

CONNECTION

Burke ♦ Fairfax ♦ Springfield ♦ Fairfax Station



Laurel Hill Park Lantern (Giles Run Park, Great Meadow, Lorton Rd, Lorton) made of native quartz lantern, cement and wrought iron, providing a quirky welcome to park visitors as it once greeted visitors to a long gone homestead.

NEWCOMERS & COMMUNITY GUIDE

2020-2021

PHOTO BY SUSAN LAUME/THE CONNECTION

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October 5, 2020

LATE PAYMENT PENALTY

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October 5, 2020

Taxes may be paid in person Monday – Friday

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Treasurer's Office, Room 234, City Hall

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NEWCOMERS GUIDE 2020

Getting Involved Locally

Any quest to talk about the issues in Northern Virginia right now seems to lead to talk about the pandemic, and the economic crisis that follows in its wake. Hunger, food insecurity, need for donated food has grown dramatically in the area. More families teeter on the edge of homelessness.

Here are many organizations that have worked locally to fill the gaps in the pandemic. Also included are some environmental groups, some ways to help animals and more.

Please email me if we have left something out or gotten something wrong. mkimm@connectionnewspapers.com

Where to Give Locally To Help with Pandemic Hunger and Beyond

Assistance League of Northern Virginia is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. As a result of closures relating to the coronavirus, Assistance League of Northern Virginia has reshaped its Weekend Food For Kids program to assist the struggling families of

the students we serve. Since April, Assistance League has provided 1031 grocery store gift cards, valued at more than \$20,000, for four of the Title I schools that we serve in Fairfax and Prince William Counties and the City of Alexandria. To learn more about volunteer and sponsorship opportunities, contact info@alnv.org or visit www.alnv.org

Boys and Girls Clubs of Greater Washington Fairfax Area operates clubs in two of the neediest areas of the county, Culmore, Mount Vernon/ Route 1 corridor, and Chantilly, focusing on character and academic success. <https://www.bgcgw.org/club-page/fairfax-county-region-our-impact/>

Britepaths' mission is to provide our Fairfax County area neighbors in need with short-term safety-net services and empower them to work toward long-term self-sufficiency. Britepaths serves more than 7,000 households in Fairfax County, households who live at or below 200 percent of the federal poverty level.

SEE GIVING LOCALLY, PAGE 5

MOUNT VERNON DISTRICT

Meet Your MVD TEAM!

Our office is here for you! Did you know you can contact us with any County concerns or issues, and we can connect you with the answers? Here are just a few ways we can help:

- Connecting you with County services.
- Sharing information about issues in our community.
- Communicating meetings and events happening near you.
- Answering questions about voting, property, roads, taxes, public safety, health & human services, solid waste, recycling and more!
- Bilingual staff in Spanish and Greek.



There are many ways to CONNECT WITH TEAM MVD!

Stop by: Mount Vernon Governmental Center
2511 Parkers Lane, Mount Vernon, VA 22306

Keep informed! Sign up for the Mount Vernon Advisor and follow us on social media!

Visit: <http://www.fairfaxcounty.gov/mountvernon/>

Call: 703-780-7518 (TTY 711)

Email: mtvernon@fairfaxcounty.gov

Office Hours:

Monday - Friday: 8:30 a.m. – 5 p.m.

Thursday: 5 p.m. -7:30 p.m.

Second Saturday Each Month:

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NEWCOMERS GUIDE 2020

Welcome

We're lucky to call Fairfax County home.

BY CHAIRMAN JEFF MCKAY

Welcome to Fairfax County. You are moving here under unusual and unprecedented times. These last few months however, have reminded me why I'm proud to lead Fairfax County as Chairman of the Board of Supervisors and why I have been proud and so fortunate to be able to call it home for all of my life.

In Fairfax County, we take COVID-19 seriously. The impacts of the virus have been far reaching. It has caused difficulty and anxiety for so many, including for my family and me. Our response to this virus has been data driven and responsive as we have learned more about COVID-19. Our low community transmission rates and stable percent positivity rates reflect that.

From the beginning, my Northern Virginia regional colleagues and I worked together with our state partners to implement a slower reopening. It was a difficult decision, but we weren't comfortable with how our data looked. Because of the work we did then and our residents' compliance with COVID-19 mitigation strategies now, we have avoided the surges in cases that have been observed around the country and in other parts of Virginia.



Jeff McKay, chairman of the Fairfax County Board of Supervisors, lives in Lee District with his wife Crystal and his daughter Leann and his son Aidan.

Despite all the uncertainty around us, we are lucky to live in Fairfax County. We have 23,000 acres of parkland, which includes 427 public parks and 325 miles of trails, to enjoy when you want to be outside safely. One of my favorite escapes has been Huntley Meadows Park in my neighborhood. It

makes me thankful for our continued investment in our greenspaces and efforts to protect the environment.

In addition, the community rose to help and continues to inspire me. There are so many people in Fairfax vulnerable to this virus who still cannot leave their homes. So

simple acts mean a lot, even if it is just picking up your neighbor's groceries or talking to a friend when they need support. Fairfax County's Neighbor to Neighbor program is one project in that spirit. The program joins neighbors together as volunteer groups and connects them with their older neighbors who need a hand. It is truly a grassroots initiative with volunteers involved across the County.

Navigating this pandemic has not been a straight path forward. We have had to pivot to save lives. And our work won't stop when there's a vaccine. Over time, in Fairfax County we have made significant investments in our infrastructure that have well positioned us to respond. Our sophisticated Health Department, first responders, and County frontline workers are all dedicated to our community. Their work has been exceptional and remind us why a responsive, well run government is essential in times like these. As we navigate a world beyond COVID-19, we will continue to fight for what's important: investing in people, programs, education, and creating a Fairfax that works for everyone, just as we have always done. Our community will make it through this together. Fairfax County is a great place to live and work and I hope that you quickly feel at home.

About the Connection in 2020

This year, 2020 in the time of the pandemic, has been brutal for so many.

More than 21,000 residents of Fairfax County have tested positive for COVID-19, and more than 600 people here have died.

Life is vastly different than it was pre-pandemic. Most students have not been face-to-face with their teachers or classmates since March. Lucky families are merely juggling homeschooling and home child care with telecommuting and meetings via Zoom.

Less fortunate parents have jobs that cannot be accomplished remotely, and they must find a way to have their children cared for at home while they go to work, risking infection. Even less fortunate people have lost their jobs.

Families of all stripes are facing food insecurity and demand at food pantries has skyrocketed.

Thousands of families could be facing eviction.

Small businesses and their employees hope that Congress will deliver more help. The Paycheck Protection Program was designed at the beginning of the crisis to pay employees for two months. Employees face unemployment; businesses face closure and/or bankruptcy. Customers are unlikely to return to retail businesses, restaurants and other public places in sufficient numbers for revenues to rebound until after the pandemic is under control.

Local newspapers, including the Connection newspapers, are facing an existential threat from the combination of nationwide downturn in newspaper advertising that has been worsening over several years, compounded by the economic crisis of coronavirus.

In the midst of this, we at the Connection hear the call to continue to serve our communities. We still seek to fulfill our mission by continuing to publish, even with reduced resources. It's still our mission to provide information about where to get help and how to help; to disseminate information about the virus and efforts to stem its spread; to tell the stories of those who are helping, of those who are hungry; of those who have gotten sick with the virus, of those who are caring for the sick; and those who are performing essential jobs, from grocery clerk to firefighter to nurses and doctors. It's still our mission to tell the stories of those working for social and racial justice, and battling income inequality in the time of COVID.

Perhaps most of all, it is still our mission to deliver the local news you need, to help make sense of what is happening in your community, to advocate for community good, to provide a forum for dialogue on local concerns, and to record achievements, milestones and events in the community and people's lives. It is still our mission to cover the normal news of the local communities.

We want to know if someone in your family or your community published a book, started a business, became an Eagle Scout, raised money for a good cause, accomplished some feat like running a marathon, supporting a cause or having art included in an art show. We publish photos and notes about personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

Tell us: how are you surviving in the pandemic?

We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome.

For many months, there were no calendar listings in our papers. Everything was cancelled. Now there is a return of some outdoor events, and many virtual events. If you are planning an event, we appreciate getting notice at least two weeks ahead of the event, and we encourage photos.

Your community Connection newspaper is published by the independent, locally owned Local Media Connection LLC, serving the suburbs of Metropolitan Washington in Northern Virginia and Potomac, Md. Our flagship paper, the Alexandria Gazette Packet, is one of the oldest continuously publishing papers in the country, beginning publication in 1784.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM



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SEE CONNECTION, PAGE 14

NEWCOMERS GUIDE 2020

Lake Accotink Park is home to 493 acres of relaxation and entertainment, from mini golf and a carousel, to kayaking, hiking, and mountain biking.



Supervisor Welcomes You to the Braddock District

BY SUPERVISOR JAMES WALKINSHAW
(D-BRADDOCK DISTRICT)

Dear Neighbor, It is an honor to welcome you to Fairfax County and the Braddock District



is the heart and soul of Fairfax County, including areas of Burke, Springfield, Annandale, and Fairfax from the Beltway to George Mason University and beyond.

Our community is home to beautiful parks and trails, close-knit neighborhoods, high-quality family restaurants, great schools, and much more. While COVID-19 has interrupted some of our annual community events, residents and visitors continue to enjoy our parks and miles of outdoor trails. I highly recommend enjoying one of our beautiful lakes. Lake Accotink Park is home to 493 acres of relaxation and entertainment, from mini golf and a carousel, to kayaking, hiking, and mountain biking. Park visitors are astounded that this tranquil paradise is less than a mile from the Beltway. Along with Royal Lake, Lake Accotink Park is home to the Fairfax County Park Authority and the Fairfax County Park Foundation's Braddock Nights summer concert series. Although we had to cancel this year's outdoor concerts, we plan to continue the series next summer.

Between Sideburn Road and Ox Road you will find the secluded Woodglen Lake Park, which features a 50-acre environmental haven. With a paved running trail, this is the perfect spot for walkers, joggers, and those seeking some quiet. Not far from the intersection of Guinea Road and Burke Road you will find Royal Lake Park, home to a J-shaped 38-acre lake with hiking trails accessible from the parking lots. This park features several ball fields and a playground that is a favorite of area children. Fairfax County Public Schools offer a world class public education and the Braddock District is home to three top-rated secondary and

high schools – Lake Braddock, Robinson, and W.T. Woodson.

Inside the beltway, our students attend the storied Annandale High School, home to the Atoms.

ALL OF OUR SCHOOLS foster a premier learning experience by providing a rigorous educational curriculum, athletic opportunities, and music

and fine arts. The Braddock District is also home to Virginia's second largest university, George Mason University, which under normal circumstances holds live entertainment and sporting events at their distinguished Eagle Bank Arena. Northern Virginia Community College's Annandale Campus, part of the second-largest community college system in the United States, is also in the Braddock District and provides affordable high-quality education for students. The college is home to the Ernst Cultural Center which is a 66,000 square foot rental facility containing a 525 seat, state-of-the-art theater with satellite downlink and video projection capability, an 11,000 square foot gymnasium/exhibition hall, a welcoming atrium entrance, meeting and training rooms, a two-story art gallery, and a large forum suitable for lectures, conferences, receptions, hearings, dinner parties, and performances with smaller audiences. Both GMU and NVCC are heavily involved within the community and provide Braddock District residents of all ages with learning and enrichment opportunities.

As mentioned previously, one of our most popular local events is our annual summer concert series, Braddock Nights! This year, we were fortunate to have our artists perform virtually. Our featured professional artists included Willow Hill, Barnaby Bright, and Billy B. These concerts can be re-watched at your convenience by visiting the artists' Facebook pages.

If you enjoy history, then the Oak Hill Mansion, located in Annandale, might pique

SEE WALKINSHAW, PAGE 11

Lee District Welcomes You

BY SUPERVISOR RODNEY L. LUSK
(D-LEE DISTRICT)



On behalf of Fairfax County, and especially Lee District, I welcome you to our community. Lee District is a uniquely diverse and vibrant community. As a 20-year resident of the district I never cease to be amazed

by the strength of the relationships throughout the neighborhoods in Lee. I take incredible pride in representing such an invested and engaged community.

I'm particularly proud of the beautiful park and recreation amenities in Lee. Huntley Meadows in Alexandria for example offers fantastic opportunities for observing wildlife and experiencing our County's truly unique natural resources. The Lee District Recreation Center boasts many outdoor activity spaces including tennis and softball fields as well as an indoor pool, fitness, and gymnasium.

Currently in Lee District there are a few projects underway to look forward to. First, the Springfield Town Center is on track to be further developed into a mixed-use site including hotels, office space and residential parcels. We hope to transform the site into a community space that will eventually act as a venue for local events such as concerts, seasonal attractions and other community uses.

It will truly be a recreation hub that caters to all those in our community.

Another project currently underway is the redevelopment of the Historic Richmond Highway Corridor. Starting with the widening and addition of the Bus Rapid Transit along the corridor which will increase connectivity between the two ends of the

highway. In addition, Richmond Highway will soon feature an Emerging Tech Center focused on attracting business and talent in the tech industry. This center will also be partially dedicated to providing job training to residents who are looking to switch careers or learn new, in demand skills. The goal is to shift the mostly retail job market the corridor now offers, to a robust high skill, high paying, job market. My office will continue to provide updates as we move through different phases of the project.

Finally, I want to highlight the hidden gem that is the Franconia Museum. Located at the Franconia Governmental Center, the one room museum features artifacts, books, and pictures that trace the history of Franconia and surrounding neighborhoods since the early 1900s. I encourage anyone, and especially newcomers, to visit. The Franconia museum is open on Mondays, Tuesdays and Wednesday 10 a.m.-2 p.m.



Lee District Supervisor's staff helping with the food distribution in the community.

NEWCOMERS GUIDE 2020

Where to Give for Local impact

FROM PAGE 2

(Brightpaths will launch the 2020 Holiday Program in October. Questions? Contact Vanessa De La Rosa at vdelarosa@britepaths.org or 703.273.8829 x888

britepaths.org/sites/default/files/BritepathsProgramsAndServicesJan2020.pdf

❖ Centreville Immigration Forum, a safe, organized center where residents and contractors can negotiate work arrangements with day laborers. Centreville Square Shopping Center, 5944 Centreville Crest Ln, Centreville, VA 20121. Phone: (703) 543-6272 website: www.centrevilleimmigrationforum.org and email contact@theCIFva.org

❖ Committee for Helping Others (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. We spent \$63,000 from April through July of this year for rent, utilities, and medical bills, most of it (over \$50,000) has been for rent. This is in addition to the \$200,000 in CARES funds that helped residents affected by the coronavirus with rent, mortgage, gas, electric bills, and food. All in addition to usual programs. 703-281-7614, www.cho-va.com

❖ Community Foundation of Northern Virginia www.cfnova.org The Community

Foundation for Northern Virginia works to respond to critical need and seed innovation in our region. Your gift helps us make grants in our focus areas of interest while also bringing a spotlight on the benefits of community philanthropists. The 2020 Raise the Region, Build a Community that Works for Everyone event is free to attend and will air live from 7 – 8 pm on Oct. 2, It will include online auction, and opportunities to engage and have some fun, all while supporting a great cause. www.cfnova.org/for-donors/donate-now

❖ Cornerstones, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.cornerstonesva.org.

For nearly 50 years, Cornerstones has been helping neighbors in need. The service area of Cornerstones has grown to include most of northwestern Fairfax County, helping people build more stable lives by connecting them to vital resources that solve their needs for housing, childcare, food or financial assistance. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Gifts for Kids and annual Coat Drive. www.cornerstonesva.org.

Contact Nate King, Donations and Drives Coordinator, at 571-323-9569.

SEE GIVING LOCALLY, PAGE 14

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BONNIE HOBBS/THE CONNECTION

Some of Scout on the Circle's apartments along Fairfax Boulevard.



BONNIE HOBBS/THE CONNECTION

Point 50 is the new name for the revitalized Fairfax Shopping Center.

Fairfax City Looks to the Future

Multifamily homes, stores and businesses are planned.

BY BONNIE HOBBS
THE CONNECTION

Fairfax City is proud of its historic Old Town, while welcoming new residents, businesses and commercial development throughout the City. Here are details about what's on the horizon:

Scout on the Circle

This mixed-use development is replacing an obsolete strip mall with 400 luxury apartment units, 29,000 square feet of retail divided between two buildings, plus a 54,000-square-foot Giant Food store. Two parking garages are also part of the project.

It's at Fairfax Circle and flanked by Fairfax Boulevard (Route 50), Lee Highway (Route 29) and Pickett Road, so there's easy access to and from major highways. The retail space is already 80 percent leased, and confirmed tenants include Republik Coffee, TeaDM, Peri Peri Original and the Nail Bar.

CBG, Clark Builders Group, is constructing the all-rental apartments, and the first residents moved into their new apartments in May. Two buildings will have retail uses on the first level and five stories of residential above. Although there'll be some 3-bedroom apartments, most will be 1- and 2-bedroom units. In addition, 6 percent of them will be affordable housing.

Point 50

The former Fairfax Shopping Center is being revitalized and has been renamed Point 50. This development will include a Whole Foods 365 grocery store, plus a restaurant and two other retail uses in three separate buildings. And Fairfax officials hope this project will be a catalyst for future residential and mixed uses in the City's Northfax area.



BONNIE HOBBS/THE CONNECTION

Construction of the new Fire Station 33 is progressing well.

The site is 6.27 acres along Fairfax Boulevard and Eaton Place. Regency Centers LLC is bringing in 48,200 square feet of commercial uses – a 30,000-square-foot grocery store, plus retail buildings of 5,000, 7,000 and 6,200 square feet. Three access driveways are along Fairfax Boulevard, with another at a traffic light at University Drive. An access point will also be added for the Whole Foods.

The Moxley (Formerly Fairfax Gateway)

Construction work is continuing on 8.33 acres of the Kamp Washington triangle between Fairfax Boulevard and Lee Highway. It's being transformed into a modern, community-serving, mixed-use project called The Moxley (formerly Fairfax Gateway). It will contain 403 multifamily apartments, 24 of which will be affordable dwelling units.

Also planned are 21,249 square feet of commercial space, including 4,000 square feet dedicated to the nonprofit CASA (Court-Appointed Special Advocates). The remaining 17,249 square feet of commercial use is proposed as a restaurant, plus ground-floor retail and office space. There'll be a six-story parking garage, plus on-street

parking, a pool and a dog park.

The project also contains a through street with a connection at the Bevan Drive signal at Fairfax Boulevard, as well as a new, un-signalized entrance on Lee Highway. Also planned are trails connecting to adjacent properties, plus open space including a 5,600-square-foot contemplative space next to the Jermantown Cemetery.

The Moxley will maintain this space and the cemetery for 30 years. And the utilities will be underground. The new neighborhood is estimated to yield 53 students, but developer FF Realty IV LLC has proffered \$200,000 to the City schools in mitigation. Construction should be completed in 2021.

Fire Station 33

The brand-new Fire Station 33 is arising on the site of the old station at 10101 Fairfax Blvd. Ground was broken in November 2019 and, during the 16 months or so of construction, its fire-and-rescue personnel are operating out of Station 3 and the fire department's training facility.

Originally constructed for a single-engine company, the old building's design no longer met the needs of a modern fire station. It

lacked the space to adequately store equipment, and its ready-reserve apparatus had to be housed off-site. Besides rectifying these things, the new facility will increase the Fire Department's operational readiness and improve safety, health conditions and quality of life for the staff.

The new station will be three stories and almost 21,000 square feet, in contrast with the old, 7,800-square-foot building. It will have a secure vestibule and three, engine bays, instead of two, like its predecessor. There'll also be a much larger support area, a spacious control room and 25 parking spaces.

The second floor will have three offices and a conference room, plus a training area. The third floor will house the dining and kitchen areas, plus bunks for 14 people. Total project cost is \$9.6 million, and the new facility is expected to be operational in early 2021.

Northfax West Revitalization

The Lann Co. will revamp and revitalize the City's Northfax West area.



Artist's rendition of the Boulevard VI project, on Paul VI High's former site.

SEE CITY, PAGE 7

NEWCOMERS GUIDE 2020

Northfax West site plan showing the townhouses, senior-living facility and future development area.



City Looks to the Future

FROM PAGE 5

*Phase One includes construction of a storm-drainage culvert, utility relocations, realignment of Orchard Street, three new crosswalks, a walking trail, sidewalks and bike lanes.

*Phase Two will be 56 townhouses built by Madison Homes along Farr Avenue and Orchard. They'll be 44 feet high and have 112 parking spaces (two per unit), plus 22 surface spaces for 134 parking spaces total.

*Phase Three will be construction of a seven-story, senior-living facility by Brightview. It'll contain 114 independent-living units, plus 86 assisted-living units and structured parking.

*Phase Four is the future development of 3.3 acres along Orchard and Chain Bridge Road. Planned are 25,000 square feet of office, retail and restaurant uses, 180 housing units and a 140-room hotel.

The project also includes extending Farr Avenue, restoring part of Accotink Creek in Van Dyck Park, and creating an 8-foot trail to Perry Street and Howerton Avenue, as well as a pocket park and tot lot for the townhouses.

Boulevard VI (Paul VI Site)

Now that Paul VI High has moved from its 18.5-acre home in Fairfax City, developer IDI Group Cos. will redevelop this land along Fairfax Boulevard. The property also includes two, adjacent, single-family lots on Cedar Avenue.

IDI will build 266 residential units – 115 townhouses, 144 condos in a four-story building, and seven single-family homes. The plan also contains 20,000 square feet of retail in two buildings, plus 24,000 square feet of commercial and/or community uses in the retained, original portion of the school building. Fifteen of the townhouses along Fairfax Boulevard will be live/work units with retail on the bottom.

IDI will build the condos and commercial portions, and a development partner will construct the townhomes, IDI will also add a shared-use path along McLean and Cedar avenues and a 10-foot-wide walkway along the Fairfax Boulevard frontage. The site will also contain pocket parks and a village green.



Artist's rendition of the Capstone Collegiate apartments.

Drivers will access it all via Oak Street, plus four points along Fairfax Boulevard. IDI will also contribute \$133,000 to mitigate impacts to City schools, provide 60 parking spaces for Pat Rodio Park and underground McLean Avenue utility poles. Construction is anticipated to take about three years.

Capstone Collegiate Communities

Aimed at providing housing for GMU students, Capstone Collegiate Communities will be constructed on 6 acres bounded by Democracy Lane and University and Layton Hall drives. Entrances will be from Democracy and Layton.

It will replace an existing office park with two, connected, four- and five-story multi-family buildings containing 275 housing units. Ranging from studios to one, two, three and four bedrooms, some may be double occupancy, provided the number of building residents does not exceed 825.

Each rental unit will come fully furnished and will have a common living area, kitchen, washer and dryer, plus one bathroom per bedroom. And no more than four unrelated people may occupy a single unit. In addition, a swimming pool is proposed for an internal courtyard.

Some 737 parking spaces will be provided – 680 in a parking garage, plus 57 on-street and surface spaces. Parallel parking will be along Democracy and on a future, private street, and all streets will have sidewalks. And Capstone Collegiate Communities LLC will contribute \$30,000 for two bus shelters. It's expected to be finished in 2022.

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The event theme, Spreading Only Compassion, coincides with a Shin Buddhist memorial service dedicated to those who helped our temple and its Sangha grow in the Dharma. The weekend will feature virtual events that honor our past (Friday), present (Saturday), and future (Sunday). It will culminate with a special candle lighting ceremony in our temple garden in memory of those we have lost within our temple community and in solidarity with lives lost from social injustice and the COVID-19 pandemic.

For more information and to register for events, please visit <https://ekojobuddhisttemple.wildapricot.org>

Let us know about an upcoming event
www.connectionnewspapers.com/Calendar

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



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NEWCOMERS GUIDE 2020

Changes Underway in Lorton

BY SUPERVISOR DAN STORCK
(D-MOUNT VERNON DISTRICT)

Welcome to the Mount Vernon District! It has been a challenging, but also exciting year so far in Lorton. We have come together as friends and neighbors to protect and support each other during the COVID-19 pandemic. In fact, we just celebrated the groundbreaking of the new Lorton Community Center and Library renovation that will be a multigenerational and multifaceted community support system. Planning continues for the South County Police Station and Animal Shelter and Alpine X is considering building an indoor ski facility, boutique hotel and sky bar on the closed Lorton Landfill. We also just celebrated the and the Year of the Woman with the 100th Anniversary of Women's Right to Vote at the Lucy Burns Museum at the Workhouse Arts Center. While the Lorton community continues to evolve, it also continues to be a tight-knit community with a strong South County identity.

The many amenities that have and continue to open in the area – the Workhouse Arts Center, the Laurel Hill Golf Club, new homes and retail at Liberty and expansive mountain bike trails, just to name a few – make Lorton an ideal place to live, work, learn and play. With all this in mind, my office is leading the Lorton Visioning 2040 effort with community members to ensure Lorton retains

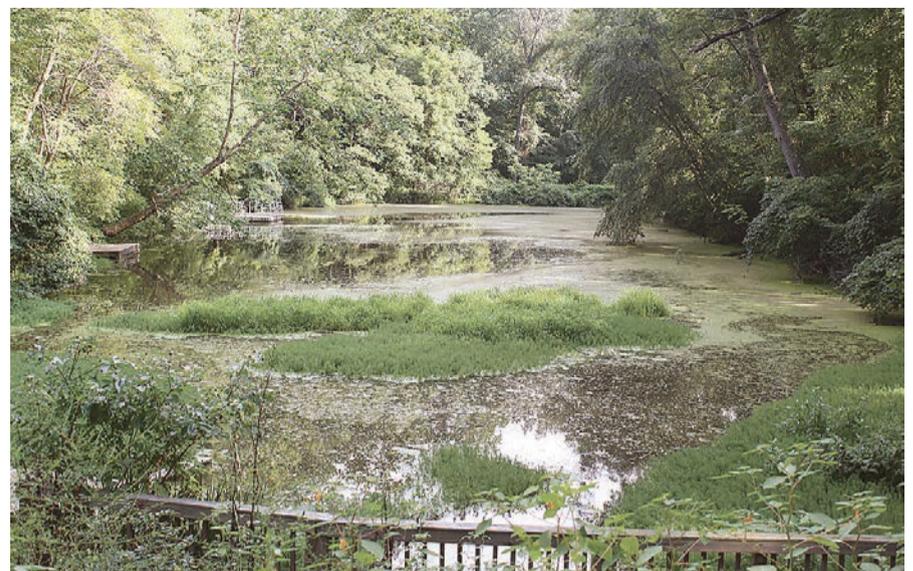


its character while growing in ways the community wants.

Even if you are new to the area, you likely know that Fairfax County has one of the best school systems in the country, but for us it goes beyond that. Life-long learning is important to many of our residents and I am proud to say we are bringing more opportunities through our future partnerships at Original Mount Vernon High School (OMVHS) with the Northern Virginia Community College (NVCC) and Fairfax County Public Schools (FCPS). In addition, the synergy created by collocating Teen and Senior Centers, the Library, Neighborhood and Community Services, and the Lorton Community Action Center (LCAC) in the new Lorton Community Center will provide many more active and passive learning activities for residents of all ages and abilities.

The South County area abounds with parks and recreational opportunities. Put on your walking shoes and head to Laurel Hill Park or Fountainhead Regional Park. Spend the day paddling on one of the many rivers and creeks at Pohick Bay Park, Occoquan Regional Park or Mason Neck State Park. Ride some of the best bike trails in Northern Virginia at Laurel Hill Park and Meadowood Recreation Area or use the many trails along our roadways for your daily commute. Frisbee golf, foot golf and regular golf opportunities are abundant as well. To find your

SEE STORCK, PAGE 11



Hidden Pond Nature Center: Acres of undisturbed woodland, quiet trails, splashing streams and a tranquil pond.

Springfield District's 'Slice of Paradise'

Submitted by Supervisor Pat Herrity's Springfield District Office.

Springfield District encompasses everything from the historic town of Clifton, to the bustling shops of Fair Oaks Mall, to miles of trails at beautiful Burke Lake Park. Our district offers a variety of attractions for the whole family throughout the year. From our nationally ranked parks, fine restaurants, and shopping there is something for everyone in Springfield. For this year's edition, we are highlighting ways for the family to enjoy the best of Springfield District while abiding by social distancing guidelines.



Supervisor Pat Herrity
(R-Springfield)

Mill Road; Route 28 will be widened from the Route 29 interchange to Bull Run and a new interchange is being constructed at I-66. There will be new HOT lanes on I-66 and many other minor transportation improvements that will help to get you home to your families.

Supervisor Herrity's Top Ten Favorite Places in the District):

1. Burke Lake Park was named "Best Public Park" by NoVA magazine and is the most visited park in Fairfax County's Park system. The park contains a trail that goes around the lake and is great for walking (with or without your dog), running and cycling.

American Hiking Society has named these trails in the top ten in the nation. There are also fishing, boat rentals, camping, disc golf, mini golf, an 18-hole golf course, a newly renovated driving range, volleyball courts, a miniature carousel, and miniature train.

Burke Lake Park is free for Fairfax residents to use. Under current guidelines, campgrounds are currently open, as well as the Ice Cream parlor and the marina for fishing. You may also continue to reserve facilities at the Park, but please note that there may be lower than advertised reservation capacity due to social distancing efforts.

(7315 Ox Rd, Fairfax Station, VA 22039)

2. One of the region's largest shopping destinations in Fairfax, Fair Oaks Mall

SEE TOP TEN, PAGE 15

Fairfax History Commissioner Anne Barnes participating in celebration of the Year of the Woman with the 100th Anniversary of Women's Right to Vote at the Lucy Burns Museum at the Workhouse Arts Center.



PHOTO CONTRIBUTED



Lorton Community Action Center

LCAC has been serving the community for over 45 years!

You can help your neighbors by getting involved with one of LCAC's many programs and events.

- Food Pantry
- Proceeds event- October 8th
- Virtual Wine Tasting Event - October 24th
- *Lorton's Attic* Thrift Store
- Thanksgiving and Christmas Outreaches
- Adult, Group and Youth Volunteer Opportunities
- 2020 Virtual CFC Fairs

See our website for ways to be involved or call 703/339-5161, ext. 140!

LortonAction.org Donate. Volunteer. Shop.



LCAC's mission is to enhance the quality of life by providing food, basic needs and self-sufficiency programs through the generous support of our community.



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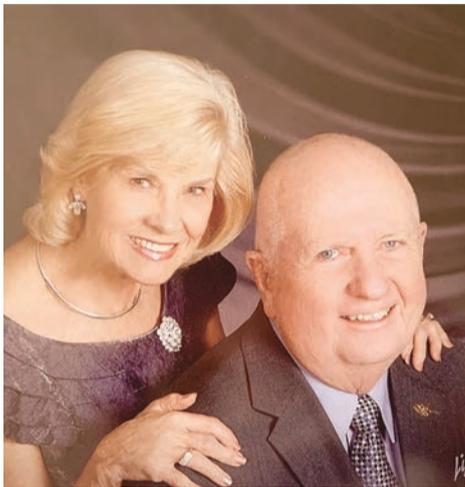
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Family Operated and Family Focused.

Area Residents Discuss Life in a ‘Special Place’

By JESS KIRBY
THE CONNECTION

Residents from the 1960s and on share their favorite things about living in Springfield and Burke. To some, it seemed the perfect place to raise a family and become active in the community. To others, it was their childhood home, or where they met the love of their life. To all, the area is a special place.



Judi and Jim Foster

Judi Foster, retired federal government worker, 56 years in Springfield:

“We looked around at a lot of different places before we moved to Springfield; we looked in Maryland, we looked around in Burke. This was so close to I-95. They built the little developments and then each little development had their own school, so we had Keene Mill School and Washington Irving, then West Springfield was built. We’ve kind of watched it grow up. It was a convenient place to live and there were lots of churches around. Springfield United Methodist Church was the center of our life. It was the big church at that time for the Methodists. We’ve been active there for 60-some years. We decided to stay here when we retired. Our family was here—why would we go anyplace else? The church was here, [Springfield Golf and Country Club] was here, we’re 20 minutes from the airport. The people were nice... we just kind of settled in and got active in the community.”



Don Worthington and Parris at their wedding.

Don Worthington, editor of the Pageland Progressive Journal, 22 years in Springfield:

“Growing up in North Springfield in the 1960s-70s offered many of the All-American opportunities. I played baseball for the North Springfield Little League... and basketball and football for the Braddock Road Boys Club. The first time I ever saw my name in print was in the Springfield Independent for scoring eight points in a basketball game. As Cub Scout, I marched in the annual parade of scouts past George Washington’s tomb on his birthday at Mount Vernon. Growing up near Washington, D.C. also nurtured a lifelong interest in politics. I fell in love with the girl with the long blonde hair. We played in the sixth-grade band, learned to tumble in the afterschool program, and by high school seldom did an afternoon go by without one calling the other. About 22 years ago, I found her name in a Charlotte phone book while waiting for an interview at the library in Winchester, Va. She had no clue who I was. Thankfully, my mother-in-law did. That October, at North Springfield Elementary School, I proposed to her. Three months later we were married after a snowstorm in Charlotte, N.C. Our best wedding pictures are of the snow ball fight we had. On June 21, 2019, Candace Grace Parris died from diabetic complications. I miss her every day.”



Jean Mosteller

Jean Mosteller, retired Fairfax County teacher, 54 years in Springfield

“We moved from California to North Springfield in 1966 and though we haven’t lived there since 1985, [we] still own and rent out our house there. A friend of my mother’s... told mother that we ‘had to look for a house in North Springfield’ where her Army son lived. ‘Great schools.’ We had four kids: 2nd, 3rd, 4th, and 7th grades. However, we had great Army friends, the Cauthens, who had moved from Livermore to DC about six months ahead of us and lived in, guess where. Springfield. She [Shirley Cauthen] had a friend who was living in a rental house in North Springfield and needed to get out of her lease. So we sublet that house for six months. Were so in love with North Springfield by then that we bought a house there at the end of the lease. In addition to those great schools, there was a super Little League, great scout troops and the community pool with lessons and swim and dive teams. And LOADS of kids everywhere! We lived in that house for 20 years. The Cauthens also introduced us to Springfield United Methodist Church where I’m still an active member. We sat on the SUMC front lawn each Fourth of July and watched spectacular fireworks in the field across Old Keene Mill Road (where the parking lot for Springfield Plaza is now)!...”



John Brody

John Brody, scout sniper team leader in third battalion, fourth Marine regiment, 18 years in Springfield:

“I grew up in Springfield and graduated from LHS [Lee High School] in 2013. My mother’s side of the family can trace their lineage in the Anacostia area deep into the 1600s, and my father moved to Springfield in the 70s from Lancaster, Pa. I enjoyed the growing diversity from the influx of post 9/11 jobs to what used to be a smaller town, the highly competitive sports (West End Rugby, state champions many times, national champions right after I left), and growing up within walking distance of the Saratoga Pool. I grew up playing baseball for Central Springfield Little League and then Lorton Little League until I got to high school where seasons conflicted and I dropped baseball for rugby. My first real job was a delivery driver for the Zpizza that used to be right across from the Springfield Mall in the Home Depot shopping center. I’m thankful and blessed for my time there.”

SEE LIFE, PAGE 13



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NEWCOMERS GUIDE 2020



A piece of local history: Wakefield Chapel

Walkinshaw

FROM PAGE 4

your interest.

Built in 1790, in the late Georgian style, the privately-owned Oak Hill Mansion's history was forged during the Revolutionary War and Civil War. As the last standing Fitzhugh family-owned property, this historical landmark is privately owned but open to the community one day a year on Oak Hill Day.

THIS YEAR we are planning a virtual Oak Hill Day event that will highlight the lives of the enslaved people who were held in bondage there. Another popular historic landmark is Wakefield Chapel. Built in 1899, this country Gothic-style place of worship was named after a Union sol-

dier-turned-pastor named E.W. Wakefield.

While the need to practice social distancing has forced us to curtail some of our normal activities, we are fortunate in the Braddock District to have so many beautiful outdoor spaces to enjoy. I am honored to serve as your District Supervisor, and I hope to meet you soon. If you have not signed up for my regular email updates and our monthly Braddock Beacon Newsletter, you can do so by emailing us at Braddock@fairfaxcounty.gov. If you would like, follow me on Facebook @SupervisorJamesWalkinshaw or Twitter at @JRWalkinshaw. I hope to meet you soon!

Sincerely,

Supervisor James Walkinshaw

Storck

FROM PAGE 8

adventure, check out our parks page on the Mount Vernon District webpage: www.fairfaxcounty.gov/mountvernon/.

My number one priority is always you and our office is here to help! I strive to engage deeply and frequently with the people of Mount Vernon. TEAM MVD provides timely constituent service as we continue to build the ideal community in which to live and thrive. We are here to answer your questions and will respond within two business days. Email us at MTVernon@FairfaxCounty.gov, call 703-780-7518 or stop by our office at 2511 Parkers Lane, Mount Vernon. I also have extended office hours on Thursdays and the

second Saturday of each month, walk-ins and appointments are always welcomed.

You have chosen a great place to live, educate your children, grow your career and engage with your neighbors. Welcome to the Mount Vernon District, where history, heritage, outdoor living, educational opportunities and public safety come together to support our exciting future! Visit our website (www.fairfaxcounty.gov/mountvernon) to sign up for our newsletter, follow us on Facebook and Twitter and learn about the myriad of District projects, important topics, area activities and upcoming events in your new community. More information about the Mount Vernon District can be found in our Newcomer Guide!

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NEWCOMERS GUIDE 2020

PHOTOS BY SUSAN LAUME/THE CONNECTION



Tia, Springfield; Haley, Falls Church; Stella, Annandale; Ryker, Dumfries; Lucy, Skye, Kingstowne.



Barrel Bridge (Laurel Hill Park 8780 Lorton Rd, Lorton). Historic brick and masonry arched bridge built in 1946, outlines a new bridge (background) which replaced it for vehicular traffic.

Area History and Nature in Pictures

Shining a light on area quirky, historic, fun, or practical spots.

BY SUSAN LAUME
THE CONNECTION

The Springfield/Lorton/Clifton/Fairfax/Fairfax Station area is fortunate to have a wide variety of outdoor and indoor places to enjoy for exercise, nature, and history. Here are some of our favorite fun, beautiful, historic, quirky, or practical places for newcomers to explore and experience.



(Front) Mango, Tia, James Dickey; (rear) Jeff Dickey and Laura Chipkin, Arlington; Susan Laume, Springfield. (Photo by Janet Vincent)



Farmers' Markets - Annandale/Burke/Lorton (8100 Braddock Rd, Annandale/ 5671 Roberts Pkwy, Burke/ 8990 Lorton Station Rd, Lorton).



Lucy Burns Museum (9518 Workhouse Way, Lorton).



Laurel Hill Golf Club/Giles Run Disc Golf Course (8701 Laurel Crest Dr / 8409 Lorton Rd, Lorton).



Burke Lake Park (7315 Ox Rd, Fairfax Station). Park encompasses 888 acres, with a 218 acre freshwater reservoir, and 4.7 mile hiking trail.



Historic Blenheim (3610 Old Lee Hwy, Fairfax). This brick farmhouse in Greek Revival style and its property became an encampment for Union soldiers during the American Civil War; the house was used as part of a reserve Union hospital system. The house, and the Civil War Interpretive Center next door, are part of the Northern VA Civil War Graffiti Trail, providing a unique glimpse of Union and Confederate soldiers as their armies swept through the area leaving written messages behind.



Railroad Museum (11200 Fairfax Station Rd, Fairfax Station). Once part of the Orange and Alexandria (O&A) Railroad moving farm products to the city between Lynchburg and Alexandria.

Life in a 'Special Place'

FROM PAGE 10

PHOTOS CONTRIBUTED



Dan and Kathy Tompkins

Dan Tompkins, writer and editor for the federal government, 30 years in Burke

"I grew up in the area, in Willow Woods subdivision off of Guinea Road in Annandale. As a kid I could bike to Burke Village, which back then was little more than the post office and a general store. [Kathy and I] have lived in Burke since the 1990s, when we bought a townhouse in Burke Burke Center. In 1993 we bought the home we live in now, in the Homewood section of Burke, where we raised our three sons. Burke has been a fine place to live, work and raise a family. Our neighborhood is wooded, quiet and friendly. Sometimes it feels like a refuge from the hustle and bustle, yet it is close enough to the city to be convenient. The boys benefited from good schooling all the way back to... Kings Glen Elementary and then at Lake Braddock. We jokingly call Spartan's Restaurant our second kitchen. You can get an honest meal for a decent price with friendly service. We also love Hunan West in the King's Park Shopping Center. It's been our go-to for Chinese for many years. For Thai food we like Panisa... and Yindee Thai. We are also fans of Village Chicken. But yes, we do cook at home also! Each spring we stock up on impatiens from the Burke Garden Center. We love the parks in and around Burke."



Cindy Agner

Cindy Agner, teacher, 41 years in Burke
 "My husband and I are both Burke natives. I have actually lived in the same neighborhood for almost 41 years, and my dad has lived in Burke pretty much since he was 18. He remembers it when it was all farmland! I would say my favorite thing about Burke is that it is close enough to everything, yet you can go on walks along all the various paths and think you are miles from civilization. My mom and I used to go play bingo at the firehouse before she passed away. I am a member of Burke Presbyterian Church—have been my entire life. My dad was a volunteer firefighter at the Burke Fire Station. My husband teaches at Lake Braddock, and my daughter is going to be a junior there. She is on the varsity field hockey and lacrosse teams, so we are involved in athletics in Burke!"

VIEWPOINTS

What are the greatest things about living in this area?

PHOTOS AND VIEWPOINTS BY MIKE SALMON
 THE CONNECTION



"There's always a lot of places to go, people to meet, traffic is a bear but that comes with it."
 – Nick Rysewyk, West Springfield High School senior, lived in Springfield for 12 years.



"All the things you can do in a short distance, the mall, the parks."
 – Laura Bordelon, West Springfield High School student



"All the trees, they still have a lot of forestry around with all the development."
 – Mike Henderson, Burke nursery worker in his sixth season



"We're this little island, it's like a pocket of hometown."
 – Eileen Henderson, 34 year resident of Burke



"A lot of green, lots of nature."
 – Ariel Gonzalez, delivery driver at Deli Italiano in Burke



"I grew up here, I think it's great for raising a family, the culture, everybody's friendly."
 – Sunhee Chung, owner of Deep Roots Apothecary in Burke



"Lots of park areas, places to walk, outdoor spaces."
 – DJ Ndlovu, resident of the Burke-Springfield area



"Diverse community and excellent school system."
 – David Lee, alumnae of Lake Braddock Secondary School, employee of Burke Nursery

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

Announcements

You are the love of my life Amber. The separate paths we took to get here, every moment, every interaction, was all meant to happen. It was meant to prepare me to be the best husband I could be. Being with you this past year as your husband has been the happiest I've ever been. The beginning of this journey has been wonderful and as we plan the rest of our life together, I can wait to grow closer with you and start a family. You've known me for more than half my life and I can't wait to write this next chapter with you, I love you Amber Samlal.

Legals

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Freedom Mortgage Corporation
907 Pleasant Valley Ave, Suite 300
Mt. Laurel, NJ 08054

Plaintiff,

v.

Kami King
9118 Galbreth Court
Springfield, VA 22153

Defendant.

Summons
Case No. 2020CV000114
Judge William F. Kussel, Jr.
Foreclosure of Mortgage: 30404

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To each person named above as a defendant:

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Dated: September 14, 2020

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Announcements



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- Vienna and Oakton Connection: [@ViennaConnect](http://www.twitter.com/ViennaConnect)

Where to Give for Local impact

FROM PAGE 5

❖ Ecumenical Community Helping Others (ECHO), 703-569-9160. Open to receive donations at 7205 Old Keene Mill Road, Springfield. Provides food and financial assistance to those in short-term emergencies, and provides clothing and household goods to low income families. From March through August, ECHO has helped 1,012 families with 25,628 bags of food. Financial donations have helped ECHO provide fresh food coupons, rent, utility and medical bill payments. Over 900 backpacks filled with school supplies have been distributed to school-age children. Donations of fall and winter children's clothing have provided families with needed apparel. But requests for assistance continue at the highest levels ECHO has ever experienced. www.echo-inc.org.

❖ Friends of the Fairfax County Animal Shelter. Each year, nearly 5,000 pets, including cats, dogs, small mammals, reptiles and livestock, come to the Fairfax County Animal Shelter. Friends of the Fairfax County Animal Shelter funds important needs throughout the Shelter such as behavioral training and dental or medical care beyond what the shelter's budget can provide. generalinfo@ffcas.org 571-212-9858

❖ Lamb Center, www.thelambcenter.org, day center for homeless, Fairfax 703-691-3178.

NEWCOMERS GUIDE 2020

Top 10 in Springfield District

FROM PAGE 8

features a collection of 200 shops, services, and dining establishments in a two-story retail center.

The mall offers one of the most diverse and compelling retail and dining collections under one roof and is the perfect destination on a sweltering or rainy weekend afternoon. (11750 Fair Oaks Mall, Fairfax, VA 22033)

3. The Children's Science Center Lab in Fair Oaks Mall is a fantastic museum that allows children (and their parents) to get hands on experience with STEM concepts (Science, Technology, Engineering and Math). Education is so important, and this museum, which is designed for kids between 2 and 12 years old, does an excellent job of challenging and shaping young minds. While the facility is currently closed to the public, the Children's Science Center Lab continues to host virtual camps, field trips, and events through their website. For more information, please visit childsci.org.

4. The newest addition to Fair Oaks Mall, Dave and Buster's is a great time no matter what age you are. With a full arcade and an entire room of potential prizes, plus you can get half-priced games all day, every Wednesday. After playing your favorite arcade games, you can make it a complete afternoon or evening by stopping by the restaurant for dinner or bar for drinks and snacks. Under current guidelines, Dave & Buster's is open and works to maintain the facility clean by requiring masks from guests and providing gloves upon request. Staff works to maintain a safe experience by separating tables, providing disposable menus and some games are currently unavailable due to social distancing.

(11958 U Fair Oaks Shopping Center, Fairfax, VA 22033)

5. One of our most visited "one-stop shops" is South Run RECenter. Not only does it feature a two-story fitness center with heated indoor pool and poolside spa, but the surrounding park offers soccer and baseball/softball fields, two tennis courts, two outdoor basketball courts, a field house with newly installed athletic turf playing surface, accessible playground, and an off-leash dog area. In addition, the newly opened Go Ape ropes and ziplining course is another great feature of South Run Park. South Run RECenter facilities are currently available through a reservation system on the Fairfax County Park Authority website. To access the fitness center and the pool, please make reservations online. Guests will undergo a temperature check, health screening at entry, and masks/face coverings are required for entry. Go Ape has also reopened in accordance with social distancing guidelines.

(7550 Reservation Dr., Springfield, VA 22153)

6. Peterson's Ice Cream Depot is a family owned and operated business in Historic Clifton, and let me tell you, they serve some of the best gourmet ice cream in Northern

Virginia. Peterson's is currently open for take-out orders in Clifton. (7150 Main St, Clifton, VA 20124)

7. Don't miss Fairfax's own little slice of paradise: the award-winning Paradise Springs Winery. The land the winery is built on has remained in the same family since it was granted to them by Lord Fairfax in 1716. Paradise Springs is now open! Guests are asked to abide by social distancing guidelines and wear masks/face coverings when visiting the winery.

(13219 Yates Ford Rd, Clifton, VA 20124)

8. Acres of undisturbed woodland, quiet trails, splashing streams and a tranquil pond are just a few of the reasons to visit Hidden Pond Nature Center. The nature center, which is accessible to everyone, features exhibits and live displays which orient you to the park and the natural world of Fairfax County. Hidden Pond is currently open in accordance with distancing guidelines and continues to host events for children and families to study and foster interest in nature enthusiasts of all ages.

(8511 Greeley Blvd., Springfield, VA 22152)

9. Looking to catch up on some reading? Pohick Library is now open under social distancing guidelines. Under express services, patrons can browse shelves and pick up reading materials for checkout at Pohick. Patrons are asked to limit visits to 30 minutes and wear masks/face coverings upon entry.

(6450 Sydenstricker Rd Burke VA 22015-4274)

10. Hemlock Overlook Regional Park in Clifton offers a convenient day hike location to explore nature without having to drive too far! While facilities at the Park are currently closed, the hiking trails are open. Enjoy a scenic day hike through the Bull Run-Occoquan Trail which runs through Hemlock to the Fountainhead Regional Park.

(13220 Yates Ford Road Clifton, VA 20124)

As we all endure this pandemic, it is important to recognize the impact that this has had on our community and our need to come together. Our senior population has been especially hit hard by this pandemic. By continuing to find safe ways to practice social distancing and support one another, we will be able to work together to make sure we are taking care of each other and staying healthy.

If there is ever anything my office can do for you, do not hesitate to ask. I have always agreed with Thomas Jefferson's notion that government closest to the people is best, and you cannot get much closer to the people than being a Supervisor. Our jobs are multi-faceted; I would go as far to say that somewhere around 80 percent of an individual's contact with government at any level is at our level. Whether its land use, transportation, education, public safety, or tax related, my staff and I are always here to answer your questions.

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And So It Continues



By KENNETH B. LOURIE

Two-plus weeks into my thyroid cancer treatment, all is as I anticipated. I'm still not in a comfort zone, routine wise, nor side-effect wise, I am feeling some predicted discomfort. I won't self-indulge and list the difficulties that I'm having. I will say that even though I'm extremely thankful not to have experienced any of the more severe side effects (blood clots, arrhythmia), I have felt something. The 'something' I've felt has been made more complicated due to the synthroid pill I take daily, since I had my thyroid surgically removed in late January, 2020. The proper dosage, prescribed to replace the function of the thyroid is not easy to determine. As such, I'm not exactly feeling myself. I'm not sure who it is I'm feeling (as Groucho said because he could never get that close), but it's not who I've come to feel.

The complication I refer to is the effect on my thyroid replacement medication (synthroid) by my thyroid cancer pills. What happens, I'm told, is that the synthroid's effectiveness is partially mitigated by the cancer medication and as a result, I need regular lab work to monitor the situation and maintain proper thyroid replacement. If my thyroid hormone is too low, I'll feel tired and unmotivated. And since a side effect of the thyroid cancer medication is among others, fatigue, I am tired for two reasons: the cancer drug itself and the effect the same cancer drug has on the synthroid pill, which has everything to do with my energy level.

Now, not only am I a two-for-the-price-of-one cancer patient (non small cell lung cancer and thyroid cancer), I am also a thyroid cancer patient being treated for cancer and for the replacement of the thyroid. As a result, in addition to juggling two cancers, I am also juggling one cancer with two semi competing side effects: feeling tired due to low thyroid hormone and feeling tired as a side effect of the thyroid cancer treatment. I imagine one or the other would be manageable but simultaneously, not so much. (I guess it's another BOGO-type situation).

Granted, it's a living and it sure beats the alternative. Still, I was hoping one set of side effects would be enough rather than having to consider a second set (side effects of the side effects, if you will). My concern is compounded by something my oncologist was wary of doing years ago: Treating the side effects, in addition to treating the cancer. Moreover, he said that often it's the side effects that become so debilitating and harmful that the actual cancer treatment itself has to be stopped. And though your quality of life might improve - with the reduction/elimination of the side effects, the cancer is now left untreated and cancer left untreated generally speaking, doesn't usually mind it's own business, if you know what I mean? In either scenario, you're unlikely to be smelling any roses.

And not 'smelling any roses' is what I'm most worried about. Stopping treatment for the thyroid cancer would be bad enough, but what about my previous pre-existing stage IV, non small cell lung cancer diagnosed Feb. 2009? I'm currently not receiving any treatment for that as we defer to the thyroid cancer. If I have to stop the thyroid cancer treatment because of the side effects, will I then re-start the lung cancer treatment for which I had very minor side effects. Is treating the back-up (so to speak) cancer better than not treating the new primary: thyroid cancer? As you can possibly tell, I am potentially between a rock and a very hard place.

Nevertheless, as my oncologist emailed me a month or so ago when we received the results of my third tumor biopsy (which was taken from a tumor inside my lung rather than outside from a lymph node), "Thyroid cancer is better than lung cancer." And though I certainly liked the sound of that when I first read it, the present complications were not yet a part of the discussion. But that's what being a cancer patient is all about: an evolving existence of good, bad and indifferent information with nary a guarantee in sight.

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

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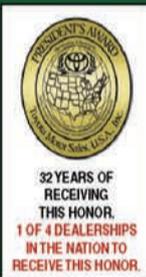
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