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# CONNECTION

Reston ♦ Oak Hill Herndon ♦ Chantilly ♦ CENTRE VIEW



(From left) Melissa Romano, co-owner of Lake Anne Brew House and Nordic Knot, CORE Foundation sponsor, presents a donation check from Lake Anne Brew House to Taralyn Tharp Kohler, Executive Director CORE Foundation, during the filming of CORE Foundation's virtual MAS-Kerade and Community Hero Awards held Saturday, Jan. 16.

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# Helping Children Navigate Anxiety

Sharing feelings, listening without judgement during current political turmoil.

BY MARILYN CAMPBELL  
THE CONNECTION

As communities cope with the shock of daunting images of the recent riot at the U.S. Capitol, the mental health toll children and teens can be significant but go unnoticed, say local therapists. Some children turn inward, withdraw and refuse to discuss their feelings. A child's response to these intense situations will vary based on age.

"This is because they are at different stages of development and how they process and understand the world around them," said Marla Zometsky, therapist and Wellness, Health Promotion & Prevention Manager at the Fairfax-Falls Church Community Services Board (CSB). "Children may not know how or be able to express their feelings. Some may have trouble sleeping, be irritable, or be more frightened in general. Middle school children may have trouble focusing, be preoccupied with the events, or withdrawal more. Teenagers may feel overwhelmed by the intensity of their emotions."

Parents and caretakers can begin to help their children by starting a dialogue, listening without interrupting and validating a child's feelings. "As with any challenge or unsettling event, it is important to gauge how a child, adolescent or young adult understands the situation," said Zometsky. "They may believe they are in direct harm or at risk. Knowing what a child or youth believes or thinks about a situation helps parents and caregivers know how to respond and to provide correct, reliable and age-appropriate information."

**"As with any challenge or unsettling event, it is important to gauge how a child, adolescent or young adult understands the situation."**

— Marla Zometsky, Therapist and Wellness, Health Promotion & Prevention Manager at the Fairfax-Falls Church Community Services Board (CSB).

From anxiety to depression, children absorb the reactions of their parents, which might include stress, anxiety, depression, anger, frustration and other emotions. "Parents sharing their feelings with their children is positive, as it normalizes that we all have emotions which need to be expressed," said Laura Finkelstein, Ph.D., Marymount University's Assistant Vice President of Student Health and Well-Being. "However, parents ideally share feelings in a boundaried way, without children feeling like they have to take care of their parents."

The mental health of middle and high school might be impacted by what they might see on television, hear at school or learn from peers regarding the political climate, added Finkelstein. "[It] impacts most of us, and children are no exception," she said.

In fact therapists have seen a significant spike in cases of anxiety and depression in children and teens since the beginning of COVID-19 and during the recent political instability, says Maryland-based therapist Courtney Hart, LCSW-C. Hart, who specializes

in treating adolescents who struggle with anxiety and depression, said "If parents or caretakers are concerned ... I think one of the best things that they could do is have their child meet with a mental health professional," she said.

Among the signs that seeking help from a therapist might be prudent are a lack of interest in activities that they normally enjoy or expressing emotions that are normally out of character such as anger, irritability or sadness, advises Hart.

"Children and teens are going through an unprecedented time and they are isolated from most of their social interactions," she said. "They are at home with parents even though developmentally tweens and teens are starting to separate from their parents and look to peers for acceptance. They are dealing with huge losses of a typical childhood. A child or teen in individual or group counseling will find a safe place to process those feelings and develop healthy coping skills."

ed time and they are isolated from most of their social interactions," she said. "They are at home with parents even though developmentally tweens and teens are starting to separate from their parents and look to peers for acceptance. They are dealing with huge losses of a typical childhood. A child or teen in individual or group counseling will find a safe place to process those feelings and develop healthy coping skills."



PHOTO CONTRIBUTED

Meghann Mullarkey, a 16-year-old from Herndon.

## Herndon Dancer Wins Irish Dance Competition

Five dancers from the McGrath Morgan Academy of Irish Dance brought home first place trophies from the Irish Dance Teachers Association of North America (IDTANA) Southern Region Oireachtas, held in Orlando the first week of December. The 2020 SRO champions from McGrath Morgan Academy are:

❖ Ciara Foley, U8 Girls Champion; Gabby Brown, U9 Girls Champion; Aisling Reynolds, U12 Girls Champion; Meghann Mullarkey, U16 Girls Champion, and Sophia Rankin, U17 Girls Champion

Meghann Mullarkey, a 16-year-old from Herndon, joined McGrath Morgan in March, just as in-person classes were transitioning to virtual Zoom sessions.

"My goal this year was to be on the podium, so I was shocked

when I exceeded my own expectations," she said. "With new teachers, learning choreography from videos, months of physical therapy, and dancing in my basement during Zoom classes, I didn't know whether I would be able to reach my goals ... I saw the pandemic as an opportunity to work harder than I ever had before so I could improve my dancing. When they announced me as the winner, my only thought was that all the hard work leading up to this moment had paid off."

McGrath Morgan Academy of Irish Dance, <http://mcgrathirishdance.com/> 1057 West Broad Street, Suite 218, Falls Church, 703-772-1236, [adrcg@mcgrathirishdance.com](mailto:adrcg@mcgrathirishdance.com)

### BULLETIN BOARD

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

#### GRACE BECOMES TEPHRA

Greater Reston Arts Center (GRACE) announces a significant rebrand, re-introducing the organization as: Tephra Institute of Contemporary Art. Several years in the making and still residing in Reston, the repositioning emerged as its programs, audience, and impact continued to evolve over the past several years, and the name Greater Reston Arts Center (GRACE) no longer aligned with its reach and vision. Tephra ICA is a non-profit, non-collecting institution committed to promoting innovative contemporary art and thinking. Leading with curiosity and care, the organization is a catalyst, generator, and advocate for vi-

sual and interdisciplinary arts. The institution is devoted to celebrating artists and values the power of art to broaden perspectives, start difficult conversations, and consider alternative ideas.

#### EXPANDED COVID VACCINATIONS

Governor Northam announced this week that Virginia is preparing to expand vaccination eligibility to 65+ and individuals age 16-64 with a high-risk medical condition or disability. The Health Department will begin registering individuals in these new groups, on Monday, January 18. However, it will take some time to get through this group. Vaccine supply is limited and the ability to vaccinate

is dependent on the amount of supply they are provided from the state.

#### Key data points:

Currently Virginia in its entirety receives about 110,000 doses of vaccine a week.

168,000 residents in the Fairfax Health District are considered to be within phase 1b.

Last week, the Fairfax County Health Department had vaccinated 15,980 people since Christmas. This does not include vaccinations administered by Inova or at long-term care facilities.

In addition, they are working with Inova Health System to vaccinate frontline essential workers and 40,000 public and private school staff and teachers.

## Assistance League to Use Grant Funds to Provide Grocery Gift Cards for Local Families

Assistance League of Northern Virginia has received a grant from No Child Goes Hungry, a nonprofit organization dedicated to eliminating childhood hunger. No Child Goes Hungry connects charitable organizations that work to reduce food insecurity on a local level with donors who want to help eliminate childhood hunger. Assistance League will use the funds to purchase grocery store gift cards for families of students at Pine Spring Elementary School, in Falls Church. It is one of the six elementary schools in Fairfax and Prince William counties and Alexandria that was receiving the charity's Weekend Food for Kids food bags each month. The bags contained enough kid-friendly food for 2 breakfasts and 2 lunches. When schools closed in the spring, the nonprofit suspended that program, and instead, began providing grocery store gift cards to the families of those students. The grant from No Child Goes Hungry will allow the chapter to continue providing grocery store gift cards at a time when so many have been severely affected financially by the pandemic.

# NEWS



(From left) In a herculean effort for CORE Foundation, fueled by everyone pitching in, Taralyn Tharp Kohler, Executive Director, Jackie Kido, cameraman, Doug Bushée, founder and Chairman (on-screen) and Tharp Kohler (on-screen) go live and virtual for the organization's 15th-anniversary event.



PHOTOS BY JENNIFER HEFFNER

(From left) CORE Foundation board members Jennifer Bushée and Gina Healy choose the winning tickets at CORE Foundation's virtual MASKerade and Community Hero Awards held Saturday, Jan. 16.

## CORE Foundation Celebrates 15th Anniversary

**Nonprofit recognizes community partners, volunteers.**

BY MERCIA HOBSON  
THE CONNECTION

CORE Foundation in Reston, "Helping Others Be the Change for 15 Years," held its MASKerade and Community Hero Awards Saturday evening, Jan. 16. Celebrating the nonprofit organization's 15th anniversary, co-hosts Doug Bushée, founder and Chairman of the Board, and Taralyn Tharp Kohler, Executive Director, welcomed guests and honorees to the virtual event.

"The MASKerade gala serves to unite our community at a time when we can't be in person," said Bushée.

The celebration kicked off with ticketed guests picking up their swag bags and wine purchases late in the afternoon at Pinot's Palette, followed by a youth-targeted, hot chocolate and painting experience led by CORE Young leaders and pre-game enter-



**Doug Bushée, founder and Chairman of CORE Foundation, welcomes guests to the MASKerade and Community Hero Awards held virtually for its 15th-anniversary celebration.**

tainment. "Show Joe," a.k.a. Joseph Dagbe of Reston, emceed local musicians. The organization raised funds through the digital experience ticket that offered three hours

of entertainment and access to the virtual photo booth, silent

auction, and raffle.

But it was the CORE Gala Presentations that held the heart of the program. Its video stories presented the good work of community members who made a difference.

"We celebrate the tremendous efforts of our volunteers and share their amazing stories. Our hope is that their stories serve to inspire others to do good work in 2021," Bushée said.

Among the many honorees, CORE Foundation selected Restoration Church in Reston recipient of its Community Partner Award. Reverend Tim Ward, who serves as the pastor, said, "The partnership between Restoration Church and the Core Foundation has been a real gift, especially during the pandemic. CORE Foundation holds the same value as Restoration, to serve the needs in our community with the strongest partnerships possible. We were able to do immea-

### 2021 CORE FOUNDATION HONOREES

- Desk Dream Team (E4E, D4D, Woodworking with a Purpose) CORE Cause Impact Award
- USA Triathlon Foundation - Community Partner Award
- John Schaller - Volunteer Award
- Restoration Church - Community Partner Award
- YMCA Fairfax County Reston - Community Impact Award
- Allison McCue - Volunteer Award
- Off the Charts Club - CORE Cause Rookie of the Year
- Helping Hungry Kids - CORE Cause of the Year
- Susie Livingood - Volunteer Award

surably more because of the partnership."

According to Tharp Kohler, CORE Foundation reached more than 150 people that night, many sharing their screen with others yet uncounted. "The release of this event could not have been possible without the technical expertise of dedicated volunteers committed to delivering an engaging professional experience. To everyone who contributed to this herculean effort, on behalf of CORE Foundation, I say thank you," said Tharp Kohler.

## Food for Neighbors Kicks Off the Year with a New Record

Food For Neighbors received more than 18,000 pounds of food during its Jan. 9 Red Bag Program food collection event. This is a record amount of food for the nonprofit, which is in its fifth year of supporting Northern Virginia students who struggle with hunger. Volunteers will be providing this food to more than 1,200 students at 22 schools on a weekly basis.

Food For Neighbors relies heavily on contributors and volunteers to provide this important service. During the Jan. 9 event, 1,100 community members in Fairfax and Loudoun counties donated shelf-stable, nutritious food. Additionally, 86 dedicated drivers collected the donations and delivered them to five

central locations, staffed by small groups of additional volunteers.

Karen Joseph, Cofounder of Food For Neighbors, said, "While the temperatures may have been freezing this morning, I can assure you there were many warm hearts caring for our community. Thanks to the generosity..., Food For Neighbors continues to grow and thrive, allowing us to reach and feed many local teens struggling with food insecurity in Northern Virginia."

There are many ways for businesses, service organizations, foundations, and individuals to help Food For Neighbors. To learn more, visit <https://www.foodforneighbors.org/> or send an email to [contact@Food-ForNeighbors.org](mailto:contact@Food-ForNeighbors.org).



PHOTO BY RENEE MAXWELL

**Frank Wagner, a volunteer from Reston, braved the cold to collect donations that will later be packaged and distributed to middle and high school students in Herndon. Other collection sites in Fairfax and Loudoun counties were also busy, as Food For Neighbors received more than 18,000 pounds of food to support students in 22 schools.**

# An Inauguration to Remember

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



COMMENTARY

Like most people, I will not be attending any inaugural events this year because of the pandemic restrictions and threats of civil disturbances. The event today does bring back wonderful memories of the first and only inauguration I ever attended. It was on January 20, 1961. In 1960 I had graduated from high school and had not gone to college because of doubts as to whether I could be successful. Instead, I was attending a short-term vocational program in Washington, D.C. and living in a single room in a boarding house just a half dozen blocks from the White House. Even then I had an intense interest in politics and followed the Kennedy-Nixon campaigns and debates intensely. I loved the candidate and then President-elect John F. Kennedy as did millions of others. I was not about to miss the opportunity to go to his inauguration when I was living so close by.

On the day before the inauguration, temperatures dropped to 20 degrees and eight inches of snow fell. I got up early Inauguration Day and literally put on all the clothing I owned and started a trek to the US Capitol on foot. Workers directed by the Army Corp of Engineers had been working throughout the night to haul away as much of the snow as possible from Capitol grounds and Pennsylvania Avenue. The military had brought in flame throwers to melt some of the snow and ice. More than a thousand cars that had been stranded in the area had to be removed.

At the Capitol I was able to position myself on the edge of a wall that allowed me to see the inauguration over those who had tickets and were seated at the Capitol. My plan to film the event with my brother's 8 mm camera did not happen because the cold kept the camera from running a few minutes after I brought it

out from under my coat. Certainly there was security, but nothing like we are seeing leading up to this inauguration. I felt free to move about except for the area that had been blocked off for special invited guests.

The speech given by our new president still brings tears to my eyes. His words, "ask not what your country can do for you—ask what you can do for your country," inspired me to public service.

We have been through four years that have been tragic for our democracy. I believe we are all better informed about threats to our system of government. The Biden-Harris team is well suited to restore hope and confidence in our government. Honesty and decency will become a new norm for the executive branch. Attention to the COVID-19 crisis will be focused, coordinated and intense. Respect for others will dominate our society except for a small minority that will slink away into the background. Equity will be the new standard by which we measure our economy. All this can happen if we truly believe it and dedicate ourselves to making it happen. We can have another inauguration to remember!



PHOTOS COURTESY OF FAIRFAX COUNTY.GOV

Community service projects honor the legacy of Rev. Dr. Martin Luther King, Jr. during Reston Community Center's 2021 Dr. Martin Luther King Jr. Birthday Celebration held Jan. 16-18.

## Reston Celebrates Dr. King's Day

In cooperation with supporters, Reston Community Center (RCC) pivoted amidst the coronavirus pandemic to present for the 36th year, the Reston Dr. Martin Luther King Jr. Birthday Celebration.

The three-day event held Jan. 16-18, honored, celebrated and continued the legacy of civil rights leader Martin Luther King Jr. On Saturday, individuals gathered for small, socially distanced community service projects. They sorted items from The Closet, made bag lunches for the Embury Rucker

Community Shelter, and cleaned litter from paths around RCC Hunters Woods.

Events continued with Saturday's special online performance by the Reston Community Orchestra, Sunday's live performance at CentreStage with an audience capacity of 30 percent featuring Akua Allrich and the Tribe, and additional community service projects on Monday.

— MERCIA HOBSON

## Blood Donations Needed

Since 1970, blood donors have been recognized in the month of January during National Blood Donor Month. This January, the blood supply is critically low for nearly all blood types. If you have Type O, Type A or Type B blood, make an appointment to donate in the next few days to help boost the blood supply and ensure there is an adequate supply for our community in case of accidents and emergencies. There is no substitute for blood when a patient needs a lifesaving transfusion. All donors will receive an exclusive mug as a thank you for their donation.

Appointments are required, and all donors must wear a mask.

"Donating blood saves lives. Your gift of time makes a difference to patients in our community. Join us this January and each time you are eligible to help heal patients and give them a second chance to create lasting memories with their loved ones. Everyday heroes are blood donors and for that we are grateful," says Heather Wade, Manager of Donor Recruitment at Inova Blood Donor Services.

Sign up at: [inovablood.org/nbdm2021](http://inovablood.org/nbdm2021)



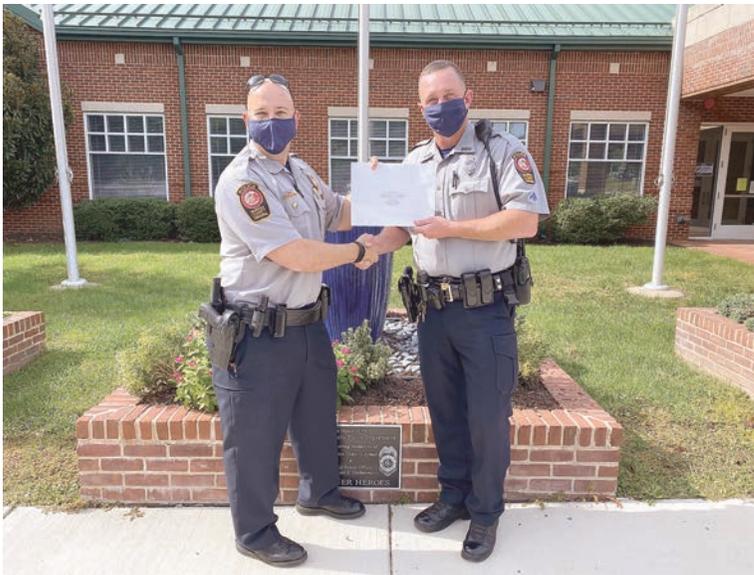


PHOTO COURTESY OF LT. JOSH LAITINEN

(From left) Assistant Station Commander Josh Laitinen presents the award to MPO Scott Bates outside the Sully District Police Station in Chantilly.

## Bates Is Named Sully's Officer of the Quarter

His "Experience, dedication and hard work" paid off on patrol.

BY BONNIE HOBBS  
THE CONNECTION

MPO Scott Bates has been named the Sully District Police Station's Officer of the Quarter for the third quarter of 2020. Honored at a recent meeting of the station's Citizens Advisory Committee, he's a 25-year veteran of the Fairfax County Police Department.

Recommending him for the award, 2nd Lt. James Glassman explained why Bates is worthy of this honor. He began by noting that, after serving 20 years with the Motor Squad, the officer returned to patrol last April, when he joined the Sully Evenings A squad.

During his short time being back in patrol, wrote Glassman, "MPO

Bates has made a positive impact on his new squad with his positive demeanor, drive to lead by example and desire to protect the Sully community." He then detailed four instances during which Bates demonstrated his work ethic and dedication.

❖ He said Bates brought his focus on traffic safety from the Motor Squad to the Sully District. While monitoring speed on Route 28, the officer observed a motorcycle traveling 95 mph. "Bates activated his emergency equipment, but the motorcyclist quickly fled at over 100 mph," wrote Glassman. "Based on his experience, he knew he couldn't catch the motorcycle, so he turned off his emergency equipment and broadcast a lookout to his dispatcher."

SEE OFFICER, PAGE 8



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## Canada Geese Over the Area

PHOTO BY SUSAN LAUME/THE CONNECTION

Canada geese form an iconic V flight over Huntsman Lake in Springfield.

### CALENDAR

#### NOW TO FEB. 7

"Winter's Tales." Torpedo Factory Artists @ Mosaic, 2905 District Avenue, #105, Fairfax. Winter can be many things--quiet, simple, elegant, cold, dark and hopeful. Winter's shadows are long and its daylight is precious. It is a season of white and blue, of cold and fire, of hibernation and regeneration. In "Winter's Tales" at the Torpedo Factory Artists @ Mosaic, the gallery's artists demonstrate in a variety of mediums how they respond to the coldest and darkest time of the year. The exhibit features beautiful paintings, fine art photography, ceramics, exquisite jewelry and fabric art.

#### FRIDAY/JAN. 22

Family Outdoor Exploration. 1-2 p.m. At E.C. Lawrence Park, 5040 Walney Road, Chantilly. Get your family into the great outdoors with a personalized program led by a naturalist or historian at Ellanor C. Lawrence Park. The "Family Outdoor Exploration" program lets you choose your own exploration. Investigate topics, such as Stream Life, Pond Life, Historic Ice Cream and much more. Once you register, the park will reach out to you to plan your personalized family outing. The cost is \$40 per family for a group of up to nine people age 4 to adult. Call 703-631-0013.

#### FRIDAY/JAN. 22

McLean Art Society Meeting. 10 a.m. Vladislav Yeleseyev, a noted watercolorist, will be demonstrating artist at the Meeting of the McLean Art Society. The business meeting will begin at 10 a.m. to be followed at 11 a.m.-noon by the art presentation. It will all be conducted on Zoom and is open to the public. Those interested in being included need to contact Ray Goodrow, M.A.S. President at raymgoodrow@aol.com. Mr. Yeleseyev is a Masters level graduate of the Moscow Institute of Architecture. He has paintings listed in the Portfolio of Plein Air Magazine and his award winning paintings feature warm light and a warm color palette. His work includes cityscapes and landscapes in impressionistic style.

#### SUNDAY/JAN. 24

Amazing Max Family Show. 4 p.m. At McLean Community Center, McLean. Max has stepped onto a virtual stage to perform perhaps his most incredible feat ever: Getting kids truly excited about learning something and—in the process—showing them how to believe in themselves. Max has an incredible ability to connect with both children and adults alike and even in a virtual stage, he is still somehow just as captivating as he is on The Alden's stage. \$15/\$10 MCC district residents (this fee is per device)

#### SUNDAY/JAN. 24

Journey with Pianos. 7 p.m. Online. Hear piano traditions from around the world performed by Jacqueline Schwab (Ken Burn's "Civil War"). Hoyle Osborne plays everything from ragtime to South American folk music. Online. Register at fsgw.org (The Folklore Society of Greater Washington).

#### MONDAY/JAN. 25

Unmeltable Snowman Workshop. 10 a.m. to 2 p.m. At Sully Historic Site, 3650 Historic Sully Way, Chantilly. It's always sad to watch a snowman melt away, so discover how you can create a four-season snowman that will still be with you when summer arrives. Sully Historic Site is hosting a series of "Unmeltable Snowman" workshops for families on three Mondays in January – Jan. 4, Jan. 11 and Jan. 25, 2021. At the workshop, you will learn to use a felting process to make an unmeltable snowperson and decorate it with style. Keep your creation through winter, spring, summer and fall. This program is suitable for participants age 5 to adult and is being offered on the hour from 10 a.m. to 2 p.m. The workshop is designed for a family of up to four people, and the cost is \$20 per family. Call 703-437-1794.

#### FRIDAY/JAN. 29

Family Fun Trivia Night. 7-9 p.m. Virtual. At the Old Firehouse, McLean. Gather the whole family around the computer or tablet and get ready for some socially distant trivia. Prizes for winning teams. To register for Old Firehouse events, visit: www.oldfirehouse.org or call 703-448-8336, TTY: 711.

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## Cancer and Covid ...



By KENNETH B. LOURIE

... don't exactly go together like milk and cookies. Rather they go together like snow and ice. One or the other is bad enough, but together they become even worse. And unfortunately I have one, and am constantly worried/mindful of the other. Moreover, since covid is kind of a pulmonary issue, those of us who have cancer in the lungs, where we're already compromised, need to contract a virus like this like Washington, DC needs a "wintry mix" in the forecast.

In the course of my ongoing papillary thyroid cancer protocol, recently I spoke with an oncology pharmacist (who knew?). When he asked me, during our regular monthly phone call if I was experiencing any new symptoms, I was honest and said "Yes, shortness of breath." He noted my response and subsequently completed our call, as per usual. Not 10 minutes later, he called back. He had just spoken with my oncologist who he advised said that I should go to Urgent Care immediately. "Excuse me? What do I tell the doctor? Will my oncologist have spoken to them/expressed his concern/coordinated my care?" "No," I was told. "Just tell them your symptoms." Having had a negative covid test the week before Christmas, and have pretty much been at home ever since, I didn't believe I had the virus. But considering how little I know about such matters, I went with the medical flow and made an Urgent Care appointment for 2 pm that same day.

What I learned later that day after three hours in Urgent Care after an examination, lab work and chest X-Ray was the true reason why my oncologist wanted me not to wait for care: bloods clots which could lead to a pulmonary embolism (clots moving through the bloodstream and ending up in the lungs) where they could burst, so to speak, and cause a sudden death. So the concern wasn't covid, it was more sinister: immediate death if left unresolved. Little did I know, thankfully. Otherwise, I might have been a bit more anxious.

Luckily, my lab work was normal, my chest X-Ray was clear, and I had no corroborating symptoms: my legs weren't swollen and I had no chest pain. Nothing was mentioned about covid. Even though that was my presumption for the urgency, apparently, that was not my oncologist's concern. By 5 pm, with no new symptoms to report, I was released on my own recognizance. If I experienced any shortness of breath, I was encouraged to call. I was prescribed an inhaler - like those used by asthmatics, with the proper medicine and advised not to hesitate using it should the need arise. I was given approximately 30 doses, I was told.

I then went to the pharmacy to pick up my parking gift. After a 30 minute or so wait, my name was called and I went up the window to collect my goodies. Now I was free to go. Within 45 minutes I was home. No fuss, no muss, as it turned out. My follow up appointment with my oncologist is next Tuesday (as I write this on Sunday) which also happens is my next scheduled video visit, previously scheduled to discuss the results of the previous week's CT Scan and brain/abdomen MRI which amazingly, miraculously continue to show shrinkage of the thyroid tumors located in my lungs (you know, my pre-existing comorbidity). And of course this comorbidity is the reason I'm extremely cautious and occasionally even proactive because to not would be incredibly stupid and irresponsible.

Now, if I could only figure out how to lock and load this inhaler, I might actually be able to reduce the stress and discomfort when I become short of breath. But knowing now that my symptoms were not covid-related, nor as I learned later that day, blood-clot-oriented, I can breathe easier before, during and after I'm short of breath, if you know what I mean?

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

# Herndon Council Hosts Housing Panel

## State Senators and Legal Counsel weigh in.

BY MERCIA HOBSON  
THE CONNECTION

**H**erndon Town Council hosted a Panel Discussion on Housing Tues., Jan. 5 to build proficiency and understanding in matters related to housing policy development. Video of the discussion is available online. Town Manager Bill Ashton moderated. He said the event would be part of an ongoing series and kicking off the first discussion would be remarks by three panelists. A question and answer period would follow.

**State Sen. Jennifer Boysko (D-33)** offered information based on her service as an elected official and her prior role as a legislative aide to Fairfax County Supervisor John Foust. The positions provided her with information about Fairfax County housing and land use issues. She said, "Affordable housing is a top priority for all Virginians especially in our neck of the woods where we have such a wide-ranging group of people from all backgrounds and demographics. It's important that we have housing stock that allows everybody to live affordably."

**Sen. Barbara Favola (D-31)** brought a wide range of experience and knowledge of housing issues in Northern Virginia. According to Favola, the challenge was how do we achieve affordable housing when our land area is so expensive, our quality of life is high, and that translates to a very high cost of living.

Jeff Gore's previous experience included legal counsel to the Senate Local Government Committee and the House County, Cities and Towns Committee. He said affordable housing would be a topic in the upcoming legislative session, and a comprehensive, affordable dwelling unit statute had been enacted.

"There's issues of funding...The state has set up an Affordable Housing Trust Fund, so some localities are doing that on their own, earmarking a certain amount of their property tax dollars to help them," Gore said.

**Q: What do you think are the best tools available for a jurisdiction to ascertain the most significant housing needs within their jurisdictions, as a baseline sort of activity?**

Favola said that in Arlington, they had a Housing Office and collected anecdotal information in terms of the profile and numbers of people and families looking for housing. Then they did surveys to determine their housing stock and what might be available to families, public servants who are just starting their careers "struggling to live in the communities they served."

**Q: Given that Herndon does not have a housing office, do you know if Fairfax County connects Herndon residents to an affordable housing center?**



PHOTO BY MERCIA HOBSON/THE CONNECTION

**Herndon Town Manager Bill Ashton (File photo)**

Boysko said: Supervisor John Foust is more than willing to sit down and talk with the Town to develop strategies and work with the community and the town council to make some inroads on that." Boysko added that three branches of government, the Town of Herndon, the County, and the state, work hand in hand to try to be a resource to each other. Former council member and Planning Commissioner Melissa Jonas is on the Housing Commission for Fairfax County and another really good resource for collaboration according to Boysko.

Gore said Arlington's program "was unique;" they'd been doing it for so long. "The concept of requiring a certain number of affordable dwelling units, workforce housing, however, you define it in your program or your ordinance, there aren't really the statutory tools in Virginia for a locality to require or mandate those units, not through a rezoning. Never through a conditional rezoning can a locality technically require any public facility to be proffered by the applicant, by the developer."

Boyd said in 2016, the statute dealing with what a locality could discuss with an applicant changed. It tightened significantly, tightened at the behest of the development community and particularly homebuilders. It put limits on the types of things that could be proffered as part of rezoning and even "some real tight parameters on what can even be discussed... That had a chilling effect on development."

According to Boyd, what happened in 2019 was that the statute was amended to free up localities, local staff, local board, and council members to discuss with the applicant. It provided the applicant a voluntary opt-out of the entire statute framework and all the limitations of having a conversation with the town and proffer.

"That's the key takeaway from the 2019 revision... There's a path to get there, for the right type of development, if the applicant is willing."

## AREA ROUNDUPS

### Ramp, Lane Closures at I-66/Route 28

Overnight ramp and lane closures at the I-66/Route 28 Interchange in Centreville will happen, overnight, this Thursday through Saturday, Jan. 21-23. Crews will be shifting the Route 28 south travel lanes in preparation for upcoming demolition of the old Route 28 south bridge over I-66.

Eastbound Braddock Road will also be closed each night between Newton Patent Drive and Route 28. Traffic will be detoured; drivers should expect delays if traveling in this area during these times and should consider using alternate routes. It's all part of the Transform 66 Outside the Beltway Project. All work is weather dependent and will be rescheduled if inclement conditions occur.

## Officer Honored

FROM PAGE 5

Bates then left Route 28 at the next exit and happened to find the motorcycle parked at a local restaurant. But as he approached, the motorcycle took off again. "Bates let other officers know the motorcycle fled and continued his relentless search," wrote Glassman. "When he got to the next intersection, he instinctively turned right.

"By that point, the FCPD helicopter was overhead and informed him the motorcycle was in front of him on the next street. The motorcycle driver surrendered to Bates, and the driver was charged with reckless driving and speeding to elude."

❖ A second time Bates had a positive impact came when a woman called in a fake prescription to a local pharmacy. The pharmacist was alerted by the call's suspicious nature and confirmed that the prescription was fraudulent. After the police were notified, Bates responded and collected the fake prescription.

"He discovered through research that the suspect had several prescription-fraud arrests in the past," wrote Glassman. "She later returned to pick up the prescription and Bates was there to meet her. She was dressed in a medical uniform attempting to portray herself as a medical professional."

During his interview with her, said Glassman, "She ultimately admitted to the offense. She also had outstanding warrants from another jurisdiction, and it was learned that she was violating a child-custody order. After her arrest, officers were able to locate the child and return him safely to the other parent. She was charged with forging the prescription and taken into custody."

❖ Bates' third opportunity to

demonstrate his dedication to his profession was on a search for a stolen-vehicle suspect from Prince William County. Prior to his shift, Sully officers responded to the stolen vehicle's location, but the driver and passenger both fled the scene. Officers arrested the driver, but the female passenger eluded them. Throughout the morning, officers continued to receive calls regarding the passenger being spotted, but they were unable to locate her.

Once Bates' evening squad began its shift, a picture of the passenger was shared with the officers. "Bates drove to the area where she was last seen and, while driving around the area, he saw her cross the street in front of his cruiser," wrote Glassman. "She spotted him and took off running. Bates radioed that he was in foot pursuit of the suspect and, after a short chase, she gave up. He then took her into custody on the outstanding warrant from Prince William County."

❖ The fourth example came when Bates was patrolling an area of recent, multiple, tire slashings and larcenies from vehicles, when he noticed a suspicious car. He checked its license plate and received alerts for a stolen vehicle and an outstanding arrest warrant for the driver. He then made a traffic stop of that car – which resulted in the recovery of the stolen vehicle and the arrest of the driver on the outstanding warrant.

For all these reasons, Glassman recommended Bates receive the Officer of the Quarter award. Overall, he wrote, "MPO Bates' years of training, experience, dedication and hard work led him to make the Sully community safer with the arrest of a reckless driver, the prevention of a prescription fraud, two stolen-vehicle recoveries, and the arrest of two wanted subjects."