markets;

Breweries;

Microbreweries;

Distilleries;

Wineries; and Tasting rooms.

**Retail Businesses --** The following retail businesses are considered essential and may remain open during normal business hours:

Grocery stores, pharmacies, and other retailers that sell food and beverage products or pharmacy products, including dollar stores, and department stores with grocery or pharmacy operations;

Medical, laboratory, and vision supply retailers;

Electronic retailers that sell or service cell phones, computers, tablets, and other communications technology;

Automotive parts, accessories, and tire retailers as well as automotive repair facilities;

Home improvement, hardware, building material, and building supply retailers;

Lawn and garden equipment retailers;

Beer, wine, and liquor stores;

Retail functions of gas stations and convenience stores;

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## Cancer in a Pandemic



By KENNETH B. LOURIE

So far as I can tell, I'm being treated as per usual. Meaning, treatment for my recently diagnosed thyroid cancer is on track. On track meaning multiple hospital visits at two health care facilities (some even on the same day) over five consecutive days to include four radioiodine injections, pre-and post-treatment CT scans, lab work, miscellaneous other medical appointments and a low iodine diet to boot spread out over a nearly six-week interval including one over-night at the hospital.

To say I'm looking forward to the experience would be naive. To say I'm looking forward to killing the remaining thyroid cancer in my body would be more accurate. The thyroidectomy I had in late January was very successful but approximately 15 percent of the cancer remains, embedded under my collarbone and elsewhere. Consequently, treatment of my pre-existing/underlying stage IV non small cell lung cancer will be further delayed while we address the thyroid cancer which the surgeon was unable to remove. And now that I have my schedule, as of March 27, I now know when and where and how the process will play out.

One potential major complication: the coronavirus pandemic. Given the screening questions I have been asked of late when calling for medical information, if I am unlucky and somehow become infected or come in contact with someone who has been diagnosed or travel/have traveled to an area of the country/world particularly hard hit, I am guessing my treatment stops/never gets started. And not to be too paranoid about something which hasn't even happened yet but, I'd just as soon not become another statistic and/or not get my cancer treatment and allow my two types of cancer to live on without any checks or balances. (Generally speaking, if the cancer is left alone, it likely won't spontaneously go into remission. Quite the opposite in fact and therein lies my fear of having 'cancer in a pandemic.')

I imagine that at any time over the next six weeks, a hundred things could change that could adversely affect my treatment/schedule, many of which are beyond my control. And not that I'm a controlling person, but when it comes to medical treatment that might actually be saving/extending my life, I do become a bit preoccupied. And if push does come to shove, so to speak, there's not much that I can say or do about circumstances (staffing issues, medicine shortages, reduced hours, increase in patients, etc.) which might affect the availability of health care. As a cancer patient, you 'd like to have a little predictability given that your normal routine is hardly what you anticipated. However, none of us anticipated a pandemic and now all us patients are waiting for chips to fall and wondering/hoping our names will be on the treatment list.

Unfortunately, cancer treatment is not hit or miss. It mostly needs to hit. And if some of the hits can't happen when protocol says it should, there is reason to be afraid. But being afraid now, before any of these pandemic-related complications have even occurred is a waste of time, energy and emotional wherewithal. I don't need to worry yet. If any of these worse-case scenarios do happen, there will be plenty of time to worry later. At the moment, I'm scheduled, I'm not sick and I'm able to social-distance, self-isolate and shelter-in-place until further notice.

I just wish 'further notice' wasn't a month from now. So much can happen to so many at so many places, most of which I can't prevent. And yet, if these happenings are not prevented, it's possible the powers that most likely will inform me that circumstances have overtaken their plans and my treatment will have to be delayed. I'm so close. Thirty days however is an eternity for a cancer patient. Somehow, I have to stop watching the calendar. I have to watch my "ps" and "qs" instead and avoid any unnecessary social interactions. I'd like to think that come the end of April, I'll be ready, willing and available. I just hope that I can say the same thing about the medical professionals and hospitals where I'll be getting treatment.

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



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**Gainesville Heritage Hunt 55+ \$564,900**  
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