

CONNECTION

Reston ♦ Oak Hill Herndon ♦ Chantilly ♦ CENTRE VIEW



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The Gandolfo family of Reston, Mike and his sons Nate, 7, and Will, 5, at Kids' Trout Fishing Day, Saturday, March 20.

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PHOTO BY MERCIA HOBSON/THE CONNECTION

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**Town Center Parkway Underpass Study
Fairfax County**

Virtual Public Information Meeting

Wednesday, April 7, 2021, 7 p.m.

www.virginiadot.org/TownCenterParkway

Find out about a study assessing an extension of Town Center Parkway below the Dulles Toll Road (Route 267), the Dulles International Airport Access Highway and the Metrorail Silver Line aimed at reducing congestion on adjacent roadways and improving accessibility and connectivity to Reston Town Center for drivers, bicyclists and pedestrians. The project team is analyzing the extension, about a half-mile, from Town Center Parkway's current southern terminus at Sunset Hills Road to Sunrise Valley Drive via an underpass, with the new road aligning west of the CoreSite building on Sunrise Valley Drive.

The meeting will be held as a **virtual/online meeting**. Information for accessing and participating in the virtual meeting is available at www.virginiadot.org/TownCenterParkway. The project team will make a short presentation beginning at 7 p.m. and answer questions for about an hour after the presentation.

Review project information and meeting details on the webpage above or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-2599 or TTY/TDD 711 to make an appointment with appropriate personnel.

Give your comments during the meeting, or by **May 7, 2021** via the comment form on the project website, by mail to Mr. Dan Reinhard, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or by email to meetingcomments@VDOT.virginia.gov. Please reference "Town Center Parkway Underpass Study" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775.

State Project: 7414-029-422, P101, P102

UPC: 114452

Federal: STP-029-9 (016)

*In case an alternate date is needed, the meeting will be held
Wednesday, April 14, 2021 at the same time.*

Past issues of

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<http://connectionarchives.com/PDF>

NEWS

The Lure of Kids' Trout Fishing Day

**Finding trout
and family.**

BY MERCIA HOBSON
THE CONNECTION

Reston Association moved forward with its ever-popular Kids' Trout Fishing Day, Saturday, March 20. Young anglers Will Gandolfo, 5, and brother Nate, 7, of Reston, hopeful and excited to hook a fish, dropped their lines into a deep dark pool of Snakeden Branch stream off Soapstone Drive. Dad Mike walked the rocks on the bank between his sons. "We've come every year but last year," Mike said. "We haven't caught yet." Will cast his line again and let it drift, hopeful of hooking what could be a freshly caught dinner.

Going fishing at the local stream stocked with hundreds of trout seemed most appealing to Will and Nate, as did their dad's approval as they tried different tips he gave them. Fishing proved not only about the elusive fish but catching a good time.

According to Will Peterson, Watershed Manager, Reston Association stocked the stream with 300 pounds of trout earlier in the week, up to if not greater than 15 inches. Standing near the water's edge, Peterson said, "This year, we stocked about six pools, and that's the areas where the water is deep in the stream between the riffles." Riffles are where the surface of the water is textured with bumps. According to Peterson, the stream's current creates the riffles flowing over boulders and rocks running bank to bank, controlling the stream bed slope. Riffles are the gateways and exits to the pools, places where the trout rest, and where RA stocked them. In moving water, like Snakeden Branch stream, the fish tend to stay in the pools and wait for the current to bring food to them. Peterson said the trout would survive until the water temperature reached 70 degrees.

Because of the governor's restrictions on the size of gatherings and wanting the event to be safe for everyone and not feel crowded, staff from Reston Association spread groups out along the stream on both sides of Soapstone. "We also limited it to about 12 families per hour block," Peterson added.

DOWNSTREAM from the Gandolfo family, the Rodriguez family, Bernardo and his wife Lysandra, and their children Adrian, 10, Alicia, 7, and Anabel, 4, searched the water, looking for trout. "This is our third time. Adrian caught six fish last time," said Bernardo. Asked his secret to success, Adrian said in a loud voice, "Trout magnet, a lure." Nearby, George



Angler Adrian Rodriguez, 10, secures his catch and the first fish caught at the Reston Association 2021 Kids' Trout Fishing Day.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



The Rodriguez family of Reston, (from left) Bernardo, Adrian, 10, Lysandra, Alicia, 7, and Anabel, 4, at the Reston Association 2021 Kids' Trout Fishing Day, Saturday, March 20.

Paine, a volunteer with the nonprofit organization Trout Unlimited based in Arlington, moved along the banks helping novice fishers. He shared advice and showed the children how to handle their rods. He paused a moment on the bank opposite from the Rodriguez family and opened his lure box to pull out a Trout Magnet™. "It attracts the trout," he said.

AT THAT MOMENT, a loud splash sounded. "Almost had one," cried out Adrian from the other bank. A trout apparently had hooked but got away. Undaunted, Adrian swung his fishing line into the water again. For a few seconds, Paine turned his attention to naming local birds that swooped down to the streams to catch the fish. Hearing splashing again, he looked across the stream. "He's got one," whooped Paine.

"Don't put him over the water. Move back," Dad Bernardo said. Adrian grounded his feet. He positioned his pole bent heavy with the fighting trout. He tipped the rod up and began taking in the slack.

Adrian Rodriguez, 10, pulled out the first trout of the day at 8:38 a.m. "Congratulations," called Paine.



Families enjoy the early spring morning with children trout fishing at Snakeden Branch stream in Reston during the Reston Association 2021 Kids' Trout Fishing Day.

Artist's rendition of The Ellipse's condo flats above retail stores.



The Ellipse at Westfield and Albemarle Point will together become a huge, mixed-use development in Chantilly.

Mixed-Use Projects Approved for Chantilly

Townhouses, condos, multifamily building, retail shops and offices.

BY BONNIE HOBBS
THE CONNECTION

A slew of new homes will soon be built in Chantilly, on the west side of Route 28 and east side of Lee Road, just north of Willard Road. The Fairfax County Board of Supervisors recently approved construction there of two joint projects – The Ellipse at Westfield and Albemarle Point.

Arising near the existing, Long & Foster building on George Carter Way, near Lee Road, will be a 1.2 million square-foot, mixed-use development with townhouses, condos, a multifamily building, neighborhood-serving retail and offices. Buchanan Partners LLC is developing The Ellipse, and EB Albemarle LLC is developing Albemarle Point.

The county considered both projects concurrently because of their proximity to each other. Altogether, they'll bring 674 residential units – 278 multifamily homes, 96 single-family attached homes and a 300-unit multifamily building – plus 11,000 square feet of retail/commercial uses. Also included are 543,025 square feet of existing office/flex-warehouse uses.

To make these elements a reality, the Supervisors approved both developers' requests to rezone their sites from Industrial to Planned Development Commercial. The Ellipse will contain 374 of the homes – the condos and townhouses, 290,659 square feet of office space and all the retail/commercial uses. Albemarle Point will have the multifamily building and 252,366 square feet of office/flex-warehouse space in four existing buildings.

THE PROJECTS also contain for-sale, affordable dwelling units (ADUs, plus workforce dwelling units (WDUs) available at 80 percent of the area median income (AMI). The county is allowing Albemarle to build more housing units on its site than it could otherwise because it's including the WDUs; the same is true of Buchanan Partners because of its ADUs and WDUS.

Planned, as well, are 2.65 total acres of open space consisting of pocket parks – for both passive and active recreation – and a common green. The parks will be at various spots throughout both sites and will feature shaded seating areas, game tables, playground equipment and an interconnected walkway.

"We have a diversity of housing types, prices and uses," said attorney Greg Riegle, representing both applicants. "These projects will make an existing [Long & Foster] office building viable, reduce people's commuting times and make home ownership possible for many people who've been priced out of the housing market in Fairfax County."

Development will be done in phases, and there'll be a new trail along Lee Road. In addition, the southbound left-turn lane from Lee to Willard roads, going east, will be extended. A portion of the pocket parks will be built in phase one, and the rest, when the multifamily building is under construction. The 1-1/2-acre ellipse in front of the Long & Foster building – which already has a trail around it – will become a central, focus point.

There'll also be green-building elements and electric-vehicle charging stations. And the developers will make monetary contributions for the county's schools and parks. The new homes are expected to yield about 140 new students, and they'll attend Cub Run Elementary, Stone Middle and Westfield High.

"The retail will be in two buildings facing Lee Road," said land-use planner Lori Greenleaf, also representing the applicants. "And there are two bus stops – one in front of The Ellipse and one in front of Albemarle." She also noted that the Albemarle project was added to The Ellipse development "to create the right mass for a community."

"The center circle [of The Ellipse] is gorgeous – a central, park area for this entire community, with seating, trails and a pond," said Greenleaf. "There'll also be a jogging trail around the pond, plus areas for tot lots and bocce and cornhole games."

THE TOWNHOUSES will be available in three different sizes, and the two-over-two condos will come in two sizes. There'll also be condo flats above retail stores, as well as three five-story, multifamily condo buildings.

She said they hope to break ground by the end of this year, or in early 2022, and "deliver lots toward the end of 2022. The six-to-seven story, Albemarle multifamily building will be the project's latter phase."

There'll be pedestrian connections to adjoining trails/walkways and transit stops. Access to the sites will be via George Carter Way and Albemarle Point Place, and not directly from Route 28 or Willard.

The county Planning Commission approved both applications in January, and the Board of Supervisors did likewise on March 9. Supervisor Kathy Smith (D-Sully) made the motions for approval seconded by Board Chairman Jeff McKay.

"I'm really pleased with these applications," said Smith. "There's a diversity of housing, and affordable and workforce housing, and the applicants worked hard with [county] staff to create a vibrant, walkable area."

'One of the Greatest Abuses of the Public Trust'

Land-use groups object to Ellipse, Albemarle approvals.

BY BONNIE HOBBS
THE CONNECTION

As far as local, land-use groups are concerned, Supervisor Kathy Smith (D-Sully) is determined to populate her district with as many homes as possible – whether it's a good idea or not. First came the approvals she pushed for 734 housing units in Chantilly, directly under Dulles International Airport flightpaths – on sites deemed too noisy for habitation by the Metropolitan Washington Airports Authority.

And now – against the advice of three



Carol Hawn



Jeff Parnes

land-use groups – she and her fellow members of the Fairfax County Board of Supervisors have greenlighted another mega-res-

idential project. This one will bring 634 homes to an area of Chantilly that was supposed to remain industrial. Altogether, that's 1,368 new housing units approved for questionable locations.

THE ELLIPSE at Westfield and Albemarle Point will have a smattering of retail uses, plus some office space, but will overwhelmingly comprise townhouses and condos. However, their sites were originally intended for industrial uses. And when a Comprehensive Plan amendment to allow residential uses there came before the Dulles

Suburban Center Advisory Group in November 2017, the group concluded it was a bad idea.

The next month, it voted against it, 6-5, and in favor of retaining the existing land designation. "This was also the recommendation of Fairfax County staff," said Advisory Group member Carol Hawn, "Staff said introducing a residential use option 'would result in pressure for surrounding areas planned for industrial uses to convert to non-industrial uses, which could destabilize those uses and be contrary to the county's existing policy goals to preserve industrially designated areas.'"

SEE LAND-USE GROUPS, PAGE 7

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OPINION

We Still Need Your Help

**We all need community newspapers;
community newspapers need your help.**

A year later, Covid continues to be the most compelling, most local issue that we face. Here at Local Media Connection LLC, Covid has posed an existential threat to continue the community service that has been ongoing since 1784.

Every family has faced unprecedented disruption between schools being closed and the advent of distance learning; work is remote, except for those people who must go out to jobs and the risks that entails. Every business has been challenged; many have closed; some have been mortally wounded. Thousands of local people have died, with tens of thousands having been ill with Covid. We have produced dozens of stories about struggles of food insecurity, learning to “pivot,” obituaries, how to get vaccinated and beyond. We bring you details about covid, testing and vaccination with a local and personal view. Recent column: <http://www.connectionnewspapers.com/news/2021/mar/12/johnson-and-johnson-jab-lubber-run-arlington-count/>

An election critical to Virginia is coming up this fall. Do you know that the Democratic primary is June 8? That Republicans choose their candidates for Governor, Lieutenant Governor, Attorney General and some delegates at a May 8 convention?

If you think state elections don't matter, we'll try to convince you how important they are between

now and then. Recent story on the race for Governor: <http://www.connectionnewspapers.com/news/2021/mar/12/mcauliffe-picks-support-alexandria/>

Perhaps you are more concerned about schools, teachers, students and holding elected officials accountable for your children's education, teacher safety and returning to the classroom. Recent story on schools: <http://www.connectionnewspapers.com/news/2021/mar/03/-person-and-home-class-one-community-reston/>

You need local newspapers. Local newspapers still need your help.

We at the Gazette Packet/Local Media Connection are so grateful for the 500 people who have pitched in more than \$38,000 to get us this far. It has made all the difference. Many more people have helped by sharing our appeal, by telling us why our efforts matter to them. You send a letter to the editor here: www.connectionnewspapers.com/contact/letter/

We are more than \$10,000 short of our original Go-Fund-Me goal. And we are going to need more to keep going. Soon you will hear about our membership plan.

In the meantime, we hope if you haven't contributed that you will consider doing so now. And if you have contributed, we hope you will consider doing so again.

<https://www.gofundme.com/f/save-americas-oldest-newspaper>

— MARY KIMM

COMMENTARY

Waste Not, Want Not

By KENNETH R. “KEN” PLUM
STATE DELEGATE (D-36)

As a child of frugal parents who grew up during the Great Depression, I was always taught as long as I did not waste food or material things that I would never be without. “Waste not, want not” was an oft-heard slogan around our house. I carried my lunch to school in a brown paper bag that was recycled from our grocery store purchases, and my peanut butter and jelly sandwich was wrapped in wax paper. After lunch I would fold up the wax paper inside the bag and carry it home in my back pocket for use the next day. I could generally go an entire week without the need for another bag or more wax paper.

Needless to say, I feel a high level of discomfort with our current throw-away society. Not only do we consume ever-increasing levels of natural resources, but we create mountains of waste and the resulting degradation of our environment. Nowhere is the problem more evident than with plastic products. My paper bag and wax paper have been replaced with plastic bags for chips, a plastic container for fruit or dessert, a plastic sandwich wrapper and a drink in a plastic bottle. The manufacturer's ability to find new uses and the public's willingness to accept them seem unlimited.

A two-year research project by the Pew Charitable Trusts and SYSTEMIQ, Ltd., a London-based environmental think tank, estimates that by 2040 the amount of plastic trash that flows into the oceans every year will triple to 29 million metric tons. Its report “Breaking the Plastic Wave” lists challenging actions that



need to be taken to reverse this dangerous threat to our environment. (www.pewtrusts.org, July 2020). The Report was peer reviewed and presented in the journal Science (science.sciencemag.org, July 2020).

The report calls for a wholesale re-making of the global plastics industry by shifting to a circular economy that reuses and recycles plastics. It discusses ten critical findings “showing that a path forward to a low plastic pollution future already exists—now we have to make the choice to walk this path.” The Virginia General Assembly took two steps on the

pathway to reduce plastic pollution.

A bill on which I was a co-patron passed and which the Governor has now signed into law prohibits the use of expanded polystyrene food containers, the white foam containers that break into an endless number of pieces and litter our beaches and roadsides. The legislature also passed a bill designating advanced recycling as a manufacturing process that must follow all federal and state environmental regulations and laws and a budget amendment I introduced to require the Department of Environmental Quality to monitor the newly-emerging industry.

Clearly the General Assembly must take more aggressive actions in the future to reduce the use of plastics, provide for their reuse or recycling, and recognize that multiple strategies must be taken if the challenges that the Pew study identified are to be addressed. Citizens can join in taking voluntary actions to make choices in the marketplace of alternatives to plastics. Returning to a paper lunch bag or reusable container is a good idea, but the reuse of wax paper is not recommended!

Friday Night Live! May Not Live On

Chamber event threatened if Town axes in-kind donations.

BY MERCIA HOBSON
THE CONNECTION

A 2021 kick-off date for the return Friday Night Live!, billed as “DC-area’s Best Free Outdoor Concert Series Every Friday, May through August on the Herndon Town Green,” is threatened and may not happen. The event is produced by the Herndon Chamber of Commerce under the umbrella of the Dulles Regional Chamber of Commerce.

Since the first Friday Night Live! in 1995, the Town of Herndon has supported the music series through in-kind donations of Town Police presence and support by the Town Department of Public Works, according to Mayor Sheila Olem.

Laura B. Poindexter Chairman, Friday Night Live! wrote in a letter, “Your Input Needed: Town of Herndon Budget,” posted on the event’s website, that both departments have budget line items for the support that have to be approved every year in the Town budget process.

“We cannot hold Friday Night Live! without the incredible support we have received



BY MERCIA HOBSON/THE CONNECTION

Friday Night Live! May 4, 2018, produced by the Herndon Chamber of Commerce (File photo)

from the Town of Herndon in the past...The Town Council is currently in the midst of budget discussion that will affect WHETHER we will be able to hold FNL this year,” she said.

Poindexter urged Town of Herndon fans to watch past budget discussions at [https://www.herndon-va.gov/government/mayor-](https://www.herndon-va.gov/government/mayor-town-council/agendas-minutes-webcasts)

[town-council/agendas-minutes-webcasts](https://www.herndon-va.gov/government/mayor-town-council/agendas-minutes-webcasts), sign up to speak at the upcoming public hearings on Tuesday, March 27, and email the Town Council through the Town Clerk at town.clerk@herndon-va.gov.

Other businesses and groups have supported the Chamber in their production, including Volkswagen Group of America and Northwest Federal Credit Union.

IN AN INTERVIEW with the Connection, Poindexter emphasized that the weekly summer music series of rock bands is a Chamber event, created by the Chamber, not the Town as an economic driver for downtown Herndon businesses - to draw people who would not usually visit. “We feel it is a win-win for the town, for the businesses, for the residents, and for the Chamber, but it is not a town event,” Poindexter said.

Poindexter added that the production of Friday Night Live! aligns with the Dulles Regional Chamber of Commerce mission statement. At issue, according to Poindexter, is that organizers continue to hear mention of Friday Night Live! at Town Council meetings and planning sessions in regard to establishing a multicultural board.

“We applaud the Town Council’s desire to ensure diversity across the Town’s programs and events. To that end, we are willing to sit down with any organization that wishes to produce a multicultural event in Town to share the organizational knowl-

edge we have gained through 26 years of experience...However, we have no plans or desire to alter the type of music we play or the way our event is run,” wrote Poindexter, Doug Downer, Founder of Friday Night Live!, and Joe Martin, Interim President & CEO Dulles Regional Chamber of Commerce in a letter dated March 12 to Town of Herndon Mayor Sheila Olem and Herndon Town Councilmembers. The Connection received a copy of the letter.

Vice Mayor Cesar del Aguila said, “We will take this into consideration as we prioritize our budget.”

MAYOR OLEM responded, saying that Friday Night Live! positively impacted the businesses downtown over 26 years. “(It) is crucial now more than ever as we all work to help our downtown businesses recover from a devastating financial year,” Olem said. She added that if Governor Northam relaxes the number of individuals attending an event such as Friday Night Live! will provide a much-needed boost to businesses.

Poindexter said that Friday Night Live! has given over \$300,000 in cash donations to organizations in the Town. It was the largest cash contributor to the Herndon High School’s All Night Grad Party, after prom events, Herndon Woman’s Club, Herndon Fraternal Order of Police Lodge 64, and Optimist Club of Herndon.

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Legals

ABC LICENSE

Glory Venture II LLC trading as Gajoja Restaurant II, 14245 H Centreville Sq, Centreville, Fairfax County, Virginia 20121-2368. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Evelyn Ahn, Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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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

Land-use Groups Object to Ellipse, Albemarle Approvals

FROM PAGE 3

As for the Advisory Group, Hawn said its concerns were that “a larger area should be evaluated for redevelopment, not just the Long & Foster and Albemarle properties. It was felt that those parcels, alone, really couldn’t support the level of residential housing; they would be surrounded by non-residential uses on all sides.”

But the issue didn’t end there. Instead, Smith sent it to the Planning Commission. “The Sully Supervisor believed that, because there was only a one-vote difference to retain the Plan, it was OK that she went ahead and put forward changed Plan language,” said Hawn. “But to me, a vote is a vote. The late Jim Scott, who served as both a Supervisor and a Delegate, knew the importance of one vote – that was the number by which he won his first race. Frankly, it was extremely disrespectful to all of us who served on the Advisory Group. It belittled the work we put into every submission.”

Still, she added, “The bigger issue, in my opinion, is that residents weren’t given the opportunity to testify on this change in the Plan, prior to it being recommended for approval by the Planning Commission in April 2018. It wasn’t until after its public hearing was closed that one of the Commissioners mentioned residential would be added to the uses there.”

“This Plan change was not part of the advertised staff report. Therefore, residents were denied the opportunity to specifically weigh in on it before the Planning Commission voted.”

When the matter came before the Supervisors in May 2018, Smith called the Advisory Group’s vote close, and not overwhelming, to keep the Plan language, so the Board also approved the change allowing residential.

Fast forward to August 2020, when the Ellipse and Albemarle proposals came to the joint land-use meeting of the Sully District Council of Citizens Assns. (SDC) and the West Fairfax County Citizens Assn. (WFCCA). Panel member Jay Johnston called it an “egregious abuse of power” that they’re moving forward during the pandemic, when residents couldn’t comment on them in person.

He was also upset that the Supervisors approved residential on those parcels, after the Advisory Group voted against it. “Any time the Comprehensive Plan doesn’t agree with their own purposes, the Board of Supervisors just ignores it,” said Johnston. “And doing these projects now gives them another chance to jam another development down the throats of the citizens, without their getting a chance to understand and speak about it.”

The applicants returned to the land-use groups again in November 2020. SDCs Jehanne Arslan called it a “poor location for housing.” And WFCCA’s Hawn said, “Our supervisor is beholden to the development

community. This is an island, and you’ll need a vehicle to go anywhere. It’s poor, land-use planning.”

“This is less than 15,000 feet from the end of Dulles Airport’s main, north/south runway,” said SDC’s Sheila Dunheimer. “It’s within range of the airport’s designated ‘Clear Zone/Accident Potential Zone,’ where high-density uses, such as multi-story buildings, are ‘not acceptable.’” The land-use groups then voted to reject both proposals.

NEXT STEP was the Dec. 9, 2020 Planning Commission meeting, where Hawn noted that the sites will be impacted by about 1,000-foot high flyovers from aircraft on two runways. “They’d be isolated from other, residential communities, with just a small amount of retail uses,” she added. “And there’s no easily walkable connection to commercial areas.”

Since these sites fall within the airport’s accident-potential area, said Dunheimer, “You could be putting people in jeopardy.” And she stressed that the previous Comprehensive Plan took such areas into consideration “because homes weren’t allowed there.”

Jeff Parnes, the SDC’s land-use and transportation chair, and WFCCA President Steve Chulick submitted a joint statement, which Parnes read aloud. It reiterated, verbatim, county staff’s November 2017 reasons for recommending denial of residential at these locations.

“This property has no close connection to other residential neighborhoods,” said Hawn. All in all, she said, these applications should never have gotten this far – and she holds Smith and the Planning Commission responsible. “I believe this is one of the greatest abuses of the public trust I’ve ever experienced, in all my years as a volunteer,” said Hawn. “And it frustrates me that the Advisory Group’s vote was so simply dismissed.”

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Time Will Tell



By KENNETH B. LOURIE

Ordinarily I’d be writing this column this weekend - after this week’s events. Events, and I use that term loosely, that will either sustain my good fortune - or change it for the worse. What I’m referring to are results from my bi-monthly/quarterly diagnostic scans. This week I’ll be CT-scanned from the pelvis to the neck and will have had my bones’ scanned as well. The associated lab work and blood pressure check required pale in comparison to the significance of the findings from these two scans. Scan results which will tell me how I feel, a day or two later when I will receive electronically the radiologist’s assessment/interpretation of the scans. But since I’ll be out of town, with limited computer access and only a “stupid” phone (no internet capability), not a smart phone to use, I’ll be left to my own devices - literally, until I return home Sunday afternoon.

Since I’ll likely not receive any results before we leave on Friday, and moreover, not have the time to write a column this coming weekend (last weekend when the paper publishes on the 24th), I am minding my own business six days earlier than usual in hopes that what I don’t know now won’t hurt me later. And given that I take my avocation/column writing seriously, rather than reprint an old column, I am writing a new/current column in advance to continue to lead you regular readers down my garden’s path.

The path to which I refer hopefully will be a path of least resistance that will enable me to assimilate all my forthcoming medical data into some coherent assessment of where I am, healthwise. Will I be able to maintain my status quo: 10 MG of levamisole or will I have to change protocols and no longer stay on the horse that brought me? I have to hope I can continue on at my present pace because the 14 MG and 24 MG doses each had unpleasant side effects which lead to the reductions in the first place. And to complicate the dose possibilities, each of the higher doses lead to stable/some shrinkage on the CT scan and a significant reduction as well in my cancer markers, down from 200 to 4. This will be my first scan since I’ve taken the smaller dose. To say I’m somewhat invested in the outcome of this week’s scans would be the understatement of the universe.

Unfortunately, none of this information will likely have been emailed to me - at home before we leave town, and I’ll not have time and place to write a column this weekend while out of town. Therefore, I am submitting this column, written six days ahead of my typical deadline, with the best of intentions. In effect, today becomes just another day (“the daze of my life”) of a person undergoing treatment for an incurable form of cancer; that type being papillary thyroid cancer stage IV versus the original/indisputable diagnosis: non small cell lung cancer, stage IV.

It will definitely be awkward knowing that diagnostic information about my health/presumptive welfare is in an inbox waiting for my log-in information. It’s hardly ideal, but as a long-time cancer survivor, I have been here before and have done that. I’m not thrilled about being away when my life might possibly be hanging in the balance. I guess that’s what cell phones are for: reaching out and sort of touching someone. If my doctors really need to talk with me, they are welcome to call. You can be sure my phone will be fully charged and with me at all times. After all, it might be good news, too. I mean, stranger things have happened: being diagnosed with “terminal” lung cancer after never having smoked cigarettes. Granted, upwards of 25% of new lung cancer cases are never-smokers, but still, with no history of cancer in my family and never having been a smoker, I kind of figured I had a fighting chance to avoid this disease. I guess my reward is 12+ years after my initial “13 month to two year” prognosis, I’m still alive and writing.

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

PHOTOS BY WILL PALENSCAR/THE CONNECTION



Jack Shields #7 and Elijah Tarlton shake hands before Centreville and Westfield's game on March 19.

Bulldogs Win District Thriller

Westfield beats Centreville, 19-14.

The Westfield Bulldogs' JT Yaokouame blocked a Centreville Wildcat punt which went out of the end zone and Westfield was up 2-0 with 10:08 to play in the opening quarter. Later in the quarter Mikal Legall would run in from 5 yards out for a Bulldog touchdown with 7:42 to play in the quarter. The Bulldogs were up 10-0 after a successful 2 point conversion. Centreville quarterback Jack Shields would pull the Wildcats to within 3 points after Shields' quarterback keeper on 4th and 2, with 2:19 to play in the 1st quarter. On the ensuing kickoff, Alex Shields would take the kick 90 yards for a touchdown and after a failed kick, the score was now 16-7 Westfield.

In the 2nd quarter Jack Shields scored again on a 4 yard touchdown run. The score was now 16-14 after a successful extra point. In the 4th quarter the Bulldogs' Sean Mattfeld would kick a 20 yard field goal putting Westfield up 19-14.

Chris Kuzemka #11 prepares for contact from Westfield defenders after a reception.



JT Yaokouame #49 stops Jack Shields on the goal line preserving a Westfield win.

Westfield improves their record to (2-2) (1-2), and will host Oakton on March 26. Centreville falls to (3-2) (1-2), and has a bye week before playing their final regular season game at Madison.

— WILL PALENSCAR



On the Border specials include Sunday, Fiesta Trio; Monday, Endless Enchiladas; Tuesday, Taco Fix; and Wednesday, Fajita Fest.

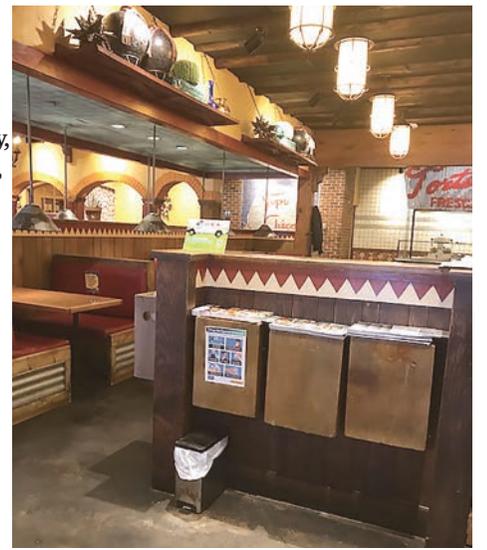


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Virtual Visit to All Places Latino

Restaurant Review: On the Border

BY ALEXANDRA GREELEY
THE CONNECTION

Looking for something to brighten your spirits and spark your appetite? Head to Reston's On the Border Mexican Grill and Cantina where its cheerful décor will send you on a virtual visit to Mexico and all places Latino. And when you see large tour buses parked out front, you understand how appealing the restaurant's lengthy menu is.

Once seated, patrons are offered a bowl of crisp-fried tortillas with individual containers of salsa, and the chance to order beverages, from water to margaritas (how about sips of a Barrel Aged "Rita?"), beers, cocktails, and wines.

Patrons can ask the staff about good starter choices, but Grande Fajita Nachos come with fried tortilla chips topped with refried beans, a meat choice, and melted mixed cheese. These make a good choice, and follow up with a bowl of freshly chopped avocados formed into guacamole and ask for a side of chips. For a guacamole showcase, ask the staff for Guacamole Live. With this, a staff member makes guacamole at the table with chopped avocados, tomatoes, jalapeños, cilantro and lime juice. A bit pricey, but surely worth the culinary drama.

On to the main course: with so many choices, the question is, where to begin? Quesadillas come in two choices—fajita with chicken or steak or brisket. Fajita choices range from grilled chicken, steak, shrimp, or portobello mushrooms to specialties that include Monte-

rey Ranch chicken; Border Smart chicken that comes with black beans and more but no melted cheese; and then the grand slam, the Grande Fajita Trio packed with grilled steak, chicken, and shrimp.

The menu also includes burritos, chimichangas, and enchiladas plus an array of tacos that include Dos XX fish. But if patrons are looking for savory fare but lighter in calories, the kitchen offers two salad bowls, chicken tortilla soup, and a selection of dishes called Border Bowls. An outstanding and rather filling salad is the Grande Taco Salad that comes with cooked ground beef or chicken tinga on a bed of shredded lettuce, cabbage, mixed cheese and guacamole topped with flour tortilla chips and a choice of dressings.

The Border Bowl choices include grilled chicken steak, shrimp, or portobello mushrooms layered on cilantro lime rice, black beans and bell peppers with pico de gallo and sliced avocado. These are a satisfying meal in one, and have a decided Latino flair.

As for desserts, who doesn't love a caramel cheesecake, but for a sweet slightly more Mexican, try the sopapillas, Mexican pastries that are fried dough sprinkled with cinnamon sugar and served with honey and chocolate dipping sauce. Yum...

Note that restaurant specials include Sunday, Fiesta Trio; Monday, Endless Enchiladas; Tuesday, Taco Fix; and Wednesday, Fajita Fest.

ON THE BORDER MEXICAN GRILL AND CANTINA

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