

Burke ♦ Fairfax ♦ Springfield ♦ Fairfax Station Fairfax Little League Wraps 'Amazing Season'

NEWS, PAGE 9



(From left) catcher Emmett Hildreth, 11, and batter Luke Brazie, 12, wait for the pitch. (Majors Division). Fairfax Little League end-of-season tournaments, with the championship games, were played Oct. 24-25.

Pressure Mounts on Return to School

NEWS, PAGE 3

A Good Place for Affordable Housing?

NEWS, PAGE 3

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 10-30-20

PRSR STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

OPINION, PAGE 4 ♦ CLASSIFIEDS, PAGE 10

PHOTO COURTESY OF ERIN HILDRETH

BULLETIN BOARD

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

HALLOWEEN SPOOKTACULAR CANCELLED

The Halloween Spooktacular that is usually presented by Celebrate Great Falls at The Village Green is cancelled this year due to Covid-19. After much discussion, the organizers determined that there was just no way to offer the Spooktacular events in a safe and compliant manner.

FRIDAY/OCT. 30

Boy Scout Troop 55 will host The Halloween Haunted Trail on Friday, Oct. 30 from 6-8 p.m. on the Great Falls Village Field (behind the Post Office) by reservation only. All participants will be asked to wear masks that cover both mouth and nose, to arrive no earlier than 10 minutes before your appointed time and depart shortly thereafter. Groups of no more than 10 people will enter the trail every 5 minutes to facilitate social distancing. Everyone entering the Haunted Trail must have a reservation (including any parents and younger siblings who choose to participate). This activity is ideal for ages 5-10 yrs old but all ages are welcome! It will be a similar "level of scary" as the Haunted House under the green and white striped tent in years past. The event is free but donations are welcome to help offset expenses. Email to Erin Lobato at erinlobato@celebrategreatfalls.org

SATURDAY/OCT. 31

Virtual 5K/1K Walk-Run-Roll. 10 a.m. to 10 p.m. Join in the Unity Halloween Virtual 5K/1K Run, Walk, and Roll. Sign up, dress up for Halloween (optional), and move your body! Then post your pictures on the Facebook Event page for all to see #Unity5K1K #UnityWalkRunRoll #UnityVirtualHalloween. Cost is \$25. Visit the website: <https://virtual5k-1k-walk-run-roll-halloween.eventbrite.com/?aff=cxnnews>

PUMPKIN DECORATING


COMPETITION FOR CHARITY

Over 20 businesses in Northern Virginia and D.C. are participating in VK Pediatric Dentistry's annual pumpkin decorating contest for charity and they want your votes. Local kid-friendly businesses (everything from Toy Stores to Pediatricians) in NOVA and D.C. were invited to submit a small donation and decorate a pumpkin, with the winner getting to choose which charity to donate the proceeds to. Over 20 businesses have entered and over \$400 has already been raised for a good cause! Voting takes place in person and online from Oct. 26 to 30 and the voting is open to the public. You don't need to be a patient of Dr. Peter's to vote for your favorite pumpkin. Check out the pumpkins and vote for your favorite here: www.smilewithvk.com/pumpkin

MONDAY/NOV. 2

Sibshop Workshop. 10-11 a.m. and 1-2 p.m. Virtual workshop. An exciting workshop for brothers and sisters of children with special needs. The Sibshop workshops are for children in grades 2-6 who have siblings with special needs and who are enrolled in Fairfax County Public Schools. Registration is free, however, donations are accepted to support the cost of future Sibshops: <https://fcpsfoundation.z2systems.com/np/clients/fcpsfoundation/donation.jsp?campaign=43&test=true>

WWW.CONNECTIONNEWSPAPERS.COM



BACK THE BLUE

They risk their lives to keep us safe.
But radical left-wing Democrats want to defund and abolish the police, and put suburban families in harm's way.

VOTE REPUBLICAN NOV. 3RD

PAID FOR BY FAIRFAX COUNTY REPUBLICAN COMMITTEE, FAIRFAXGOP.ORG

Remodeling your kitchen? Make sure it's Nicely Done!

Call (703) 764-3748, or stop by our showroom for a free design consultation!



- Family Owned
- Licensed & Insured
- Part of your community since 2003

www.NicelyDoneKitchens.com

NICELY DONE
Kitchens and Baths
8934 Burke Lake Rd.
Springfield, VA, 22151
Located in Kings Park Shopping Center

NEWS

Pressure Mounts on Return to School

School Board members face sensitive voting items.

BY MERCIA HOBSON
THE CONNECTION

The week of Oct. 19 held important information for Fairfax County Public Schools families. Superintendent Scott Brabrand held a virtual town hall Monday during which he gave updates to his Return to School proposal. In a continued phased-in process, Brabrand presented that pre-K and kindergarten students are tentatively scheduled to go to school on Nov. 16. First and second-grade students are expected to return on Nov. 30. Grades 3-6 will tentatively return on Jan. 4, and grades 7-12 are scheduled to return on Feb. 1.

On Thursday, Oct. 22, eleven of the twelve Fairfax County School Board members met virtually for a regular meeting and took action on multiple agenda items. First, the Board approved in part the school reassignment appeal of a student who possessed a firearm during the virtual instructional program in which other students were partici-

Item	Total Device Counts	Total Cost
Teacher Replacement Laptops	4,500	\$4,275,000
Estimated Grade 3 Computer	14,300	\$7,132,670
Estimated Grade 4 computer	14,800	\$7,381,120
Estimated Grade 5 computer	8,300	\$4,151,270
Grand Total	41,900	\$22,940,060

The Board approved the purchase of teacher replacement laptops and expansion of FCPSOn with student laptop purchases for grades 3, 4, and 5 as shown.

pating. The Board also approved modifying the Division Superintendent's disciplinary decision.

Next, School Board members addressed systemic issues that impact student diversity at Thomas Jefferson High School for Science and Technology. According to U.S. News and World Reports, the school is ranked first in National and Virginia rankings, yet Black and Hispanic youth are poorly represented, each at 2 percent. The Board voted unanimously, directing Superintendent Brabrand to "establish a plan for student talent development and put into action means for student potential identification and outreach."

According to Schools online voting records, the plan might include but not be limited to: "1. Strengthening the equity of

access to advanced academic curriculum and strategies for all students regardless of AAP (Advanced Academic Programs) ... 2. Establishing a plan to have full-time Advanced Academic resource teachers in all remaining ES (elementary schools) and a .5 in each middle school; 3. Increasing administrator and teacher awareness of our Young Scholars program in FCPS and strive to ensure it is administered uniformly and with fidelity with the goal of expanding it to all schools; 4. Developing a communications plan to help parents understand how their children can benefit from participation in AAP and invest in family engagement to facilitate participation of historically under-represented students in advanced academic programs;(and) 5. Providing an analysis

of math and science curriculum offering in all elementary and middle schools; Providing an analysis of extracurricular STEM opportunities in all elementary and middle schools."

THE BOARD approved the FY2021 Revised Budget acting on Gov. Northam's Oct. 8 announcement of new allocations of the CARES Act dollars, allotting \$32.2 million to Fairfax County Public Schools. The total is based on a formula of \$175 per pupil for fall enrolment. Fairfax City's allocation of \$0.52 million will run through FCPS. The figure for Fairfax County, the highest in the Commonwealth, is just under 1 percent of the County's school budget of \$3.2 billion for this year. According to the release by the Office of the Governor, "The funding will support COVID-19 preparedness and response measures for the 2020-2021 school year, including testing supplies, personal protective equipment, sanitization, and technology for distance learning." Tamara D. Kaufax, Lee District Representative, said, "Time is of the essence," referencing that funds must be spent by Dec. 30. The Board unanimously approved the funding and allocated it toward the Corona Relief Fund (CRF) with proposed expenditures to be determined.

SEE ADMISSIONS, PAGE 10

A Good Place for Affordable Housing?

Proposal could be a step toward 5,000 unit goal.

BY KEN MOORE
THE CONNECTION



Board Matters: James Walkinshaw

"We have an opportunity to provide high quality housing in an area where there are thousands of employment opportunities, transit access, commercial offices nearby, retail nearby, and an elementary school in walking distance."

— Braddock Supervisor James Walkinshaw

Braddock Supervisor James Walkinshaw located prime real estate to create 200-250 family units of affordable housing: two parking lots of the Fairfax Government Center.

"It has been a priority of this Board since before I was elected to identify county owned land to devote to the construction of affordable housing. I don't know that there is a better location in the county than this," said Walkinshaw, at the Board of Supervisors meeting Tuesday, Oct. 20, 2020. "We have an opportunity to provide high quality housing in an area where there are thousands of employment opportunities, transit access, commercial offices nearby, retail nearby, and an elementary school in walking distance."

The Board of Supervisors reports that at least 15,000 net new affordable housing units are needed during the next 15 years to help meet the housing needs of residents at all income levels.

"The market is obviously not providing low income housing. It's up to us to figure out a way to do it," said Dranesville Supervisor John Foust

THE COST OF HOUSING, including rentals, in Fairfax County is out of reach for many who work in Fairfax, said Lee Supervisor Rodney Lusk. "Housing is foundational," he said.

"There are people working here in this building right now who need affordable housing," said Chairman Jeff McKay.

"It absolutely cannot be overstated what a need we have for housing in our community," said Providence Supervisor Dalia Palchik. "It's not the easiest to find opportunities, I appreciate the opportunity to see what can be done here."

"The Board made a commitment," said Sully Supervisor Kathy Smith. "This is a good place to see what could happen."

Environmentally, taking existing parking lots at office parks to create housing in the county, is better than open space projects that require the destruction of trees.

"The idea of taking our parking lots which are underutilized [and] in some cases utilize them for public housing particularly when they are publicly owned is a no brainer. This is something we need to look at in a number of other different places in the county," said Hunter Mill Supervisor Walter Alcorn.

The Redevelopment Housing Authority in 2017 created 270 units at Residences at Government Center. Walkinshaw recommended advising the housing authority that this could be another viable project.

CHAIRMAN, Jeff McKay reminded everyone about the necessary land use process that includes the requirement of public input. He said the Board's action Tuesday sim-

ply advises the Redevelopment Housing Authority of the possibility, not that the Board has approved any specific project.

Mason Supervisor Penny Gross and Springfield Supervisor Pat Herry voiced concerns.

"I understand there's no plans for this to be senior or disabled low income housing; those are my thresholds for approving certainly workforce housing," said Herry.

"I have mixed feelings on this one. This gives me pause," said Gross. "I do not object asking the question, and support this Board matter for asking the questions but do have concerns for the location."

"We need to be very careful about the public space that we have here at the government center and the opportunities for large events that we don't have any place else," she said.

Vote Yes on Redistricting Amendment

The amendment would end the practice of secretive drawing of districts.

BY GEORGE BARKER
STATE SENATOR (D-39)



If Virginia voters ratify a Constitutional Amendment to establish a transparent, fair process for redrawing Congressional and legislative districts, we will have maps next year that reflect the preferences and desires of Virginia's voters. If the referendum fails, we will leave the sole responsibility for drawing districts with the legislature, which has a sordid redistricting history.

Virginia gerrymandering goes back to Colonial times and has continued into the 21st century. In 1789, James Monroe, an anti-Federalist, ran for Congress in a district gerrymandered for anti-Federalists by Governor Patrick Henry against Federalist candidate James Madison.

In the most recent redistricting a decade ago, two of the three maps drawn, those for Congress and the Virginia House of Delegates, were found by Courts to be unconstitutional because of racial gerrymandering. Black Virginians were packed into as few districts as could readily be done, reducing the power of Black voters to elect people of their choosing. The Courts produced new maps that enabled voters to elect new legislators.

We need a new process now to keep from re-

peating those mistakes.

Given our racial history, it is important that the proposed Constitutional Amendment address racial and ethnic fairness and participation. The amendment requires conformity to laws addressing such racial and ethnic fairness, including the U.S. Constitution and the Voting Rights Act. The amendment also requires providing racial and ethnic communities

opportunities for electing candidates of their choice. Justin Levitt, a redistricting expert formerly in the Justice Department's Civil Rights Division, states that the amendment provides protection for minority communities that does not currently exist.

The amendment has numerous features providing checks and balances. Rather than having the majority party draw lines, the amendment would create a 16-member Commission. The Commission would have eight citizen members, selected by retired judges, and eight legislators, four Democrats and four Republicans.

Maps would have to receive the votes of at least six of the eight citizen members and at least six of the eight legislators. The supermajority requirements are designed to ensure that neither the legislators nor the citizens could control the process and that neither political

party could be disadvantaged. Further, because the U.S. Constitution requires a role for legislatures in drawing Congressional districts, the amendment specifies that maps go to the legislature for votes with no changes allowed.

The amendment would end the practice of secretive drawing of districts by requiring full transparency throughout the process. The public shall have opportunities for participation, with all records and documents available.

Finally, the amendment preserves the role of the courts. Virginia, like the other states throughout America, already has its Supreme Court as the final arbiter of redistricting other than when federal law applies. Because Virginia is one of two states with legislative elections next year and has to redistrict quickly, the amendment would have the case go directly to the Supreme Court of Virginia in the unlikely event that the Commission fails to agree on maps in a timely manner.

The Supreme Court is required to comply with our laws, such as one requiring maps, when considered on a statewide basis, from unduly favoring any political party. In addition, a pending proposal would require the Court to work with two redistricting experts, one from each party, in any redistricting.

This Constitutional Amendment would dramatically improve our redistricting, address racial and ethnic fairness and participation, bring citizens to the table, mandate openness and transparency, and end partisan gerrymandering. It is time, Virginia. We should not go back to what has failed us. Please vote Yes on Amendment 1.

Mark and John and Amendment One

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

When the then underdog Mark Warner, whose only experience in political life had been to chair the Democratic Party of Virginia and manage the successful campaign of Doug Wilder for governor, had the courage in 1996 to take on senior senator John Warner in his re-election bid, Mark Warner's bumper sticker read, "Mark, not John." While the phrase may have helped voters differentiate the two candidates who are not related, it was not enough to cause voters to change their senator. Republican Senator John Warner went on to serve a total of 30 years in the United States Senate, the second longest of any Virginian. Mark Warner went on to be elected governor of Virginia in 2001 and ran in 2008 to succeed Senator John Warner when he retired.

Too often overlooked in times of political rancor is the admiration and respect that develops among persons of different political parties even though they may differ on policy issues. Such was the case with the two senators Warner. As governor, Mark Warner regularly consulted with then Senator John Warner to the advantage of



COMMENTARY

the Virginia economy particularly as it related to the military presence in Virginia. When Democrat Mark Warner had a strong challenge to his Senate seat in 2014, retired Republican Senator John Warner endorsed him for re-election over his challenger who had been chairman of the Republican

National Committee.

The two men have tremendous political experience between them and a moderate, pragmatic approach to resolving issues. It is no surprise that both have endorsed passage of Amendment #1 on the ballot this year to end political gerrymandering. Former Senator John Warner said, "the passage of Amendment 1 is essential to achieving this goal and to further strengthen our state's political institutions. This referendum was drafted by a bipartisan group of volunteers from all walks of life and every corner of Virginia in order to give average citizens a stronger voice in the important process of redistricting."

Senator Mark Warner told the Richmond Times Dispatch that he has already voted for the amendment. He said, "I believe in non-

partisan redistricting, and it's an improvement over our current broken redistricting system. Voters should choose their elected leaders, not the other way around." Virginia's other United States Senator, Tim Kaine, who also served as Lieutenant Governor and Governor of Virginia supports Amendment #1 as does Congressman Don Beyer who was also Lieutenant Governor.

While there is opposition to the amendment by those who see a loss of partisan political power if the amendment passes, there is broad support among others including Common Cause, the Brennan Center for Justice, Princeton Gerrymandering Project, Campaign Legal Center, AARP Virginia, ACLU, Northern Virginia Chamber of Commerce, League of Women Voters, Virginia League of Conservation Voters, and political scientists in Virginia's colleges and universities. The editorial boards of the Washington Post and the Richmond Times Dispatch and all major newspapers in Virginia have endorsed it.

While there have been suggestions that a better amendment could be written, no one in the nearly four decades that I have worked on this issue has come forward with specific language that has the broad support of this one. I urge your vote for its passage. Send questions or comments to me at kenplum@aol.com.

CONNECTION

www.ConnectionNewspapers.com

@BurkeConnection

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to
connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
south@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9415
bhobbs@connectionnewspapers.com

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Mike Salmon
Contributing Writer
msalmon@connectionnewspapers.com

Ken Moore
Contributing Writer
kmoore@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment
Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



'Music-Driven Classes in Fun, Team Environment'

Row House fitness studio opening soon in Fair Lakes.

BY BONNIE HOBBS
THE CONNECTION

People looking for a different – and safe – form of exercise may well find it in Row House, a boutique, indoor, rowing fitness studio in Fair Lakes. It recently moved into 4463 Market Commons Drive, near Pei Wei restaurant and Whole Foods.

Participants will use the same Concept 2 ergometer rowing machines used by Olympic athletes. And husband-and-wife owners, Mike and Nicholette Dunleavy, say their classes are perfect for people who want to have a healthy lifestyle.

"It's a full-body, high-intensity, low-impact workout that uses 86 percent of your muscles," said Mike. "Anyone, from beginners to fitness junkies, should be able to do it and get anything they need from it, and it can easily be modified to suit the individual."

"You get the calorie burn from the high-intensity part, but the low impact makes it easy on your joints, so it's sustainable," explained General Manager LeighAnne Baxter. "You choose your own intensity, and you get out what you put into it. Coaches will get

you set up for the best results for yourself. Our goal is to help everybody reach their own goals."

THE MACHINES have heart-rate monitors that track participants' heart rates while rowing. "They can see it, but no one else can," said Nicholette. "And they also get an email after class telling them how far they traveled and how fast. Or they can check an app to see how they did."

She and Baxter are among the seven coaches who'll lead the 45-minute classes which will be offered all day from 6 a.m.-8 p.m. "We recommend clients book ahead of time but will accept drop-ins if there's room in a class," said Nicholette.

"There's mood lighting, and people are rowing as if they're one team, in cadence, to the beat of the music," she continued. "They're not in competition with the others, just with themselves. We're not going to call out anyone to go faster or beat someone else."

Mike Dunleavy described it as similar to the spin class, SoulCycle, but on a rower. "It's a new concept," said Nicholette. "There are currently 50 in the nationwide franchise, and we're the first one in Fairfax County."

A 2004 Robinson Secondary School grad, Mike grew up in Fairfax Station, and he and his wife now live in Fair Lakes. Nicholette operates five other fitness



BONNIE HOBBS/THE CONNECTION

Mike and Nicholette Dunleavy own Row House, a new, rowing, fitness studio in Fair Lakes.

SEE ROW HOUSE, PAGE 8

ENJOY THE COMFORT NOW...PAY FOR IT ON YOUR TERMS!



turn to the experts

SALES • SERVICE • INSTALLATION

- 24 Hour Emergency Service
- Free Estimate on System Replacement
- Senior & Military Discounts
- 100% Satisfaction Guarantee
- Planned Maintenance Agreements
- FREE Second Opinion on System Failure
- We Service All Brands
- Up Front Pricing

Up to 60 Months[†] NO INTEREST FINANCING

Carrier Rebates up to \$1650*

Brennan's has been proudly serving Northern Virginia since 1979. Our team of highly trained professionals are at your disposal ready to deliver a quality product and quality service at a fair price.

"We are here when you need us."

*System rebates ranging from \$0 to \$1,650 depending on equipment purchased. Rebates subject to change. Expires 7/31/20. †With approved credit on qualifying equipment. Call Brennan's for complete details.

\$74 (Reg \$84)

Don't Forget Your Safety & Maintenance INSPECTION

Per System



HEATING & AIR CONDITIONING

CALL NOW

703-491-2771

info@brennanshvac.com

www.brennansHVAC.com




Celebrate Fairfax: Outlook Not Good

Outside or not, thousands gathered for rides, entertainment and food could be a super spreader.

BY MIKE SALMON
THE CONNECTION

Every June, thousands of people in Fairfax County flock to the government center for “Celebrate Fairfax,” the county fair that featured rides, booths, bands and food, until the pandemic came along last spring, so organizers postponed it until October, hoping for a better virus situation. Fast forward a few months, and it hasn’t gotten much better, so the fall version of Celebrate Fairfax was cancelled too, and possibly the fair as a county event in the foreseeable future.

This came up at the recent Board of Supervisors meeting and the lack of communication between the fair organizers was a point of discussion, Supervisor Pat Herrity (R-Springfield) said. “I am dumbfounded by the thought that the Board would eliminate a longstanding tradition without being presented with the details, a discussion and input from our community,” he said before tabling the issue for further board discussion. His motion was seconded, but Chairman Jeff McKay (D) did remind the board that they could only do so much. “Ultimately this isn’t a Board of Supervisors decision,” McKay said, but left it open for discussion.

The Elephant in the Room

There was mention of past management problems with the fair, which brought out a few opposing views, common to a board meeting. In today’s world though, a fair like that would violate COVID-19 prevention practices. Social distancing with lines at the cotton candy trailer, the carnival rides or in front of the music stage would be impossible. Masks in place? Frequent handwashing? Doesn’t seem to fit at any of the past Celebrate Fairfax fairs, and a fair could turn into a super spreader event.

The memo from Bryan J. Hill, the county executive, is tainted with covid precautions from the first sentence. “As you know COVID-19 has impacted Celebrate Fairfax (CFI) significantly,” it read. Then he goes on to explain that without money, Celebrate Fairfax, Incorporated should “dissolve and wind up its affairs,” he recommended.

The fair is a 40-year tradition in Fairfax County, and Herrity still believes there could be life for this

festival. “I hate to see a 40-year tradition go away,” he said, acknowledging that COVID-19 is still out there, but he wants to keep the fair discussion alive. “Nobody is really sure where we’ll be next June,” he said.

Chairman McKay is not rushing to any decisions about it. “Celebrate Fairfax has played a big role in our community for the last four decades,” he said, “I have received the County Executive’s recommendation and I look forward to a fiscally responsible, community wide conversation about it.” It is now fall and the amount of time it takes to put a fair together may impact any chances for a 2021 fair.

Instead, fair planners were opting for smaller, neighborhood events, but not all agreed. “I cannot believe this tradition would be ended without a full review in favor of a move toward separate, more expensive, smaller celebrations under the guise of the One Fairfax policy,” wrote Herrity in his community newsletter “The Herrity Report.” Hill’s memo did address the smaller community events, calling for “existing organizations within Fairfax to identify opportunities for the development and implementation of a new model for community events,” it read. The pandemic would certainly be a factor here too.

Ashley Morris, the president and CEO of Celebrate Fairfax, Incorporated did not respond to a request for comment on this development with the fair.

Talk on Social Media

When folks heard about it on social media, there was no shortage of opinions. “If you bought tickets, please just think about it as a contribution to the organization so that they survive through this and hopefully be able to produce wonderful events in the future. I stand with Celebrate Fairfax,” wrote Marilyn Philbrick Buxton on Facebook. Some cited the current Disneyworld opening procedures, and asked why can’t it happen here?

“Temp checks at park entrance, Masks on at all times and spraying disinfectant on ride cars at set intervals is not a billion-dollar solution though. Just consider how your local restaurant does it. So Korea in Centerville bought masks for their workers...” wrote Steven Goodnight.

The next step to the Celebrate Fairfax decision, said Herrity, is to expand the discussion. “I’ve asked for it to come back to the Board for discussion,” he said.

For anyone that purchased tickets to the June 2020 or October 2020 events, it is recommended that they contact fair organizers at tickets@celebratefairfax.com.



“I am dumbfounded by the thought that the Board would eliminate a longstanding tradition without being presented with the details, a discussion and input from our community.”

— Supervisor Pat Herrity (R-Springfield)



PHOTO BY SHAWN MCMILLEN PHOTOGRAPHY

Kayla Wolfe, 17, of Burke, and Sobri-K at the 2020 WIHS Regional Horse Show & USHJA Zone 3 Championship presented by TTR Sotheby’s International Realty.

Burke Teen Awarded for Excellence in Horsemanship

Kayla Wolfe gets the Laura Pickett Award for her enthusiasm and horsemanship.

BY MIKE SALMON
THE CONNECTION

Since she was a child, equestrian Kayla Wolfe has looked at her time on horseback as a chance to get her mind off everything else a 17-year-old has to worry about in addition to the challenges of 2020.

“Gives me a sense of stability,” Wolfe said. “Mentally, it’s a huge part of my life.”

It’s now become a bigger part of her life after recently winning the Laura Pickett Excellence in Horsemanship Award for her enthusiasm and horsemanship at the regional level of the 2020 Washington International Horse Show. She got the award on Oct. 18 at the Morven Park International Equestrian Center in Leesburg.

Riding on Sobri-K, a steed she has ridden for the past three years keeps her focused. So focused that she is planning on continuing her equestrian passion next year at University of California-Davis where they have a big equestrian program.

Riding on Sobri-K “is a safe haven for me,” Wolfe said.

The Laura Pickett Trophy for Excellence in Horsemanship was donated to the Washington International Horse Show (WIHS) by Vicki Lowell and created in memory of equestrian and trainer – Laura Pickett.

Pickett lost her fight against breast cancer at just 52 years of age, after a five-year battle. The Trophy honors her contributions to the sport she loved and the legacy she left behind. She

inspired enthusiasm for life, in addition to good horsemanship, and her award is presented to an “up and coming” rider who best exhibits the same qualities. Of those nominated, Wolfe rose to the top and was presented the honor from WIHS Project Coordinator Lara McPherson.

“While showing on the local circuit over the years I have learned how much Laura Pickett meant to the riding community, and it is such an honor to be a recipient of this award and carry on her name and what she stood for,” said Wolfe.

Meghan Solis, Wolfe’s mother, has supported her equestrian yearning since she was a 7-year-old growing up in Burke. She watched her growth from the days when Kayla rode at Tamarack Stables in Lorton, and then other stables in Middleburg and Leesburg. “It certainly teaches her a lot of discipline, respect for the animal,” Solis said.

Wolfe is in her senior year at Bishop Ireton in Alexandria where she participates in the National Honor Society and Peer Helpers, and applied for UC Davis to take part in their equestrian program. She chose this school on her own, even though the family doesn’t have a link to California. Her mother said she’ll probably earn a degree in business or engineering, but they liked the strong equestrian program that was offered there. “There is a dream she’s had for years,” Solis said. Wolfe plans on competing in other shows up until she goes off to college next fall.

SENIOR LIVING



PHOTO COURTESY OF MARYMOUNT UNIVERSITY

Researchers at Marymount University helped establish programs to reduce the number of falls and resulting injuries among seniors.

Preventing Falls

Physical exercise and home safety reduce risk.

BY MARILYN CAMPBELL
THE CONNECTION

One of the leading causes of fatal injuries in older adults is falling. In fact, every 19 minutes an older adult dies from a fall and emergency room visits related to falling occur every 11 seconds. A group of researchers at Marymount University in Arlington is teaming with senior service organizations to lower those statistics locally. The coalition has won more than \$1 million in federal grants to create falls prevention programs that are available to seniors.

"It was a real academic-community partnership to provide a needed service to our community," said lead researcher Rita Wong, Ed.D., Associate Vice President for Research at Marymount University. "Through the grant, we established the Northern Virginia Falls Prevention Alliance. This Alliance brings together senior-serving communities for advocacy, education, networking, and expansion of falls prevention initiatives."

Three falls prevention programs were designed based on research by Wong; Sara Pappa, Ph.D., Assistant Professor of Health and Human Performance and coordinator of the Northern Virginia Falls Prevention Alliance; Uma Kelekar, Ph.D., Associate Professor of Healthcare Management; and faculty from the Physical Therapy program: Diana Venskus, Ph.D.; Cathy Elrod, Ph.D.; Julie Ries, Ph.D.; and Jade Bender-Burnett, DPT.

The research team created a regional training office for falls prevention at Marymount. "We train lay leaders to run these community falls prevention programs and we help organizations and senior community centers set up falls prevention programs," said Wong. "Once they're established, the centers take on primary responsibilities for sustaining the programs."

Designed to address the needs of seniors at three levels of functioning, the team created three programs: SAIL (Stay Active and Independent for Life), which is a balance and strengthening exercise program geared to fairly active older adults. A Matter of Balance (AMOB) focuses on independent seniors who are worried about falling and want to learn preven-



PHOTO CONTRIBUTED

Rose Robinson, instructor and Senior Services Recreation Therapist at ServiceSource, Inc., leads a virtual SAIL (Stay Active and Independent for Life) class for strength and balance.

tion techniques. And Otago Exercise Program (OTAGO), which is toward those who are frail and need closer supervision and an exercise program that is tailored to their specific needs.

As a result of the coronavirus pandemic, programs are now offered virtually. "Our SAIL classes are structured so we can provide strength, balance, and fitness classes," said Rose Robinson, instructor and Senior Services Recreation Therapist at ServiceSource, Inc. "We have two SAIL leaders in every class. One instructs while the other adapts."

Those adaptations, based on ability, are categorized as "Level 1" and "Level 2," says Robinson. "Level 1 is seated exercise with a steady pace and same routine as Level 2. Level 2 is standing exercise with a higher pace," said Robinson. "The routine starts with a warm-up and about 20 minutes of aerobics. Then we do balance exercises and strength training exercises. We end the class with a cool down like stretching."

The Montgomery County Fire and Rescue Service reports that half of all falls happen at home, and they encourage home safety. "Remove clutter from your home or least areas where you walk a lot like the hallway or living room," said occupational therapist, Brittany Ferri, of Simplicity Health. "Remove throw rugs, excess cords, and other items that can be tripped on; get non-slip surfaces for the bathroom like padding under the bathmat, grippies for inside the tub, and similar mats for catching water on bathroom tile."

For more information in Virginia:
<https://www.novafallsprevention.com/>

For more information in Maryland:
<https://www.montgomerycountymd.gov/mcfrs-info/tips/seniors/falls.html>

WWW.CONNECTIONNEWSPAPERS.COM

Inside or out...



...Tech Painting's got you covered!



Serving:
VA
DC
MD
OBX

703-684-7702
www.techpainting.com



Advertising options to reach your local market.



THE CONNECTION
Newspapers & Online

PRINT | DIGITAL | SOCIAL

For Advertising: Call 703.778.9431 or Email
advertising@connectionnewspapers.com



Sofhia Qamar is part of the Cha Tea dhaba in Springfield.



They have outside heaters ready for fall temperatures.

Punjabi Dhaba Pops up In Springfield

An outside area next to the Springfield Town Center attracts many.

BY MIKE SALMON
THE CONNECTION

In India and Pakistan, the dhaba is a roadside food stop that attracts all kinds and may act as a truck stop along a busy highway. At the corner of Spring Mall and Frontier Drives in Springfield, a local dhaba has sprung up with the Cha Tea House truck serving Pakistani cuisine.

"We are working with the mall, this is the third day," said Sofhia Qamar, who's running the operation with her family members Suhail Kamran and his wife Saba. "We're all family," she said.

Summia Farooq heard about it online, and showed up on Monday evening for a glass of tea, a staple at dhabas. "It was all over social media," she said. Her daughters Summia, 2, and Maryam, 4, were climbing all over the elaborately painted scooter that was on site.

In Pakistan, Farooq has been to other dhaba's. "They have a lot, all over the place," she said.

When the Springfield Mall was renovated years ago, they created an outdoor area on the other side of the south parking garage that hasn't been used much since the renovation was complete. With the dhaba set up, there were tables brought out, lighting, and outdoor heaters that were ready when the warm evenings give way to regular late October weather.

The food and drink was served from a truck and the other truck was covered with a green matting material for decoration. On the menu was Chicken Tikka, served with a paratha roll (\$8), Seekh Kabab (\$9), Kashmiri Milkshake (\$8) and Doodh Patti Cha, (\$3) which is a tea they pronounce like chai. Food and drink is served from 5-9 p.m. "We close at 9 but we let people hang out



Summia Farooq, 2, and Maryam Farooq, 4, liked the scooter.

and have a good time," said Qamar.

The first night, the word spread rapidly and about 1,000 people showed up. "We weren't expecting such a crowd," said Qa-

mar, admitting that they ran out of food but were better prepared the following nights.

The area where the dhaba was held is a pergola square that town center general manager Ed Christenson thinks the dhaba is a good use of space. "It's a space for the community to gather," he said. In the past, a "Fit for Mom" group used it for exercise.

International Flair

The shaba is sometimes called the Punjabi dhaba, since many truck drivers in the Indian subcontinent are of Punjabi descent, and Punjabi food and music are popular throughout the Indian subcontinent. The word dhaba has come to represent any restaurant that serves Punjabi food, especially the heavily spiced and fried Punjabi fare preferred by many truck drivers. Dhaba roadside eateries are a common feature on Punjab's national and state highways. The cha tea has caffeine as well, which might be like stopping for coffee as truck drivers do in this country.

Row House Studio Opens in Fair Lakes

FROM PAGE 5

studios offering Pure Barre ballet-based workout classes, but Mike loves rowing, so the couple decided to open Row House. And, added Nicholette, "Since mainly women are in my ballet classes, I was excited to offer something that would attract men, too."

She said they chose East Market at Fair Lakes for their new venture because "We live here and love this shopping center. We know it's a really vibrant location; and with the Whole Foods here, we wanted to be in an area that draws people from all over."

They're also taking strict, precautionary measures because of COVID-19.

"Unlike in a big gym, you'll have your own, individual, workout station, socially distant from others, for the whole class," said Mike.

"The rowing machines are 10 feet apart," added Nicholette. "And once people are in their station, there's no movement around the room. There'll be just 11 participants per class, and we'll sanitize and clean the equipment in between people."

THE STAFF will wear masks, and customers must wear them to enter and have their temperatures checked, but they won't have to wear masks while rowing. And check-in is via an app, so it's contactless.

The attire is comfortable workout clothes and sneakers. And, said Baxter, "While rowing, you don't have to adjust the machine.

You create your own resistance and workout intensity by how hard and fast you row."

It's also fun, said Mike - "The upbeat music and lighting bring the whole experience together. And it's even gamified [turned into a game] with an app on your phone."

Furthermore, said Nicholette, "We're essentially a one-stop shop because we also have light weights and body-resistance equipment for customers to use. And we stretch at the beginning and end of each session."

"Every class is a mixture of body and strength training, plus cardio," said Baxter. "And people receive personalized, one-on-one training, while enjoying the community of exercising with others."

They hope to begin classes in mid to late

fall but are pre-selling memberships at a special discount now. To join, go to www.therowhouse.com/location/fairfax. Rates for founding members are \$119/month until Row House officially opens. After that, it's \$179/month for unlimited classes.

Nicholette recommends rowing for a variety of reasons. "If people haven't been hitting their fitness goals, have been injured and want to do something that's safe and of less intensity, want to get stronger or want to lose weight, they should try it," she explained. "Whatever their goal, we can help them create a workout plan tailored for their needs. We offer music-driven classes with knowledgeable, helpful teachers in a fun, team environment."

NEWS



PHOTO COURTESY OF ERIN HILDRETH

Runner Dhanava Dowla heads for home; the catcher is Tony Saladino. (AAA Division).

Fairfax Little League Wraps 'Amazing Season'

BY BONNIE HOBBS
THE CONNECTION

When the Fairfax Little League had to cancel its 2020 spring season due to COVID-19, all those associated with the league were naturally disappointed. Not only were the baseball players affected, but the parents, coaches, teens who had trained to become umpires, and people counting on the money they'd earn working at the snack shack.

"It meant no opening-day parade or Little League world series," said Fairfax Little League Board member Erin Hildreth. "It also meant that some kids' baseball 'careers' ended with a thud, instead of a bang, and the Little League Board of Directors had to make the final call."

Still, she added, although doing so was "sad and painful," the board didn't give up. It was committed to developing a workable, return-to-play blueprint for the fall season. And no matter how abbreviated that season had to be, the board members were determined to enable the ballplayers to take the field again safely.

"We had many steps to take to ensure the safety of players, coaches, umpires and volunteers," explained Hildreth. "But the season was a success. Although we had fewer players than in past seasons – plus a global pandemic and torrential rain – kids across Fairfax were able to come together to play

America's pastime."

Fairfax Little League usually has about 600 players during the fall. But this season, it welcomed just 465. "We assume the drop was not only due to families taking extra precautions, but also because there were no T-Ball or Coach Pitch available this season – so, for the most part, kids ages 4-5 weren't able to participate," said Hildreth.

New rules included no dugouts, no high fives and no spitting. "But kids are resilient," said Hildreth. "They still found ways to make friends and create a closeness; they were all in this together. And after months of being apart and making the transition to virtual schooling, they were overjoyed to run, hit, field and score – and their parents were delighted to watch them do it."

Regular-season play began Aug. 22 and finished the weekend of Oct. 17-18. Then came the single-elimination, end-of-season tournaments, with the championship games being played Oct. 24-25.

"It has been an amazing season – one for the ages," said Hildreth. "And we're hopeful that conditions in the spring will allow the league to safely offer both the T-Ball and Coach Pitch levels of play for 4-5-year-olds. We're dedicated to safety and are committed to following the guidelines put out by national and local jurisdictions."

General registration for spring ball opens this Sunday, Nov. 1. For more information, go to <http://www.fairfaxll.com/>.

COMMUNITIES OF WORSHIP

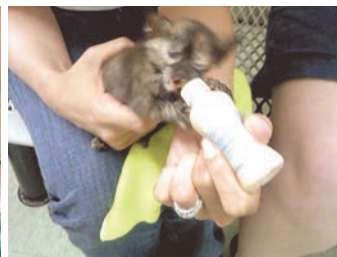


Worship Gathering – Sunday 8:45 & 11 AM
Sunday School 10:10 AM
Sun. Evening – Realtime Worship & Youth 6 PM
Family Night – Wednesday 7:15 PM
Home Life Groups, College/Young Adult Ministries, and Living Free Support Groups
Visit our Website: jccag.org
4650 Shirley Gate Road, Fairfax
Bill Frasnelli, PASTOR 703-383-1170



To Advertise Your
Community of Worship,
Call 703-778-9418

You Can Make a Difference



Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own.



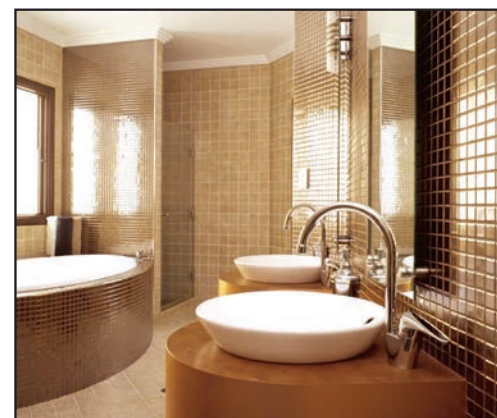
Consider Fostering

visit our website,
click on Participate

Adopt/Donate/Volunteer at www.lostdogrescue.org

Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!

TWO POOR TEACHERS Kitchen and Bathroom Remodeling



- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)

Fully Insured & Class A Licensed
Since 1999



10% down
nothing until the job
is complete for the
past 17 years

Free Estimates **703-999-2928**

Check if your contractor is licensed at the state level
<http://www.DPOR.virginia.gov>

Visit our website: www.twopoorteachers.com

Announcements

FRI NOVEMBER 20th @ 12PM
RIVERFRONT LAND AUCTION
120 East 1st St Craigsville, VA
Little Calpasture River Frontage
Tract 1: 80.97± Acres with 2703' river frontage
Tract 2: 112.96± with 3706' river frontage
(434)525-2991
www.countsauction.com
Sportsman's Paradise
Previews 12PM to 2PM on Fri 10/30 & Sat 11/7
THE COUNTS
Realty & Auction Group
Lynchburg VA 24504 VAA993

Announcements

Prepare for unexpected power outages with a Generac home standby generator
SCHEDULE YOUR FREE IN-HOME ASSESSMENT TODAY!
844-947-1479
FREE 7-Year Extended Warranty* A \$695 Value!
Offer valid August 24, 2020 - December 31, 2020
Special Financing Available
Subject to Credit Approval
GENERAC
*Terms & Conditions Apply

Announcements

LeafFilter
GUTTER PROTECTION
✓ INSTALLS ON NEW & EXISTING GUTTERS
BEFORE LeafFilter AFTER LeafFilter
MADE IN THE USA
15% OFF YOUR ENTIRE PURCHASE*
AND! 10% OFF SENIOR & MILITARY DISCOUNTS
+ 5% OFF TO THE FIRST 50 CALLERS!**
Promo Number: 285
CALL US TODAY FOR A FREE ESTIMATE 1-877-614-6667
Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. ** Offer valid at estimate only. CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822JZ License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H

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

NEWS

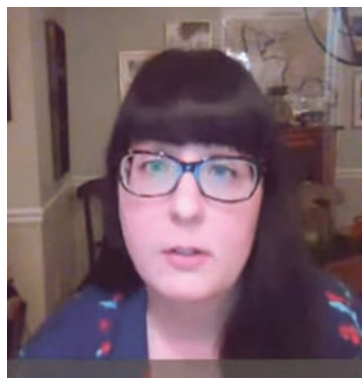
TJ Admissions Debate Continues

FROM PAGE 3

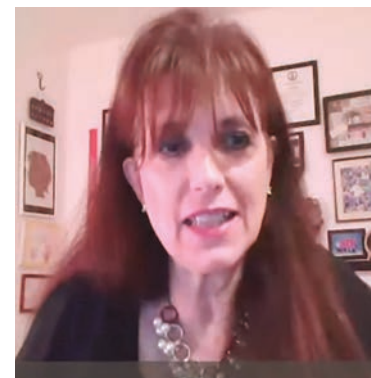
The Board also approved the purchase of teacher replacement laptops and expansion of FCPSON with student laptop purchases for grades 3, 4, and remaining to 5 up to the dollar amounts noted in the agenda item.

On the Return to School Timeline, motion on the final resolution carried. Still, Laura Jane H. Cohen, Springfield District Representative, Tamara D. Kaufax, Lee District Representative and Karl V. Frisch, Providence District Representative voted no, with Elaine V. Tholen abstaining. Cohen said, "We must get this right, and when our principals tell us it cannot be implemented properly, especially with the new concurrent model if we try to speed this timeline up, I think we have to listen...I will be voting against this."

The resolution read: "Consider bringing group 7 (ES 3-6, Secondary Public Day Programs-Spec. Ed; Burke MS, Cedar Lane, Quander Road, and students with targeted learner profiles at the Davis & Pulley Center) and group 8 (Middle and High School Students in Grades 6-12 and remaining students at the Davis & Pulley Career Centers) back earlier than the Superintendent's proposed schedule presented to the Board on Oct. 15. The Superintendent will provide a recommendation to the Board on Nov. 12 to see if there is a way to bring back 3-6th graders earlier than Jan. 4 (including 6h graders from the Mason district) and bringing High School students back earlier than Feb. 1."



Laura Jane H. Cohen, Springfield District Representative



Tamara D. Kaufax, Lee District Representative

The Board approved a second Return to School motion, directing the Superintendent to develop a clearly defined metric related to COVID positivity rates in the community. This metric would help dictate when schools would open or close. It needed to be easily understood and published regularly.

DURING THE PUBLIC HEARING portion of the meeting, more than a dozen speakers addressed the Board that evening. Harry Jackson, a member of the Coalition for TJ, said, "We encourage and embrace diversity. We want to see

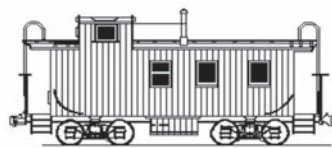
more black and Hispanic children at TJ but this half-baked plan by the Superintendent, school board, and the school principal is not going to work. It will simply make TJ white again."

Vern Williams said, "The school board would never select a superintendent, or any other administrator based on a lottery...The aforementioned groups would expect their accomplishments (to be) considered as well as being able to demonstrate a passion for doing the job. Students demand the same consideration when applying to TJ."



Thomas Jefferson High School for Science and Technology

Legals



JOINT PUBLIC HEARING FOR TOWN OF CLIFTON PROPOSED CHANGES TO THE TOWN CODE NOVEMBER 4, 2020

Notice is hereby given that the Town of Clifton Town Council and the Town of Clifton Planning Commission will hold an electronic Joint Public Hearing on Wednesday, November 4, 2020 7:30 P.M. via Zoom as permitted by law to review and implement changes required by the Department of Environmental Quality of the Commonwealth of Virginia (DEQ) with respect to certain provisions of the Chesapeake Bay Preservation Ordinance in the Town Code Chapter 11. The proposed changes are available for review and downloading on the Town's website at cliftonva.gov and a hard copy may be examined at the Clifton Post Office, 12644 Chapel Road, Clifton VA, 20124. All interested parties are invited to attend and express their views with respect to the proposed changes to Clifton's Town Code. To obtain access to the electronic Joint Public Hearing, contact the Town Clerk at clerk@cliftonva.gov no later than Noon on November 4, 2020.

Legals

Employment

Receptionist/Admin. Asst.

Admin. Assistant needed for small, energetic office in Burke, VA. Approx 30-35 hrs/wk. Professional telephone skills, neat organizational skills and excellent attendance required. \$14-16/hr. Please email resume to capitolcitysupply@gmail.com

LIKE US ON FACEBOOK

www.Facebook.com/connectionnewspapers



CALENDAR

NOW THRU NOV. 5

Haunted Wine Tours. 6:30 p.m.; 7:30 p.m. and 8:30 p.m. At The Winery at Bull Run, 15950 Lee Highway, Centreville. The Haunted Wine Tours are back for the fifth year in a row, in a new condensed version, so you can enjoy real ghost stories and award-winning wine all while staying safe. Due to the restrictive environment surrounding COVID, there are far less tickets available this year. Therefore priority access to tickets go to wine club members.

NOW THRU DEC. 7

MCC Fantastic Fall Scavenger Hunt. Join your friends, family and community for McLean Community Center's Fantastic Fall Scavenger Hunt. This exciting fall virtual event allows for you and your team to compete against others and win prizes. This is the perfect event to stay local and have fun with your friends and family. The Fantastic Fall Scavenger Hunt is a game played on a smart phone in which teams complete 75 missions (or challenges) both indoors and outdoors. Missions include answering questions, taking specific photos or videos, finding a specific item, geocaching or completing specific tasks as given in a list provided by the Game Master. The scavenger hunt will take place in and around McLean and from your own home. Participants work in small teams of 4-10 players. Team captains must be 16 years old or older. Visit the website www.McLeancenter.org.

NIGHTMARE ALLEY

The Workhouse Arts Center announces that "Nightmare Alley" Haunted Drive-Thru is coming to Lorton for this year's Halloween season. "Nightmare Alley" is the first immersive drive-thru Halloween experience in the region. Zombies, swamp creatures, creepy clowns, and scary dolls are among 13 different scary scenes taking up residence on the Workhouse campus. These new campus inhabitants will scare and entertain visitors experiencing the attraction from the safety of their cars. There will be 13 nights of fright, now through Saturday, Oct. 31. Fridays and Saturdays from 7-11 p.m. each week-end in October, and Sundays in the middle of the month (October 25) from 7-10 p.m. Visit <https://www.workhousearts.org/nightmare-alley/>

OCT. 26-31

Everything Christmas Sale. 11 a.m. to 4 p.m. Mon.-Fri. and 9-2 on Sat. At First Baptist Church of Herndon, 681 Elden Street, Herndon. Get a head start on decorating and choosing unique gifts and help your community at The Closet's Everything Christmas Sale. You'll find a tremendous selection of holiday items and bargain prices. Many are one-of-a-kind items. Proceeds returned to the community in grants and scholarships. For more information about The Closet, see the website, <http://www.theclosetofgreaterherndon.org/>

WEDNESDAY/OCT. 28

Gallery Walks -- Live Stream (30 minutes). Presented by the Virginia Museum of History and Culture. Join the VMHC Education Team for the free virtual exhibition highlight tours! The topics covered during these 30-minute tours will change regularly, so mark your calendars for the 2nd and 4th Wednesday each month. Each gallery walk will be streamed live on the museum's YouTube and VMHC Education Facebook page. Visit www.virginiahistory.org/events.

WEDNESDAY/OCT. 28

The Unruly Theatre Project's Virtual Improv Show. 7 p.m. Virtual show. Free; registration is required. Join (the) Unruly Theatre Project's virtual fall improv show from the comfort of your couch! Register here: www.surveymonkey.com/r/UTPFallShows. A Zoom link and password for the show will

only be emailed to those who register for it. Sponsored by The Alden

THURSDAY/OCT. 29

Introduction to Astronomy Webinar. 7:30-8:30 p.m. Webinar at Riverbend Park, Great Falls. Now that the days are getting shorter and the nights are getting longer, it's a great time to learn some astronomy basics to better enjoy those extra hours of dark skies. Learn some fundamentals of astronomy and the universe around us. The webinar will cover basic types of astronomical objects from small to large, the motions of the planets and stars, and interesting phenomena in the night sky. This virtual program will be hosted in an online Zoom meeting by staff and volunteers of the Analemma Society. The cost is \$6 per person. Call Riverbend Park at 703-759-9018.

FRIDAY/OCT. 30

Spooky Virtual Family Bingo. 7 p.m. Virtual. Join OFC on a Zoom call and enjoy an evening of fun and prizes. Families are encouraged to dress in Halloween costumes for the video call. Prizes will be awarded to the winner(s) of each round of bingo and the family with the best costume(s) as voted by OFC staff will win a prize. Cost \$5 per device; registration is required. To register or for more information, call MCC at 703-790-0123, TTY: 711, or visit: www.mcleancenter.org.

OCT. 30-31

Kiddie Trick or Treat Drive-Thru Halloween Event. The first-ever Kiddie Trick or Treat Drive-Thru event will be held October 30 and 31 from 3-6 p.m. at Workhouse Arts Center. This event will allow children to enjoy the holiday in a safe and socially distant way. Put on your favorite family-friendly costume and drive through 10 different Halloween scenes to experience trick or treating like never before. Visit <http://workhousearts.org/>

OCT. 30-31

Haunted Mini Golf. 5-7:30 p.m. At Oak Marr RE-Center, 3200 Jermantown Road, Oakton. Oak Marr RECenter is welcoming all werewolves, vampires and goblins for a howling good evening of mini golf on Halloween weekend. Wear your favorite costume to play a round of "Haunted Mini Golf." Challenge yourself on the mini-golf course, trick or treat, and win various goodies at every hole. It's fun for family members of all ages!

Sign up for a time slot through the Park Authority's on-line ticketing system. The last ticket will be sold at 7 p.m. on each event day. The cost is \$9 per person. Call 703-281-6501.

OCT. 30-NOV. 1

The Alden Theatre at the McLean Community Center (MCC) is presenting its third and final fall performance of its popular, socially distanced theater program, Drive-Thru Drama in October. New York City-based company Recent Cutbacks was commissioned by The Alden to write the new show, "Objects in Mirror May Be Spookier Than They Appear." The show will be presented from 6 p.m.-8:15 p.m., Friday-Sunday, Oct. 30-Nov. 1. Tickets are \$20 per car/\$15 MCC tax district residents. The performances will be held in the parking lot of MCC at 1234 Ingleside Ave. Visit: www.aldentheatre.org or call 703-790-0123, TTY: 711.

SATURDAY/OCT. 31

Waiting for Life to Begin. 2 p.m. Artists Re-Imagine Their Lives in Theatre Post COVID-19. Part of the Virtual Round Table Discussion Series at 1st Stage in Tysons. Free. In these forums, they'll talk and share questions and thoughts with artists, actors, designers, musicians and directors about experiences they have faced as professional artists. Artists participating include Debra Kim Sivigny, Bob Barlett, Ron OJ Parsons, José Carrasquillo, Thembli Duncan, and more. Pre-registration is required and space is limited. Registration is available now at www.1ststage.org.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004

FOR ADVERTISING INFORMATION

ELECTRICAL	ELECTRICAL
K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated	
Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...	Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com

LANDSCAPING	LANDSCAPING
Quality Tree Service & Landscaping	
Reasonable prices. Licensed & insured.	
	Summer Cleanup...
	Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.
25 years of experience – Free estimates 703-868-5358	
24 Hour Emergency Tree Service	

Patios & Drainage
Your neighborhood company since 1987 703-772-0500
J.E.S. Services
Free Estimates - Fully Licensed & Insured
<ul style="list-style-type: none"> Planting & Landscaping Design Drainage & Water Problems Concrete Driveways, Replacement or New Patios and Walks • Masonry Work or Dry Laid Paver, Flagstone, Brick, any style you choose Retaining walls of all types
<i>All work Guaranteed</i>



**Sign up for
FREE DIGITAL
SUBSCRIPTION**
to any or all of our 15 papers
WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE



Missive or Dismissive



By KENNETH B. LOURIE

For the last few months, I have been receiving unsolicited emails from Tommy Chug; he being the other half of the 70's era comedy duo, "Cheech and Chong" with whom I spent countless hours in college laughing at their recorded routines, but beyond that I don't remember much. There were a few follow up movies - which I never saw, and more recently, I have found somewhat belatedly a early 2000s cop show starring Cheech Marin alongside Don Johnson: "Nash Bridges." Nothing at all from Tommy Chong until these emails began arriving.

The email is a solicitation followed by content about his life these last years, and the discovery he made after he had served a nine-month prison sentence for selling decorative bong (there's a bit more to that story, but it's not particularly pertinent to this column). After being diagnosed with prostate cancer, Tommy sought help trying to mitigate the effects of his chemotherapy treatment and perhaps even improve his quality of life. (he's 81 now, by the way.) In so pursuing, he met a doctor from Utah while on a plane, and the rest is Tommy's email.

The content is not exactly personalized but it does resonate. It resonates because it sounds reasonable and plausible and the remedy not too impactful to major organs, specifically liver and kidney, for which I'm very keen and concerned, given my nearly 13-year chemotherapy-plus treatment for cancer. However, the email has struck a nerve. It did so because as a cancer patient, it's easy to believe (hope certainly), there's a magic (often non-Western) cure to whatever ails you, especially when cancer is the culprit. I wouldn't necessarily characterize my feelings/emotions as susceptible but it's hard not to lean that way when you've been given a "terminal" diagnosis by your Western/conventional doctors. To say you have nothing to lose is a bit of a simplification. Still, hearing the words I heard on Feb. 27, 2009 (you bet I remember the date) at the initial Team Lourie meeting with my oncologist, does cause your antennae to go up and out and all-around seeking an answer to what might very well be, the unanswerable.

When an oncologist tells you you're likely to die within "13 months to two years," all bets are off and caution no longer becomes an impediment. Standing pat and adhering exclusively to what your doctors are telling you seems like giving up sort of. For me, I didn't give up. I started trying alternatives, many of which I am continuing a decade-plus later. Now whether these non-conventional/non-Western methods have proven beneficial I certainly can't confirm, but if living is any indicator, they likely did no harm (the crux of the Hippocratic oath). So yes, on the face of Tommy's email about improving one's quality of life, I am open to some other possibilities to prescription medication.

In fact, to this day, I still consume about 60 pills a day and always wash it and most other things down with alkaline water. Moreover, I try to limit my sugar, which is impossible and I remain open to new ideas. Over the years, I have ingested spoonfuls of pureed canned asparagus, drank water with baking soda, drank water with apple cider vinegar, blended fruit and vegetable smoothies (how else does one tolerate a kale?) and tried to be mindful of a maintaining an alkaline diet. The goal has been to enhance my immune system while eliminating toxins in order to enable my body to heal itself. Again, it's difficult to know what alternatives have worked and what hasn't. Whether it has been real or a type of placebo effect where I thought it was beneficial, I am not prepared to say. However, I am living proof of something.

As concerns what Tommy is selling, the problem is, as it was with all my previous choices, there are no guarantees. Unfortunately, that was a problem at the beginning, and I fear it will be a problem at the end.

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

SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S
PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3
TIRES
AND
GET
THE
4TH FOR**



\$1

See Service
Advisor for details.

GOT TIRES?

INCLUDES ROAD HAZARD PROTECTION, TIRE
WARRANTY, AND FREE COURTESY INSPECTION.

**BONUS: ADD A 4 WHEEL
ALIGNMENT FOR \$39.95**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA
VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND
SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/20.

**CHECK ENGINE
LIGHT DIAGNOSIS**

**NO
CHARGE**

INITIAL DIAGNOSIS

WE WILL RETRIEVE
VEHICLE CODES
& GIVE YOU
AN ESTIMATE
OF REPAIR COSTS.



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA
VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP
SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/20.

Jack Taylor's
**ALEXANDRIA
TOYOTA**

3750 Richmond Hwy • Alexandria, VA 22305



SAFETY FIRST ALWAYS!
Have Your Vehicle Checked
for Open Campaigns/Recalls
Recall Hotline: 703-684-0710

SERVICE & PARTS DEPT HOURS:

Monday - Friday, 6:00am to 7:00pm
Saturday, 7:00am to 5:00pm

**YOU HAVE SATURDAY OFF.
THAT'S EXACTLY WHY WE DON'T!**

ToyotaCare
Customers

Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000

NOW AVAILABLE Mile Services
Call your ASM for details

ToyotaCare Plus \$329⁰⁰
Covers up to 4 years/45,000 miles

ALIGNMENT SPECIAL

\$69⁹⁵

Your car's alignment suffers, and can
cause uneven tire wear and steering problems.
INCLUDES: Inspect suspension, ball joints, struts
& shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON
MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.
TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/20.

**SIGHT LINE
WIPER BLADES**

**BUY 1
GET 1 FREE**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON
MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA
TOYOTA PARTS CENTER ONLY. GOOD THRU 10/31/20.

FREE

BATTERY CHECK-UP

Check cold cranking amps and visual inspection of
battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON
MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.
TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/20.

NEW HOURS SPECIAL!

**DROP OFF YOUR VEHICLE BETWEEN 6AM & 7AM
WITH A SCHEDULED APPOINTMENT & RECEIVE
12% OFF ANY ONE REPAIR.**

MAXIMUM DISCOUNT, \$150

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE.
VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 10/31/20.



ALEXANDRIA TOYOTA

©SMS Productions, Inc. 1-800-289-7671 #202001025

BRAKE SPECIAL

\$79⁹⁵

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors
& drums, check tire condition and inspect all hardware. Pads only.

MACHINE ROTORS ADDITIONAL

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/20.

BG BG VITAL FLUID SERVICE

10% OFF YOUR FIRST SERVICE

15% OFF YOUR SECOND SERVICE

Power Steering • Automatic Transmission • Brake System

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/20.

TRUESTART™ BATTERIES

**SPECIAL
OFFER**

\$129⁹⁵

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month free replacement,

24 month free roadside assistance.

Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/20.

CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**