

# CONNECTION

Burke ♦ Fairfax ♦ Springfield ♦ Fairfax Station

## Back to School

NEWS, PAGE 5

Students in an Arabic class at the Fairfax Academy.



## Afghan Crisis Comes Home

NEWS, PAGE 6

WELLBEING, PAGE 2 ♦ OPINION, PAGE 4 ♦ CLASSIFIEDS, PAGE 10

PHOTO COURTESY OF ERIN MOLEK

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL.  
REQUESTED IN HOME 9-3-21

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

SEPTEMBER 2-8, 2021

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

**DR. GENE SWEETNAM**  
**DR. GRACE CHANG DR. KAREN JINYOUNG KIM**  
**O P T O M E T R I S T S**



- Family & Pediatric Vision Care
- Comprehensive Eye Exams • Treatment of Eye Diseases
  - US Navy Veteran with 21 years of service
- Laser Vision Consultants • Over a thousand frames in stock
- We examine and fit all major brands of contacts including Rigid Gas Permeable, Hybrid and other specialty lenses.

**Most Insurances Accepted:**

Anthem, CareFirst, Medicare, Tricare, Cigna, Aetna, VSP Network Doctor, EyeMed, United Healthcare, GEHA, Virginia Medicaid and many more

*WE WELCOME YOUR DOCTOR'S PRESCRIPTION*

5206A Rolling Rd.  
 Burke Professional Center  
 Burke, VA 22015

**703-425-2000**

www.drsweetnam.com • www.sightforvision.com

WELLBEING



PHOTO COURTESY OF GIANT

Local mobile health clinics can help to make receiving flu and COVID vaccines as well as COVID booster vaccines convenient.

# Get Your Flu Shot

**Local health officials say it's important to get both flu and COVID vaccines, and CDC says they can be given at the same time.**

BY MARILYN CAMPBELL  
 THE CONNECTION

Health Department's Director of Epidemiology and Population Health. "The CDC recommends that the COVID vaccine can be given at the same time as the flu shot. This can make it more convenient for people to get protected against both infections. As many people will be getting COVID boosters in the fall, if they haven't received their annual flu shot yet, that would be a great time to do so."

"Since the flu shot and the COVID-19 vaccine do not contain any live virus, there is no chance of getting infected from either one," Schwartz said.

In an effort to maximize the number of patients who can receive both vaccines, local pharmacies have set up mobile clinics where flu, COVID-19 and COVID-19 booster vaccines can be administered.

"Giant's pharmacies throughout the area are ready to help residents get their seasonal flu vaccine with no appointment needed, and often covered in-full by most insurance plans," said Sujin Roberge, Manager of Clinical Programs at Giant Pharmacy. "Giant pharmacists will continue administering COVID-19 vaccines, including a third dose of either Moderna or Pfizer vaccine for immunocompromised individuals. Booster doses of COVID-19 vaccines will be available at Giant pharmacies once approved by the CDC."

Health officials say that some have questioned the necessity of receiving both vaccines. "Even if you have received the COVID vaccine, you should still get a flu vaccine," said Larrick. "Neither protects from the other. The flu vaccine will not protect you against COVID, and the COVID vaccines will not protect you against the flu. Both flu and COVID are potentially deadly diseases that are preventable with vaccinations."

<https://www.cdc.gov/vaccines/pandemic-guidance/index.html>

**A**s students return to in-person learning while social distancing and mask mandates are less in evidence, local health officials are urging residents to get a flu shot to prevent an uptick in the number flu and COVID-19 cases.

"We could be in for a more serious flu season compared to last year, which saw record-low flu-related deaths, thanks in large part to people wearing masks and maintaining social distance," said Kurt Larrick, Assistant Director, Arlington County Department of Human Services

"This year, people are out and about more, so getting a flu shot is important."

According to the Centers for Disease Control and Prevention (CDC), September and October are generally good times to be vaccinated against flu. Ideally, everyone should be vaccinated by the end of October.

"While we all are focused on COVID-19, flu can also cause severe illness and death, particularly in people who are older and have underlying medical conditions," said Dr. Benjamin Schwartz, Fairfax County

**Inside or out...**



**...Tech Painting's got you covered!**



Serving:  
 VA  
 DC  
 MD  
 OBX

**703-684-7702**

**www.techpainting.com**

# COMMUNITIES OF WORSHIP



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



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

## Fairfax City Hosts 22nd Annual Labor Day Car Show

BY BONNIE HOBBS  
THE CONNECTION

There's still time for one, last, summer fling – and in Fairfax City, that means the 22nd annual Labor Day Car Show. Jointly sponsored by the City and the Clifton Lions Club, it's slated for Monday, Sept. 6, from 8 a.m. to 3 p.m., rain or shine.

Vehicles galore will line University Drive between Armstrong Street and Sager Avenue and will also be displayed in the SunTrust Bank parking lot at 4020 University Drive. Motorcycles will be in a parking lot close to Armstrong. (From 6 a.m.-4 p.m., University Drive in that area will be closed to traffic).

The show features nearly every kind of vehicle imaginable, including trucks, antique cars from the 1920s and '30s, classic and custom cars, hot rods from the 1940s and '50s, muscle cars like Corvettes and Mustangs, and foreign cars such as Bentleys. Brand-new cars are also on display, so there are vehicles appealing to all ages.

Event Co-Chairmen are Lions Club President Bill Poole and former City Councilman Jeff Greenfield, with help from Mitzi Taylor of the Fairfax City Parks and Rec Department, plus four other Clifton Lions. Their committee works year 'round planning the show.

"It's a great family event that brings people into the downtown and supports the local businesses," said Greenfield. "It's also a place where car lovers can come together and talk about their vehicles, and grandparents can tell their children and grandchildren about the cars they used to have. And it's one of the few, open shows – available to even the newest of cars to participate."



Frank Perrin with his 2005 Harley Deluxe in the 2019 car show.

**"We're hoping to exceed 400 vehicles this year."**

**<rol>—Clifton Lions Club President Bill Poole**

The fun includes food, deejay music, vendor booths and raffles. Most of all, though, the car show raises money for two, worthy causes. Entry and parking are free, but tax-deductible donations are accepted – with proceeds mainly benefiting the Northern Virginia Therapeutic Riding Program ([www.NVTRP.org](http://www.NVTRP.org)) and Inova Hospital System's Life with Cancer ([www.lifewithcancer.org](http://www.lifewithcancer.org)).

Because of the Covid-19 pandemic, the



Visitors admire some of the vehicles on display at the 2019 Labor Day Car Show.

2020 show was transformed into a Wave Parade of 30 vehicles driving through the streets of Fairfax City. But it was still able to raise more than \$14,000 to donate to local charities.

This time, though, the organizers expect way more vehicles and spectators. "Based on the number of vehicle preregistrations we've already received, we believe this will be the largest show we've ever had," said Poole. "If the weather cooperates, we're hoping to exceed 400 vehicles this year."

Besides that, it's the first, large car show in this area to be held in 2021, so at least 5,000 spectators are expected over the course of the event. The festivities also include a spe-

cial, noontime ceremony at the fire station, featuring the American Legion Post 177 Color Guard, local dignitaries and the singing of the National Anthem.

People may register vehicles to participate at [www.labordaycarshow.org](http://www.labordaycarshow.org) or outside Fire Station 3 at 4081 University Drive the day of the event from 6 a.m.-noon. Information about the two main charities will also be available at the registration desk.

In that area, as well, will be food and beverages for sale. Lions Club members will be grilling and selling hot dogs, hamburgers and Italian sausage. Both Rita's Italian Ice

SEE CAR SHOW, PAGE 8

## Lorton Fire Station Gets a Makeover

**Station just off Lorton Road is upgraded to meet the expanding population in the area.**

BY MIKE SALMON  
THE CONNECTION

The Lorton Volunteer Fire Department is getting an expanded fire house with modern accommodations in a \$14,790,000 makeover to bring firefighting capabilities in the eastern Lorton area up to meet the needs of a growing population.

The new two-story station is an approximate 23,000 square-foot facility, with four drive through apparatus bays to accommodate their equipment and a larger staff to support the Fire and Rescue operations, along with a volunteer firefighters space. The facility provides expanded living and support spaces, along with a training tower.

To accommodate the construction and renovation activities, the crew moved out of their former quarters in 2018 into temporary accommodations and a temporary station on the same 3.3-acre site. The project is sched-



PHOTO BY MIKE SALMON/GAZETTE

Lorton Fire Station upgrades include spaces for the county staff and the Lorton Volunteer Fire Department.

uled to be completed soon so the crew can move back into their permanent spaces. The project is scheduled to receive LEED Silver Certification, said Sharon North, communications representative at the Department of

Public Works and Environmental Services.

This improved station in eastern Lorton will soon be providing public service in the

SEE FIRE STATION, PAGE 7



PHOTO BY SUSAN LAUME/THE CONNECTION  
Fairfax County Chairman Jeff McKay at the groundbreaking of the South County station last May.

# Record Setting Times

BY DEL. KENNETH R. "KEN" PLUM



COMMENTARY

Not intending to repeat a column I wrote a few weeks ago, but it is hot outside! That column focused on the findings of experts with the Virginia Academy of Science, Engineering and Medicine (VASEM) with data mainly about Coastal Virginia but with an explanation that what happens in the coastal region has repercussions across the state. The report is now online where you can read about sea-level rise, more frequent and intense weather-related events, and more variability in seasonal temperature. [http://www.vasem.org/wp-content/uploads/2021/08/VASEM\\_VirginiasCoastalAreasReport\\_FINAL.pdf](http://www.vasem.org/wp-content/uploads/2021/08/VASEM_VirginiasCoastalAreasReport_FINAL.pdf).

As soon as I had turned in my column for publication, the International Panel on Climate Change (IPCC) issued its most recent report that verified its past findings on climate change, but with a great sense of urgency as to how rapidly changes are occurring. They termed climate change as "widespread, rapid and intensifying." <https://www.ipcc.ch/2021/08/09/ar6-wg1-20210809-pr/>

As though we did not have enough evidence

already, the National Oceanic and Atmospheric Administration (NOAA) issued its State of the Climate in 2020 with more than 530 scientists around the world verifying what we have been hearing from others. <https://www.ncei.noaa.gov/news/reporting-state-climate-2020>.

Greenhouse gases are the highest on record. Global surface temperature as well as upper atmospheric temperature and sea surface temperatures are at record or near-record highs. July was earth's hottest month on record. The Arctic and Antarctica are warming and losing record levels of ice. Crazy weather patterns are occurring around the world.

These are not the kind of records we want to set as part of the upward trends that virtually all scientists are reporting. Reversing the trends for which all experts seem to agree is of great urgency; the task at hand will not be done easily or quickly, but we must get started. Ultimately action must occur on an international level. In the meantime, we must act at the national level by ensuring that our infrastructure improvements, about which there has been much

congressional debate, be done in earth-friendly ways that help to curtail climate change.

Incentives and tax breaks to businesses and industries must have requirements for environmental action that will contribute to greenhouse emissions reductions.

The Clean Energy Act passed in Virginia is a major step in the right direction. The law requires new measures to promote energy efficiency, sets a schedule for closing old fossil fuel power plants, and requires electricity to come from 100 percent renewable sources such as solar or wind. Energy companies must pay penalties for not meeting their targets. Construction is underway in the Atlantic Ocean 27 miles offshore from Virginia Beach on what will be the nation's largest wind farm. When completed by Dominion Energy the wind farm will provide zero-emissions electricity to 660,000 homes. Solar farms are sprouting up across the Commonwealth as consumers and businesses are installing small solar farms until larger ones are constructed.

I know you did not ask for or expect two columns so close together on the subject of weather, but the threat to life as we know it is real and closer than we may have thought. Let's continue to do our part in our personal ways to be kind to Mother Earth, and let's ensure that our leaders do the same.

# Detailing Relief in Dollars

BY SEN. ADAM EBBIN

On Monday Aug. 2, the Virginian-General Assembly convened in Richmond for a Special Session to allocate federal American Rescue Plan Act (ARPA) funds and appoint judges to fill eight vacancies on the Virginia Court of Appeals. The judicial slots were created by legislation passed earlier in the year to create an automatic right to appeal and proportionately increase the number of jurists to meet the heightened case load. For the first time since COVID hit Virginia, the House and Senate have returned to their respective chambers in the Capitol. Due to close quarters, our desks are surrounded by plexiglass to prevent possible transmission of the increasingly common COVID-19 Delta variant.

Unlike previous special sessions, the Senate and House agreed to limit legislative action to a single bill which allocates \$3.2 billion of the \$4.3 billion in ARPA funds, and makes several emergency policy changes through budget language. Federal guidance limits the General Assembly to spending these funds to respond to COVID-19 and its economic impacts, providing increased pay to workers essential to responding to the pandemic, and investments in water, sewer, and broadband infrastructure. While we are focused on these critical issues, some of my Republican colleagues had different ideas, filing amendments to the budget which would have banned "critical race theory" (a legal theory examined in some law schools) in public schools,

and blocking common sense protections for transgender students. I am glad my motion to rule these amendments not "germane" to the budget bill was sustained and we were able to move forward with a budget focused on the needs of Virginians.

Under that guidance, the Senate Finance and Appropriations Committee leadership gathered input from members over the last month to share with Governor Northam before the Governor finalized his proposed spending plan. I was happy to see \$50 million in funding for the Alexandria's Combined Sewer Overflow remediation project included, which will reduce the cost burden on ratepayers.

As parents, students, and educators prepare to return for a fully in-person school year, their safety and ability to learn best is top-of-mind to all of us. A key way to improve the long-term safety of our students and staff is to ensure that schools have high quality ventilation and HVAC systems. That is why the General Assembly allocated \$250 million to repair and improve these systems in elementary and secondary schools. This funding will require a local dollar-for-dollar match, yielding a \$500 million investment. The upgrades are estimated to cover 80% of all needed HVAC repair and replacement capital projects in Virginia schools, modernizing our education infrastructure across the Commonwealth.

During the pandemic, mental health issues and addiction have become drastically more prevalent, leading to devastating impacts on families and overburdening our psychiatric

hospitals to the point that, in mid-July, state facilities were forced to stop admitting new patients. The final budget bill provides the necessary funding to staff up and open more admission slots in these critical facilities, and makes a massive, \$485 million downpayment on improvements to our mental health and substance abuse treatment programs in Virginia. Righting the trajectory for these services will create a brighter future. In concert with improvements to mental health services, the General Assembly invested an additional \$354 million in public health including facility infrastructure improvements and modernization of our public health technology to ensure that Virginians can receive high-quality services.

To continue to improve public safety, we also allocated close to \$93 million for anti-violence initiatives, including \$75 million to increase state police and state supported sworn officers of sheriffs' departments salaries to competitive levels, \$13.2 million for support services for victims of crime including sexual and domestic violence, \$4 million to improve mental-health training for law enforcement to implement the new "Marcus Alert" system which requires mental health professionals respond with police officers that are called to deal with a person in crisis, and \$5 million in gun violence prevention programs.

The social distancing we have practiced over the past year has, in many cases, only been possible because of affordable access to reli-

SEE DETAILING RELIEF, PAGE 11

**NEWS DEPARTMENT:**  
[south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Bonnie Hobbs**  
Community Reporter, 703-778-9415  
[bhobbs@connectionnewspapers.com](mailto:bhobbs@connectionnewspapers.com)

**Mercia Hobson**  
Community Reporter  
[mhobson@connectionnewspapers.com](mailto:mhobson@connectionnewspapers.com)

**Mike Salmon**  
Contributing Writer  
[msalmon@connectionnewspapers.com](mailto:msalmon@connectionnewspapers.com)

**Ken Moore**  
Contributing Writer  
[kmoore@connectionnewspapers.com](mailto:kmoore@connectionnewspapers.com)

**ADVERTISING:**  
For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Classified & Employment Advertising**  
703-778-9431

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

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

**CIRCULATION**  
**Circulation Manager:**  
Ann Oliver  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)



# The Fairfax Academy Bustles with Activity

The Fairfax Academy offers a plethora of useful and creative classes.

PHOTOS COURTESY OF ERIN MOLEK



Music and Computer Technology students with their instructor, Christopher Johnston, standing.



Director Erich DiCenzo (front, right, kneeling) with his students in the Musical Theater Actor's Studio.



From left are Tara Taylor (Theater/Dance educational specialist) and Kay Walters (Marketing/Fashion Marketing/DECA instructor) outside the Fairfax Academy office.



American Sign Language students with Academy Resource teacher Chris Buckley (standing).



Professional Photography teacher Kevin Smith and Administrative Assistant, Ginny Cate in the Academy office.

**Arlington**

**Labor Day Weekend Art Festival**

**September 4th - 5th Sat./Sun. 10am - 5pm**

Outdoors on N. Highland St. & Washington Blvd.  
in the Clarendon District in Arlington, VA





LUIS GONZALEZ

# Crisis in Afghanistan Reverberates Locally

## Afghan Americans speak out.

BY MERCIA HOBSON  
THE CONNECTION

The United States and other countries have welcomed more than 150,000 Afghans and their families since the emergency evacuations began in mid-August. Kabul, the capital of Afghanistan, fell to the Taliban on Aug. 15 after withdrawal of most of the United States forces. The U.S. and other nations offered refuge to many Afghans who aided them during the last twenty years.

Afghan interpreters and translators who worked directly with the U.S. Armed Forces or under the Chief of Mission authority at U.S. Embassy Kabul applied to the U.S. for humanitarian visas known as a Special Immigrant Visa (SIV) for themselves and their family members.

With events rapidly unfolding and the U.S. racing to complete withdrawal, Three local Afghan Americans, twenty years apart in ages, share their perspectives on the troop withdrawal, rescue operation, and humanitarian crisis.

**SENZEL SCHAEFER** of Reston escaped Tehran, Iran, at age 5 when her family rushed to the airport in 1979. The family was in Tehran for her father's job, a city editor of the Tehran Journal, where he was printing anti-Khomeini articles. The Soviet-Afghan war began in 1979 also.

The family arrived in New York with two suitcases.

Because Schaefer speaks Farsi and Pashto, she spent these last two weeks volunteering for a company with 150 employees in Afghanistan trying to get out.

"Little did I know what I was getting into. These people are trapped in Afghanistan today," said Schaefer. "They call me day and night. They're pleading; they're crying; they're fearful. And so, between my work, my children, and my life, I've spent the better part of six, seven hours a day emailing and messaging them through WhatsApp or talking to them on the phone, trying to calm them down. I have nothing to offer them. They have no way out of the country. You have to understand [it is] 150 people (employees). And an average family of five or six people." Schaefer added that President Biden said the evacuations wouldn't stop after the withdrawal, but she questioned how that would look.

"You cannot wrap your head around the impact of a decision that hits 38 million Afghans but also millions of people around the world that were involved in this so-called War on Terror for 20 years. I think 750,000 Americans [military] filed in and out of Afghanistan on tour. It's the biggest of anything of that nature in our country's history," Schaefer said.

Schaefer hoped for the women of Afghanistan to have found their voices through education and employment. Now she worries



PHOTO BY MERCIA HOBSON/THE CONNECTION

Dor Niaz stands outside the family-operated restaurant in Great Falls.

about potentially half of the country's population to be shut down.

Schaefer said Afghans who settle in this area are prepared to help new arrivals. She told of the outpouring of the local community, including an attorney who is helping process the refugee paperwork.

Of Americans, she says: "We're in a state of shock because our government does things that we don't agree with; it gets us into these situations, and we are left to pick up the pieces. ... The level of pain that reverberates through all of America is immense.

"We cannot be ungrateful to this host country that took us in. ... I have lived a great life because of that."

**DOR NIAZ**, Great Falls restaurant owner, left Afghanistan alone in 1984 at age 17; later he was able to bring family members, including his parents, to join him in the United States.

"As for myself, my family, and my kids, we feel responsible," said Niaz. "Because America, if it takes the risk to bring them over, ... then it's our time to back it up."

"My heart, I'm crying to those people, those moms, and dads [left behind]. You grab your kids, your wife, and if you are lucky, you get out; your parents you are leaving behind. ... There is no welfare system.



PHOTO CONTRIBUTED

Senzel Schaefer, Afghan American, and her daughters, pack 100 small backpacks, each with a workbook, markers, and a set of clothes and socks for Afghan refugees. Later, the girls wrote letters to enclose.

How will the elderly get on? They are being kicked out on the street. This is the fabric of a country that has been destroyed," Niaz said, with tears.

Niaz will donate, he will volunteer to serve as a translator. He will tell the refugees who have arrived in the United States that they are "in the land of opportunity. ... There is nothing like it. It will take time for you to understand it. It's not easy, but you have to be able to adjust and be flexible."

Niaz said the terrorists who killed 13 United States Servicemembers, at least 160 Afghans, and injured many more, "are the scum of the earth. They need to be dealt with."

## How to Help

The local resettlement agencies for the Northern Virginia area are:

### CATHOLIC CHARITIES

<https://www.ccca.net/need-help/immigrants-and-refugees/migration-and-refugee-services/>

### LUTHERAN SOCIAL SERVICES

[https://lssnca.org/take\\_action/afghan-allies.html](https://lssnca.org/take_action/afghan-allies.html)

### ETHIOPIAN COMMUNITY DEVELOPMENT COUNCIL

<https://www.ecdcus.org/>

Because Fairfax County has a sizable Afghan population, it is anticipated that many refugees will eventually resettle here.

"America leaves on Tuesday...then you will see the killing fields...When you kill one, the second one is just like a moth you kill. No problem ... God says when you kill one human being, you are killing the entire family," Niaz said.

**AUROZO NIAZ** is 21 years old and lives in Vienna, an Afghan American born in the United States and daughter of Dor Niaz.

"The past two weeks, I have been in touch with the whole Afghan diaspora. We're trying to support each other at this time, mentally, emotionally; whatever we can do for one another because we are suffering abroad as we are, domestically. We have been trying our best to come together and get donations and organize the donations ... cash, and materials so that they go directly into the hands of the refugees," Aurozo Niaz said.

She described Go Fund Me solicitations, collections of money for apartment rentals, furnishings, hygiene kits, clothes, and school supplies for the children. Aurozo Niaz said that A-1 Carpet Service in Chantilly coordinated a drop-off site, and trucks were assisting. "We have 20 to 30 people at a time unloading full on. We organized these donations," said Aurozo Niaz. "We want to contribute as much as we can because these people coming here are our family ... It's a collective culture."

Aurozo Niaz added that pain, loss, and grief are a permanent part of the Afghan identity. "We're in constant mourning. I ache for my country that I will never have the chance to visit ... step on the soil of my roots. I ache for the children of Afghanistan who have known nothing but war; for the refugees, my brothers and sisters, who only wanted peace in a world of greed and violence."

Aurozo Niaz said she and other Afghan Americans are angry and experiencing survivor's guilt. They can freely walk down a street in the U.S. without a man beside them and have access to all the resources offered here.

"The reason I'm a refugee right now is complete luck. I was born in America and



PHOTO COURTESY OF AMELIA TOWNSEND

Some cast members of Shoestring Theatre's "The Frenchman" during a dress rehearsal.

## 'The Frenchman' Takes the Stage, Sept. 2-3

**W**hen the threat of thunderstorms forced last weekend's cancellation of the premiere of Shoestring Theatre Co.'s new play, "The Frenchman," – originally set to be performed outdoors – it had to be rescheduled. The show will now open, this week, instead, and in an indoor venue.

It'll be presented Thursday-Friday, Sept. 2-3, at 7 p.m. in the Stacey C. Sherwood Center, 3740 Old Lee Hwy. in Fairfax City. Tickets are \$20 in advance and \$25 at the door. Purchase them via <https://www.eventbrite.com/e/the-frenchman-tickets-155727736853>.

The play is based on the life of Pierre Du Tubeuf, a French aristocrat who fled the French Revolution for a life in the far mountains of Southwest Virginia. He hoped to revive his visionary coal mining business and build a new colony here; but unfortunately, the horrors of the revolution sailed to America with Tubeuf and his hopeful colonists.

\* Besides this week's shows, "The Frenchman" will also be performed Saturday, Sept. 11, as part of a dinner theater, in the gym of the St. Leo the Great school, 3704 Old Lee Hwy., in Fairfax.

— BONNIE HOBBS

## Lorton Fire Station Gets a Makeover

FROM PAGE 3

area alongside the new South County police station and animal services shelter which is under construction further west on Lorton Road, between Hooes and Workhouse Roads. County officials broke ground on that \$30 million dual-use fa-

cility last May. It includes 34,000 square feet for police, 23,000 square feet for animal services, and 20,000 square feet of outdoor space for use by animals, a fuel island, and parking. The facility, a two year project, is scheduled for completion in spring 2023.

### BULLETIN BOARD

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

#### TUESDAY/SEPT. 14

NARFE Fairfax 737 Meeting. 12 noon to 1:30 p.m. At American Legion Post 177, 3939 Oak Street, Fairfax. NARFE Fairfax Chapter 737 September Monthly In-Person Meeting with Guest Speaker, Former U. S. Ambassador George F Ward, Jr. For questions or additional inquiries contact email [rrharney2@gmail.com](mailto:rrharney2@gmail.com).

throughout Northern Virginia, many parents are looking for afterschool activities that not only encourage physical activity, but also provide a safe and structured space to build their child's social-emotional toolbox. Children deserve to emerge from this crisis strong and hopeful, and at Girls on the Run we are prepared to nurture girls' strength and resilience,

SEE BULLETIN, PAGE 8

#### GIRLS ON THE RUN REGISTRATION

As students prepare to head back to school

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



## Get a 24-step vehicle inspection for just \$20

Since 1933, the Safety Inspection Program has helped keep Virginia's motorists safe, with affordable annual checkups that ensure your car – and all those around you – are roadworthy, reliable and ready to go. Learn more at [vasafetyinspection.com](http://vasafetyinspection.com).



**you're needed.**

To support **VolunteerFest** projects around Fairfax County.

# 9/11

NATIONAL DAY OF SERVICE & REMEMBRANCE

Join other volunteers in good deeds as we remember those lost on 9/11 and honor the heroes who continue to serve our communities.

In-Person & Virtual opportunities for all ages available. Sign up today!

**REGISTER NOW**  
**VOLUNTEERFAIRFAX.ORG**



# Burke Grill Glory Days Honors Fallen Service Members

BY SUSAN LAUME  
THE CONNECTION

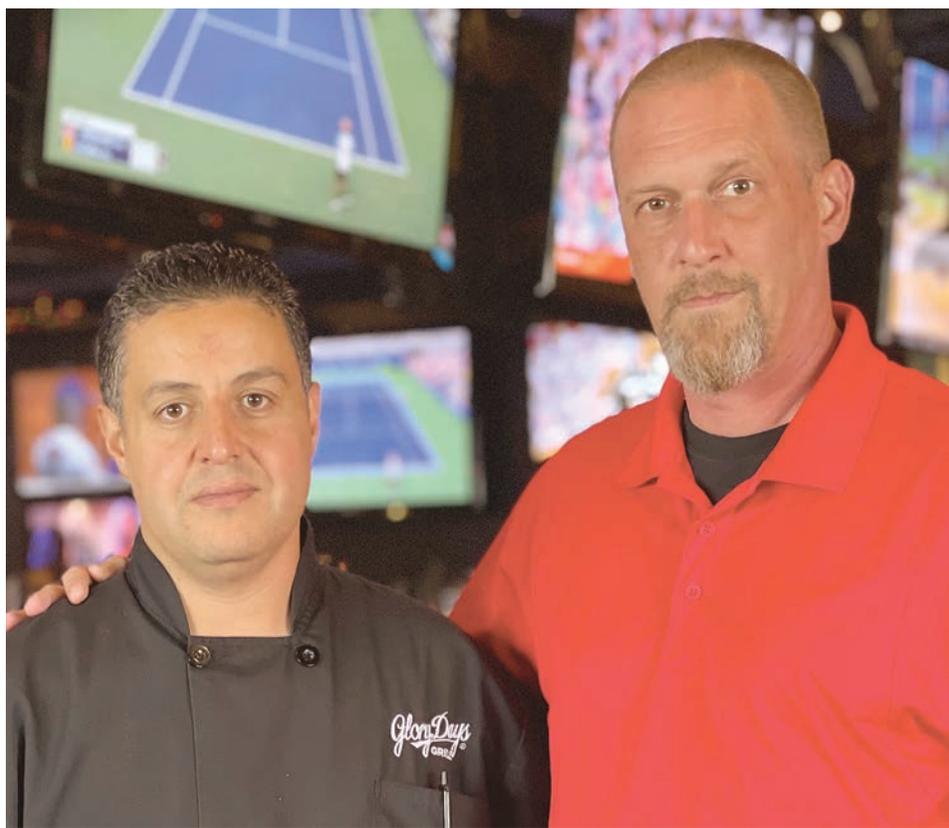
Americans across the country reacted with sorrow to the deaths of 13 service members on Aug. 26 during evacuation operations at the Kabul airport. At the Burke restaurant, Glory Days, its walls of large screen TVs, usually filled with sports programming, filled with reports of the tragedy.

On that day and the days that followed, news updates on the bombing were inescapable on the grill's many TVs, as was the sadness of the loss of those American lives.

Restaurant managers and staff discussed what they might do to honor the fallen. A small memorial to the thirteen was erected and captured the attention of customers.

Managing partner Hickam Younes reports "a lot of [customer] response, including an older gentleman with tears in his eyes who took a knee next to the table."

Server Wes Neidig of Alexandria was moved to pledge a week's salary to a veterans charity. Asked why he felt the need to make such a significant gesture, he said, "My father was in the Army and several friends; some didn't come back. It's hard right now with Covid and all, but compared to what they gave ... it's nothing."



Hicham Younes, Glory Days managing partner, and Wes Neidig, server, pledge to raise funds for veteran charity in honor of service members deaths on Aug. 26.



PHOTO COURTESY LARRY GOULD

Burke's popular community grill Glory Days saves honorary seats for the 13 fallen service members who died on Aug. 26 in Afghanistan.

## 22nd Annual Labor Day Car Show

FROM PAGE 3

and The Inside Scoop ice cream truck will offer refreshing treats, and Cub Scout Pack 1860 of Union Mill Elementary will be selling water as a fundraiser. In addition, many restaurants in Old Town Fairfax will also be open, and Capital Ale House will have a food-and-drink tent in its rear parking area, backing up to the SunTrust Bank lot.

Each year, the event organizers try to give a minimum of \$10,000 to each of the two, main charities. Proceeds also benefit the Fairfax County Police Family Trust Fund for survivors of officers killed in the line of duty, American Legion Post 177 of Fairfax, The Lamb Center, Fairfax Fire Station 3, Masonic Acacia Lodge of Clifton, and City of Fairfax Police. Each organization typically receives \$500.

"This show has been a great partnership between the City and the Lions Club," said Greenfield. "We have wonderful support from the City police and fire departments, and some of the event pro-

ceeds also go to Fairfax City's Child Hunger Initiative."

Greenfield began the hunger program when he was on the City Council. "It provides bags of food to the City schools, and some of the money we raise at the car show goes toward purchasing the food," he said. "If not for this food, some of our schoolchildren might go hungry at night."

Since the event's inception in 2000, it's raised more than \$500,000 for the charities. All proceeds go directly to them because there are no administrative costs – everyone is a volunteer. And everything Life with Cancer and Therapeutic Riding receive goes to their clients – who obtain their services for free.

Even the proceeds from the Clifton Lions Club food sales that day go to the many charities the club supports. Volunteers will also collect donations at Sager Avenue and University Drive and at University Drive and Armstrong Street.

A total of 42 trophies will be awarded to the various vehicles, with most of the winners selected by the spectators viewing them. Participants will vote on the top 20

cars, plus Best of Show. There'll also be Mayor's and Lions' Choice trophies, one each for Best Motorcycle and Best Truck and a Buddy Morrisette Memorial Trophy chosen by his family. Morrisette died in December 2016, but he helped put on this show for years.

The vehicle owners come from West Virginia, Maryland, North Carolina, Pennsylvania and Virginia to show their cars to an appreciative crowd. "We hope to have a financially successful show so we can continue providing the support we have in the past to Life with Cancer and the Therapeutic Riding Program," said Poole. "We also hope we don't run out of hot dogs."

Those unable to attend the show, but wishing to make a charitable donation may do so either via PayPal at <https://www.labordaycarshow.org/make-a-donation> or by sending a check, payable to the Clifton Lions Club, to: Clifton Lions Club, P.O. Box 41, Clifton, VA 20124.F

For further information, contact Poole at [golfbill2047@gmail.com](mailto:golfbill2047@gmail.com) or visit [www.labordaycarshow.org](http://www.labordaycarshow.org).

### STARTING SEPT. 9

Free ESL Classes. 7-9 p.m. At Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. In-person placement testing for free on-line ESL classes. Classes are Tuesdays and Thursdays, 7-9 p.m., on-line using Zoom, 9/14-11/18/2021. Placement testing is in-person at Lord of Life Lutheran Church 9/9/2021, 7 p.m. Must register starting August 16 at [www.lordoflifeva.org/ESL](http://www.lordoflifeva.org/ESL). Class sizes limited. Visit the website: [www.lordoflifeva.org/ESL](http://www.lordoflifeva.org/ESL)

### COMMUNITY MARKET ON SATURDAYS

Workhouse Arts Center hosts its Community Market Every Saturday from 10 a.m. - 2 p.m. through October 30, 2021. Located at 9518 Workhouse Way, Lorton. August is Beach Days all month long. Fun Beachy activities for the kids:

- Fossil Finding;
- Pool Playing;
- Palm Tree Painting;
- Treasure Trade-In.

### BULLETIN BOARD

FROM PAGE 7

so they can thrive in all aspects of their lives. GOTR NOVA will be returning to a 10-week curriculum and offering all in-person teams for the Fall 2021 season. Currently, 66 sites throughout the Northern Virginia region are open for Fall 2021 registration through September 7, 2021. For more information about fall registration, visit [www.gotrnova.org](http://www.gotrnova.org).

### CALENDAR

#### SEPT. 4-5

Prehistoric Dinosaur Event. At Hidden Oaks Nature Center, 7701 Royce Street, Annandale. Go on a dinosaur egg hunt and enjoy a dinosaur-themed program during a visit to Dinoland at the park's kid-friendly Nature Playce. Activities are geared toward children ages 3 to 8. Register for 45-minute time slots in the morning or afternoon on Saturday, Sept. 4, and Sunday, Sept. 5, 2021. The cost is \$10 per child. To allow for social distancing, only one adult may attend with each registered child. Call 703-941-1065.

#### SEPT. 5-6

HO Gauge Model Trains. 12-4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Potomac Module Crew will be running HO Gauge model trains at the Fairfax Station Railroad Museum over the Labor Day weekend. The model train display will be Sunday, September 5 from 12-4 p.m. and Monday, September 6 from 1-4 p.m. Museum members and children 4 and under, free; ages 5-12, \$3.00; ages 13 and older, \$5, \$6 for special events; Seniors and military (active and retired) \$4. Visit, [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), 703-425-9225.

#### SATURDAY/SEPT. 11

Second Saturday Art Walk. 6-9 p.m. At The Workhouse Arts Center on the second Saturday of each month. It's the perfect time to meet nearly 100 resident and associate artists, creating art in the studios or exhibiting in 12 campus galleries. Indulge in classes in the art of mixology or cuisines from around the globe. Experience art exhibitions of the region's finest sculpture, painting, glass, ceramics, and fiber art works.

## Scout Troop 577 of Centreville Completes a Project for Fairfax Station Railroad Museum

Ryan Park and other members of Scout Troop 577 in Centreville recently completed a land conservation project for the Fairfax Station Railroad Museum in fulfillment of Ryan's Eagle Scout requirements.

Troop members cleared a dedicated natural area of invasive species and restored natural water drainage in order to help retain the natural setting around the Museum and the immediate neighborhood.

Multiple Eagle Scout projects have been carried out over the last year at the Museum. Scouts have managed the complex projects while complying with COVID-19 protocols to assure the health and safety of all participants.



Ryan Park (center) and members of Troop 577 help preserve a natural set-off at the Fairfax Station Railroad Museum.



Ryan Park (sixth from right) and members of Troop 577, Centreville, VA.

**Back to School**

If your child is entering 7th grade they must have the **Meningitis, HPV, and Tdap** vaccines in order to enroll. Talk to your doctor and vaccinate them now!

SCAN ME

VDH VIRGINIA DEPARTMENT OF HEALTH

[vdh.virginia.gov/backtoschool/](http://vdh.virginia.gov/backtoschool/)

The annual Newcomers and Community Guides for each of our 8 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made and other vital community information.

**THE CONNECTION**  
Newspapers & Online

Alexandria Gazette Packet

Mount Vernon Gazette

POTOMAC ALMANAC

**Publishes:**  
**Sep 29, 2021**

**For Advertising: Call 703.778.9431 or Email [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)**

**2021-2022 NEWCOMERS & COMMUNITY GUIDE**

Perfect Advertising Opportunity for:  
Hospitals | Healthcare | Wellbeing | New Homes | Realtors | Schools | Malls | Shopping Centers | Professional Services | And Much More

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

**TWO POOR TEACHERS**  
Kitchen and Bathroom Remodeling

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

Fully Insured & Class A Licensed Since 1999

2018 Angie's list SUPER SERVICE AWARD

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

**Free Estimates 703-999-2928**

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

**Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)**

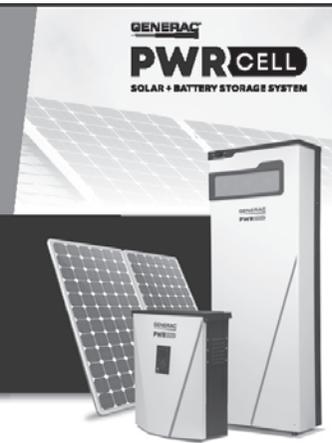
## A Smarter Way to Power Your Home.

**GENERAC PWRCELL SOLAR + BATTERY STORAGE SYSTEM**

**REQUEST A FREE QUOTE!**

**ACT NOW TO RECEIVE A \$300 SPECIAL OFFER!\***  
1 (833) 688-1378

\*Offer value when purchased at retail. Solar panels sold separately.



## TRANSFORM YOUR BATH OR SHOWER IN AS LITTLE AS ONE DAY

**CALL NOW**

**FOR \$500 Off\***

OR

**NO PAYMENTS & NO INTEREST FOR 18 MONTHS\*\***

Offer Expires 9.30.2021

**BCI BATH & SHOWER** Military & Senior Discounts Available  
**844-945-1631**



\*Includes product and labor, bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires Sept. 30, 2021. Each dealership is independently owned and operated. \*\*Third party financing is available for those customers who qualify. See your dealer for details. ©2021 BCI Acrylic, Inc.

### Services

**Fairfax Plumbing NV Inc**  
**A-Z Plumbing Service.**  
Drain Cleaning  
Gas Piping & More  
Family Owned 35 YR Exp.

**\$35 coupon**

**Tel: 703-987-5319**

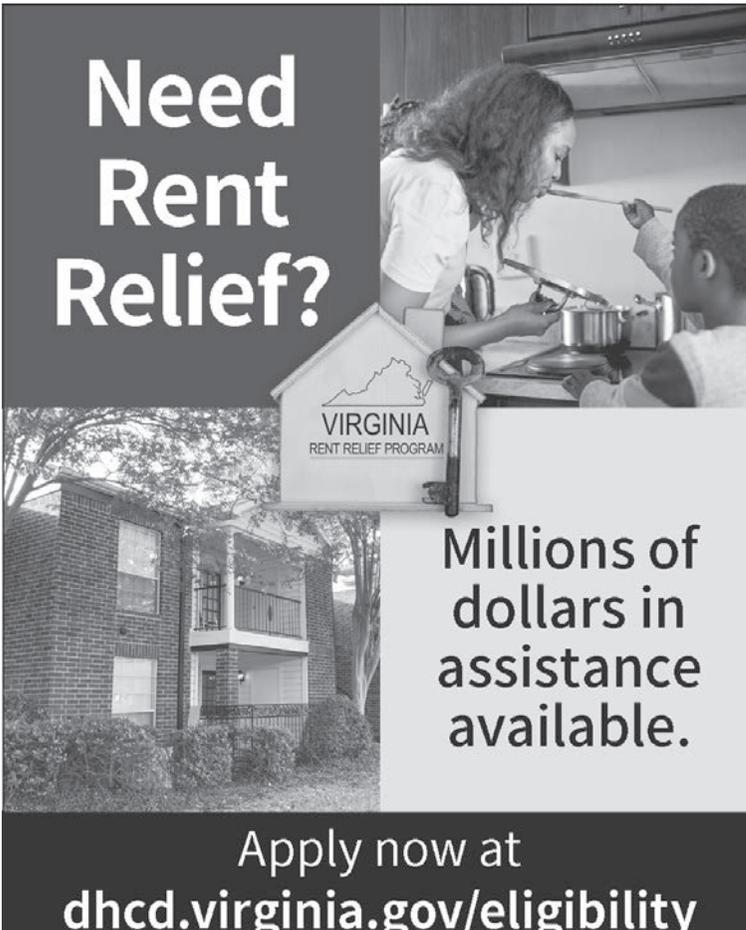


## Need Rent Relief?

**VIRGINIA RENT RELIEF PROGRAM**

Millions of dollars in assistance available.

Apply now at [dhcd.virginia.gov/eligibility](http://dhcd.virginia.gov/eligibility)



## Upgrade Your Home with a NEW METAL ROOF

Guaranteed to Last a Lifetime!

**60% off YOUR INSTALLATION**  
+  
**TAKE AN ADDITIONAL 10% off**

Install for Military, Health Workers and First Responders

**ERIE Metal Roofs**

Call today to schedule your **FREE ESTIMATE**  
**1-844-902-4611**

Warranty: Limited Lifetime Transferable to subsequent owner from original purchase. Terms and conditions apply. Heavy Duty: Appearance of the surface coating beyond normal wear and tear. Limited time offer Expires 12/31/21

New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Erie Construction Mid-West, Inc ("Erie"). Offer terms and conditions may apply and the offer may not be available in your area. Offer expires December 31st 2021. If you call the number provided, you consent to being contacted by telephone, SMS, text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated technologies notwithstanding. If you are on a Do Not Call list or register. Please review our Privacy Policy and Terms of Use on [homeservicescompliance.com](http://homeservicescompliance.com). All rights reserved.

### Services

## PRESSURE WASHING PROS

In Business for 25 Years

- Soft Wash
- Deck Cleaning/Staining
- Fences
- Driveways

**pwashingpros.com**

**(703) 378-8645**

Call the licensed and bonded pros with the best pricing in the NoVA area today.



## Sign up for FREE DIGITAL SUBSCRIPTION to all of our papers

[www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)



### Announcements

"In accordance with New York law, the National Rifle Association of America announces that its Annual Meeting of Members will be held September 4, 2021, at 10:00 a.m. in Houston, Texas at the George R. Brown Convention Center."

**Find us on Facebook and become a fan!**  
[www.Facebook.com/connectionnewspapers](http://www.Facebook.com/connectionnewspapers)

**THE CONNECTION**  
Newspapers & Online  
The Connection to Your Community  
[www.connectionnewspapers.com](http://www.connectionnewspapers.com)

## Prepare for power outages with a Generac home standby generator

**REQUEST A FREE QUOTE!**  
**844-947-1479**

**FREE 7-Year Extended Warranty\***  
A \$695 Value!

Limited Time Offer - Call for Details

**Special Financing Available**  
Subject to Credit Approval

\*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.



## Leaf Filter GUTTER PROTECTION

**BACKED BY A YEAR-ROUND CLOG-FREE GUARANTEE**

**EXCLUSIVE LIMITED TIME OFFER!**

**15% OFF YOUR ENTIRE PURCHASE** & **10% OFF SENIORS & MILITARY!**

+ **5% OFF TO THE FIRST 50 CALLERS ONLY!**

**WE INSTALL YEAR-ROUND!**

**FINANCING THAT FITS YOUR BUDGET!\***  
Promo Code: 285  
\*Subject to credit approval. Call for details.

**CALL US TODAY FOR A FREE ESTIMATE** **1-877-614-6667**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

\*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. \*\*Offer valid at time of estimate only. †The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the #1 rated professionally installed gutter guard system in America. ‡Manufactured in Plainwell, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CA Lic# 1035995, DO Lic# 1098962-5601, License# 7696, License# 50145, License# 41354, License# 59338, License# 128344, License# 218294, WA USBI# 603 233 977, License# 2102212586, License# 2106212546, License# 2705482153A, License# LEAF1NW8227, License# W056912, License# WC 29598117, Nassau HIC License# H01007000, Registrations# 238947, Registrations# HIC 2649952, Registrations# C122229, Registrations# C122230, Registrations# 365929118, Registrations# PC6479, Registrations# H231804, Registrations# 13M10955300, Registrations# PA065983, Suffolk, HIC License# 52229-H, License# 2205169445, License# 202000022, License# 262000403, License# 0085990, Registrations# H-19114.

## Back to School

If your child is entering 7th grade they must have the Meningitis, HPV, and Tdap vaccines in order to enroll. Talk to your doctor and vaccinate them now!

**VDH VIRGINIA DEPARTMENT OF HEALTH**

[vdh.virginia.gov/backtoschool/](http://vdh.virginia.gov/backtoschool/)



# Crisis in Afghanistan Reverberates Locally

FROM PAGE 6

not one of the most overexploited, destabilized countries in the world... I think that's why we put so much effort into having these donations."

She said the U.S. goes into countries "under the guise of freedom and defense, and it conquers, leaving the country in absolute chaos, abandoning the promises to take care of it. ... Now our government destroys and destabilizes these countries, then pats itself on the back accepting the refugees that they displaced."

Aurozo Niaz said the withdrawal is not a partisan issue; blame is not for one President or another but on the U.S. empire as a whole. The United States had been intervening in Afghanistan since the Carter administration, Aurozo Niaz said.

"We just failed the people of Afghanistan."

Kerrie Wilson, Chief Executive Officer, Cornerstones said: "We're worried about the families that we serve here who have relatives that are coming over or still stuck there [in Afghanistan] ... We work with our

partners to direct people to the right places, Catholic Charities, Ethiopian Community Development Council, Lutheran Social Services, and some of the other groups that have been the frontline ... They are the organizations that have always worked with immigrant refugee families. [They] are set up to help the process, help them connect with relatives, or help them connect with other short stay places."

Right now, it is "triage," Wilson said. "The first thing you do is make sure they are fed and have a safe place to stay. Then you can begin your wraparound services." Several faith groups and congregations, like St Mark's Orthodox based in Fairfax, have connected with Cornerstones.

Cornerstones and some other county providers offered safe, short-term quarantine sites for refugees to isolate if needed due to COVID. Organizations like Cornerstones are the backbone of human service that would be here for families as they settle in.

"We are the second wave... We will embrace those families and individuals in our programs, as we would any other families," said Wilson.

# Detailing Relief in Dollars

FROM PAGE 4

able internet — from online school, to work, to accessing e-books from the library, to telehealth services, the internet has been a lifeline for many. However, for many Virginians, access to broadband is still out of reach. But that will change with the passage of this budget bill. The General Assembly allocated \$700 million to bring high-speed broadband to every home and business in the state by 2024. (Currently some 234,000 still remain unconnected!)

Small businesses can also expect \$250 million in relief via RebuildVA grants and \$50 million in tourism and marketing grants to draw customers back in and start to make up for the incredible impact the pandemic had on hospitality and destination based small businesses in Virginia. To prevent future tax increases on small businesses and ensure Virginians get the help they need if they are or become unemployed, the General Assembly deposited \$862 million into the depleted coffers of our Unemployment Trust Fund. We also allocated \$91 million to improve the efficiency at which the Virginia Employment Commission processes, adjudicates, and disperses unemployment benefits. The current system was overwhelmed during the peak of COVID-19, and continues to fail many Virginians in getting the help they deserve. I am hopeful that these investments will finally

bring a resolution to this issue.

Finally, the General Assembly continued to work on a core priority of mine: preventing evictions and increasing affordable housing. We appropriated a combined \$750 million in housing assistance, \$250 million of which will be used to cover overdue mortgage bills, taxes, insurance, and HOA fees. To learn how to access these funds, visit <https://www.dhcd.virginia.gov/rmrp>. Because of this major influx in rental relief, and the end of the federal eviction moratorium, we also prohibited landlords from taking any action to obtain possession of a rental unit for nonpayment of rent unless they have first applied for rental assistance and their tenant refused the assistance or did not qualify for the funding. This is one of the most important actions we have taken this special session, and will protect tenants and landlords alike from the painful, economically devastating process of evictions.

With the Governor's signature, these historic investments will begin flowing, shovels will go into the ground, businesses will continue opening, and Virginians will begin to feel some weight lifting from their shoulders as a more robust safety net is constructed. A firm base has been laid for the future of our Commonwealth, and I look forward to building on it in the years to come.

It is my continued honor to serve the 30th District.

## BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004

FOR ADVERTISING INFORMATION

**ELECTRICAL ELECTRICAL**

**K & D ELECTRIC**  
COMMERCIAL / RESIDENTIAL SERVICE  
Family Owned & Operated

Recessed Lighting  
Ceiling Fans  
Phone/CATV  
Computer Network Cabling  
Service Upgrades  
Hot Tubs, etc...

Licensed/Bonded/Insured  
Office 703-335-0654  
Mobile 703-499-0522  
lektrkman28@gmail.com

**LANDSCAPING LANDSCAPING**

**Quality Tree Service & Landscaping**

Reasonable prices. Licensed & insured.

**Summer Cleanup...**

Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience — Free estimates  
**703-868-5358**

**24 Hour Emergency Tree Service**

**ProDrainage**  
A JES Services, Inc Company  
Eco-Friendly Landscape Drainage Experts  
Drainage, Erosion, Landscaping, Hardscaping, Patios, Retaining Walls & More  
Your Neighborhood Company since 1987!  
**703-772-0500 www.ProDrainage.com**  
VA. Licensed Class A Contractor

Sign up for  
**FREE DIGITAL SUBSCRIPTION**  
to any or all of our 15 papers  
[WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE](http://WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE)

## Weight For It ..., Weight



By KENNETH B. LOURIE

Speaking of side effects (at least I was in last week's column, "Enough Already") being a regular part of chemotherapy, targeted therapy and immunotherapy; the big three non-surgical options for cancer patients, I am currently experiencing a new side effect which as it happens is a dream come true: weight loss. Which has enabled me to eat to my heart's content without your typical consequences. Meaning for now, I can be comfortable in whatever food I eat. As Curly Howard of The Three Stooges might say: "What an experience!"

For my entire life, I have not been thin. Growing up all my clothes were purchased in the "Husky Department. In spite of that accommodation, my clothes always had to be let in or let out and nothing ever fit. I've stood over so many piles of clothes in store dressing rooms which didn't fit, and made so many "walks of shame" out of the dressing room and onto the floor (where my mother would look me up and down to determine if the shirt, sweater, pants or short I was wearing had any redeeming qualities) that it has left a permanent mark. Most of the time, it was hopeless and I was forced to retreat back to the dressing room with even more clothes to suffer yet another indignity. To this day, some 60-odd years later, I am still traumatized by the years of suffering and humiliation I endured as an overweight child/adolescent forced to buy clothes for the fall/winter and the spring/summer. Oh, how I dreaded those shopping trips into Boston to visit Jordan Marsh, Filene's and Kennedy's. If it wasn't for the two Joe & Nemo's hot dogs I was promised, the day would have been a total loss - for me.

However, after years of being fat, tubby, obese (per the health and fitness charts), slow-footed and unable to do even one chin-up during those annual phys-ed exams in secondary school; and moreover, never being able to lose any weight or change my diet to facilitate losing a few pounds, I have stumbled onto a surprising and quite unexpected remedy (of sorts): lenvima, my thyroid cancer medicine. A 10 mg pill I take once a day, rain or shine seems to induce weight loss. Now that's a side effect with which I can live. In fact, for an eater like me (challenging), living a scan-to-scan existence when the quarterly results determine my immediate future and/or whether my life hangs in the balance, it doesn't get any better than that.

After nearly nine months on this treatment, in speaking to my endocrinologist last week, she happened to mention in response to a question I asked concerning my shortness-of-breath side effect, about another side effect: weight loss. Ding, ding, ding. We have a winner (without the chicken dinner). The patient (yours truly) who was apparently originally misdiagnosed with a terminal form of lung cancer (stage IV) instead of what would have been a very treatable and curable form of papillary thyroid cancer, known as "the friendly cancer," finally got some good news. Unfortunately, the re-diagnosis came too late and I'm still on a limited schedule, if you know what I mean? (F.Y.I: the nickname given to papillary thyroid cancer as being friendly is because it's very curable.)

Not that I don't already eat my share of "comfort" food, but by consuming it so regularly, I usually pack on a few pounds and rarely if ever lose weight. My entire life, until this recent lenvima revelation, food had never been just for thought. As a result, lenvima has become my second favorite word after "stable," (scan results). Now it seems, so long as scan results continue to be stabilizing, I'll be able to eat what I want and let the chips fall where they may, literally and figuratively.

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



*Jack Taylor's*  
ALEXANDRIA TOYOTA

**WE NEED TRADES!**

GET OVER KELLEY BLUE BOOK VALUE FOR YOUR TRADE THIS WEEK!



**NEW 2022 TOYOTA COROLLA LE SDN**

LEASES STARTING FROM...

**\$179** /MO



MODEL# 1852. MSRP \$21,520. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 36 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

**NEW 2021 TOYOTA CAMRY LE SDN**

LEASES STARTING FROM...

**\$239** /MO



MODEL# 2532. MSRP \$25,965. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 36 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

**NEW 2021 TOYOTA VENZA LE**

LEASES STARTING FROM...

**\$249** /MO



MODEL# 2810. MSRP \$33,645. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 36 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

**NEW 2021 TOYOTA SIENNA HYBRID LE**

LEASES STARTING FROM...

**\$319** /MO



MODEL# 5402. MSRP \$35,635. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 36 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

**SERVICE & PARTS HOURS:  
MON-FRI 6A-7P & SAT 7A-5P**

**BATTERY SPECIAL  
FREE**

**BATTERY CHECK-UP**  
INCLUDES: CHECK COLD CRANKING AMPS AND VISUAL INSPECTION OF BATTERY CONDITION. INCLUDES BATTERY CONDITION PRINT OUT.

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 09/30/21.

**LUBE, OIL & FILTER SPECIAL  
\$39.95**

**\$44.95 FOR SYNTHETIC OIL CHANGE**  
INCLUDES: CHANGE OIL (UP TO 5 QTS.), INSTALL GENUINE TOYOTA OIL FILTER, INSPECT & ADJUST ALL FLUID LEVELS AND COMPLIMENTARY MULTI-POINT INSPECTION WITH PRINT OUT.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER ENDS 09/30/21.

**ALIGNMENT SPECIAL  
\$89.95**

**4-WHEEL ALIGNMENT**  
INCLUDES: 4-WHEEL ALIGNMENT, INSPECT SUSPENSION, BALL JOINTS, STRUTS & SHOCKS, TIRE CONDITION AND SET TIRE PRESSURE.

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 09/30/21.

**BRAKE PAD SPECIAL  
\$99.95**

**BRAKE PAD REPLACEMENT**  
INCLUDES: INSTALL GENUINE TOYOTA FRONT BRAKE PADS, INSPECT FRONT & REAR ROTORS AND/OR DRUMS, CHECK TIRE CONDITION AND INSPECT ALL HARDWARE. TCMC PADS ONLY. MACHINE ROTORS AN ADDITIONAL \$199.95

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER ENDS 09/30/21.

**TOYOTACARE PLUS  
\$329.00  
SPECIAL**

MAINTAIN PEACE OF MIND BY EXTENDING YOUR TOYOTACARE COMPLEMENTARY MAINTENANCE PLAN TO 4 YEARS/45,000 MILES!

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 09/30/21.

**SERVICE VARIABLE DISCOUNT**

**THE MORE YOU SPEND, THE MORE YOU SAVE!**

**\$10 OFF... WHEN YOU SPEND \$50-\$99**  
**\$15 OFF... WHEN YOU SPEND \$100-\$199**  
**\$20 OFF... WHEN YOU SPEND \$200-\$499**  
**\$50 OFF... WHEN YOU SPEND \$500+**

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 09/30/21.



**Toyota's  
President's Award  
34 years in a row!**

Se habla español

*Jack Taylor's*  
ALEXANDRIA TOYOTA

3750 Richmond Hwy • Alexandria  
**703-684-0700**  
AlexandriaToyota.com