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Lee High Becomes
John R. Lewis High School

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Fresh Food,
Friendly People
and a Fun Outing

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Tia, of Springfield, a titled
Therapy Dog who understands
the importance of giving LOVE.



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Pet Lovers,
Too

PET CONNECTION, PAGE 4

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NEWS

PHOTOS BY BONNIE HOBBS/THE CONNECTION



Fresh flowers at the farmers market in Fairfax City.



Felicidad Arze offers chicken, beef and spinach empanadas.

Fresh Food, Friendly People and a Fun Outing

Community Farmers Market in Fairfax is the place to be.

BY BONNIE HOBBS
THE CONNECTION

Now in its 25th year, the Community Farmers Market in Fairfax City is a great place to pick up some fresh fruit, vegetables, flowers, handmade crafts and a wide array of tasty foods including empanadas, baklava, dim sum, crepes, baked goods and frozen yogurt.

It's sponsored by the Downtown Fairfax Coalition and run by Coalition Chairman Eric Snyder and wife, Brenda, who coordinates the vendors. Look for the tents in the parking lot at 10500 Page Ave. (across from the courthouse). Saturday's hours are 9 a.m.-noon, and Sunday, 10 a.m.-1 p.m.

In this time of COVID-19, many people prefer shopping outside, rather than in the confines of a grocery store. And at Fairfax's farmers market, the vendors and customers all wear masks and things are running smoothly.

"We like community gatherings and supporting local farmers," said City resident Marilyn Dyess, there last Saturday, July 25, with her parents. She bought a multicolored bouquet of fresh-cut flowers, as well as peaches, cucumbers, tomatoes, yellow and spaghetti squash, zucchini, corn and vegetable dim sum (filled, Chinese dumplings).

"We're retired military, and this is our favorite thing to do on the weekend," said her mom, Sharon Dyess. Her dad, Bo Dyess, was especially pleased with all the fresh vegetables they got.

ONE OF THE MOST POPULAR vendors is Tyson Farms of Hedgesville, W.Va. It's renowned for its juice, yellow peaches – which sold out last Saturday. But it still had plenty of produce to offer, including berries, several



(From left) Marilyn Dyess, with parents Sharon and Bo Dyess, hold flowers and bags of produce from the Community Farmers Market in Fairfax

varieties of plums and some of the largest tomatoes around.

"They're called high-tunnel tomatoes," explained Tyson Farms vendor Michaela Tyson. "They're grown outdoors in a mini tunnel of plastic. It keeps the soil underneath warmer so the tomatoes can be grown and picked earlier. It's like a mini greenhouse."

She said coming to the farmers market here is an hour-and-a-half drive, but they don't mind it because this market is so nice. Said Tyson: "It's an outdoor thing and we like seeing the people and meeting new friends."

For Ida Beylee, however, it's just a short trip from Havabite Eatery, her restaurant which has been on Fairfax City's Main Street for 43 years. At the market, she served customers stuffed cabbage, stuffed bell peppers, stuffed grape leaves and baklava.

"It's fun because of the fresh air and fresh food," she said. "And I like seeing the people come out. In the restaurant, we're always inside, so it's nice to get outdoors." Besides that, added Beylee, "Being here also helps a lot to advertise the business."



Michaela Tyson with a display of gigantic, high-tunnel tomatoes from Tyson Farms.

Meanwhile, Deborah Dillard, owner of Paint Your Own Pottery, was offering kits of clay pottery to go. Each contained an object to paint, plus brushes, paint, glaze, instructions and a sheet showing what the colors will look like after being fired in a kiln.

"People take them home to paint and then return them to me, here at the market," said Dillard. "Then I'll fire them and the customers can put up their items the next week." For more information, call 703-218-2881 or go to createlikecrazy.com.

"Business has been good," she said. "Especially popular are our dragon figurines and handprint mugs. And in September, I hope to offer classes at this market."

Other vendors included the Valdez Brothers from Colonial Beach, Va. They sold farm-grown fruits and vegetables – such as blueberries, cherries, raspberries, Japanese eggplant, zucchini, both purple and white onions, and yellow squash – as well as colorful bouquets of flowers.

Felicidad Arze offered piping-hot salteñas, which are baked empanadas from Bolivia. They come filled with beef, chicken or spinach, with mild or spicy sauce on the side.



Ida Beylee of Havabite Eatery serves up some baklava.

She also sold guacamole, salsa and alfajores – soft cookies filled with dulce de leche and covered with powdered sugar.

At other tables, customers could buy items such as coffee, jewelry, children's books, soap, jams and jellies, honey, and several types of dim sum, as well as made-to-order crepes available with both savory and sweet fillings.

AS LAST SATURDAY'S MARKET was closing, Fairfax City's Rae Knopf headed to her car with her purchases. She bought peaches, tomatoes, cucumber, basil, potatoes, green beans and blueberries and was looking forward to cooking with them. She planned to make, among other things, cucumber salad, a peach dessert and breakfast home fries.

Knopf enjoys coming to the farmers market because, she explained, "I'm buying from local people, and the produce is fresher [than in grocery stores] and seasonal. I like being outdoors, the people are friendly, and everyone's trying to make a living for themselves, so it's very personal. Since none of the produce is prepacked, I can see what it looks like. And because it's so fresh, it lasts longer and tastes better. I think the farmers market is really important and I want to see it succeed."

PET CONNECTION



PHOTO CONTRIBUTED

Puppy mills produce about 2 million dogs annually in the United States

Virginia Is for Pet Lovers, Too

December designated Puppy Mill Awareness Month.

SUSAN LAUME
THE CONNECTION

Recognizing Virginia's proud agricultural heritage, its citizens' proud tradition of animal stewardship, and the value and service of dogs as companion animals, in law enforcement, the military, and in therapeutic situations, the Commonwealth will recognize December as "Puppy Mill Awareness" Month for the first time this December, and in each succeeding year.

The Senate's Joint Resolution (SJ68), introduced by Senator Linwood Lewis Jr (D-6), of Accomack, which passed the 2020 General Assembly by unanimous vote in both the House and Senate, notes the jeopardy to these traditions brought by out-of-state, large-scale commercial dog breeding operations, commonly known as puppy mills, which produce more than two million dogs each year into the pet trade. Many of these dogs come into the Commonwealth from Ohio and mid-western states and many are often underdeveloped, sick, or suffer from genetic deformities or behavioral defects, including poor socialization.

In designating Puppy Mill Awareness Month, legislators resolve that Virginians are encouraged to observe the month "by supporting efforts to raise awareness of puppy mills, support rescue organizations, and promote responsible dog breeding and responsible pet adoption."



During December, public shelters and animal advocacy groups will promote public education and better understanding of such questions as, "What is a puppy mill?"; "Where do puppy mill puppies end up?"; "What to expect when adopting a puppy?"; and "What can you do to help?"

PEOPLE & PETS

Martha Fecteau of Fairfax: "Here is a photo of my daughter cuddling up with the newest addition to our family. His name is Ed Sheeran (named for one of our favorite pop artists). He was one of our foster kittens and we decided to adopt him. Ed has a wonderful personality and keeps us entertained with his crazy antics. We are delighted to have him in our lives."

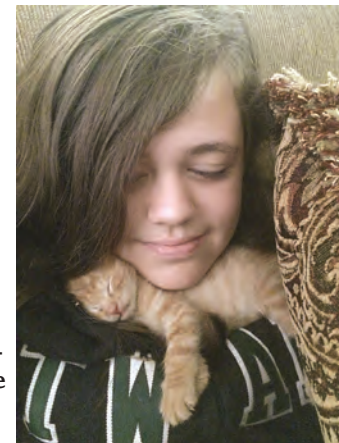


PHOTO CONTRIBUTED

Rob Blizard, of Springfield, writes: Holly, age 12, on the left and Zuzu, age 7, on the right. Both are shelter adoptees and were brought into animal control as strays at different times.



Cooper Filipunas, Lorton, the cool dog.

PHOTO BY HEATHER FILIPUNAS



Winston Mead, Woodbridge, always entertaining and inquisitive.

PHOTO BY MELISSA MEAD

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Lee High Becomes John R. Lewis High School

School Board unanimously approves name change.

MERCIA HOBSON
THE CONNECTION

During a regular meeting of the Fairfax County School Board on July 23, its twelve members unanimously approved the motion that the name of Robert E. Lee High School, located in Springfield, be changed to John R. Lewis High School and that the Superintendent be directed to change the name by Sept. 8, 2020. School Board Chair Ricardy Anderson said, "I am so pleased to support the renaming of Lee High School to John R. Lewis High School - (honoring) freedom fighter, activist and anti-racist legend and most importantly, 'good troublemaker... The work of so many, for so many months and years... is now closed.'" Anderson added: "We may have the distinction of being the first school, the first jurisdiction to name a school after Representative Lewis."

The Board voted to change the name of Robert E. Lee High School on June 23 following process in accord with School Naming Policy 8170.6. At that time, Superintendent Scott Brabrand brought forward his recommendation to the School Board on new names. It included John Lewis, U.S. Congressman, Barack Obama, Mildred Loving, Cesar Chavez, Legacy, and Central Springfield. The Board collected public input on possible new names at a virtual town hall meeting on July 15 and a public hearing on July 22.

Lee District Representative, Tamara Derenak Kaufax proposed the name change seconded by at-large member Karen Keys-Gamarra. Before the School Board voted on whether to change the name of the school, Kaufax called the timing "bittersweet." Congressman Lewis had passed five days earlier, on Friday, evening, July 17. "His name had rightly been under consideration prior to his passing. The significance of his life's work beautifully connects with where we find ourselves today as a nation," she said. "Confederate values are ones that do not align with our community... Our schools must be places where all students, staff and members of the community feel safe and supported," Kaufax said.

As the chairman of the Student Nonviolent Coordinating Committee, Congressman Lewis became known as the "conscious of Congress" and inspired a new generation of activists. Keys-Gamarra said that Lewis was a "bridge-builder and he stood for positive change, no matter one's creed. "He was there like our students today who stood with integrity, for what is right and never changed. He was steadfast. He stood up for



Ricardy Anderson,
Chair,
Mason District
Representative



Tamara Derenak
Kaufax,
Lee District
Representative



Karen
Keys-Gamarra,
Member-at-Large



Karl Frisch,
Providence District
Representative

the marginalized and demanded human dignity," she said.

"I can think of no greater way to correct the wrong that occurred when Robert E. Lee's name, a Confederate General was placed on that school years ago... when our school system knew it could not possibly be welcoming for people in the community or the people to come," Keys-Gamarra said.

Providence District Representative, Karl Frisch said that he heard and listened to students who raised their voices about the Lee High School's name and pushed the Board to act. Frisch said that he filed a Forum Topic that would direct the Superintendent to establish a process for issuing new diplomas and other records upon student and alumni requests to reflect the new names of schools or for schools who have undergone name changes. "I'm sure many Lancers would love to have their diplomas reissued under the banner of John R. Lewis High School," Frisch said.

Hunter Mill Representative, Melanie K. Meren was one of the last to speak. While other Board members expressed their sentiments at length, Meren's statement was eighteen words strong, marching orders to her fellow School Board members: "This is how we dismantle racism, step by step. So, let's keep this going. Let's vote and keep going."

PHOTOS COURTESY FCPS

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Announcements

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

South County Rising Senior Unexpectedly Dies

South County High School Principal Gary Morris has sent the following note to the school family:

"Last evening, I received the sad news that one of our rising seniors, Natalie Rodriguez, had died unexpectedly as the result of an injury. Because of the current pandemic, the family has requested that I notify you. Natalie was a beloved member of our Family. She loved South County and did her best to be involved in many activities to include Swim/Dive and serving as a manager for multiple sports. The death of a young person is difficult for all of us. Given the current health emergency, our typical methods of gaining support such as gathering with friends, are challenged. It is essential that your students share their feelings, and reach out to others, even if it is via phone or other electronic communication."

Fairfax City Gets More CARES Funds

Fairfax City has just been allocated a second round of Virginia's CARES (Coronavirus Aid, Relief and Economic Security) Act funds. City Manager Rob Stalzer announced Tuesday night, July 28, that the amount will be \$2.095 million. The City previously received some \$2.1 million in CARES money and used \$1,150,000 of it for a business-support grant program to help small City businesses impacted by COVID-19.

Since it held the other \$945,000 in reserve, Stalzer said, "We now have approximately \$3 million to allocate and spend by Sept. 30." Following his announcement, Councilmember Janice Miller thanked City staff for all it's done during the pandemic to act quickly, be creative and work hard to "do whatever it takes to keep our citizens safe and provide the services they need."

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Wait. What?



By KENNETH B. LOURIE

"Thyroid cancer." Again? I thought the point of last week's surgical biopsy was to genetically-sequence a lung cancer tumor. Now you tell me the radiologist/pathologist found more thyroid cancer. As it already has happened, my oncologist - in coordination with my endocrinologist, said that my most recent CT scan showed "excellent results" (from my previous thyroid cancer treatment - which ended with radioiodine therapy), and furthermore noted that the thyroid cancer was confined to my neck. Yet a few weeks later, the thyroid cancer is back in my lungs. What happened? Or more importantly perhaps, what didn't happen?

Well, if I understand what my oncologist said to us over the phone on Wednesday, disappointing as it initially sounded, it might not be at all bad. Apparently, the dose of radioiodine (nuclear medicine) I received had been modified (reduced) due to my pre-existing kidney function issue. Since this modification was not a "normal" dose, it didn't locate all the thyroid cancer tumors; the smaller ones, that is, so the presumption was that all the thyroid cancer had been found, identified and eliminated. Until last week's biopsy found otherwise. What does it all mean? I'll try to explain, although I'm sure I'll get lost in the science somewhere.

I still have two types of cancer: non small cell lung cancer and papillary thyroid cancer. However, I may have thyroid cancer in the lungs which actually may be better than having lung cancer in the lungs. The reason being: papillary thyroid cancer is curable whereas non small cell lung cancer is not (it is treatable though). Moreover, thyroid cancer is slow-growing and at present, so small that there may not be any treatment to follow. To learn more definitively what is happening in my body, I'm scheduled for a PET scan this week and then another surgical biopsy the following week. This time the biopsy will be a lung biopsy. This will get tissue from within the lung (a bit of a lung-collapsing risk), not from the periphery (the lymph nodes). Presumably, this biopsy will provide some clarity.

According to my oncologist, I have a dozen or so tumors in my lungs, some of which may be thyroid cancer. Unfortunately, it's not practical or prudent to biopsy all of them so a complete assessment will not be possible. Therefore, an educated guess will have to be made: continue to treat the lung cancer with immunotherapy or not, and/or only treat the thyroid cancer which given its small size and slow-growing nature wouldn't require any treatment - for now. And might not for years.

But if there are more tumors that are lung cancer - which the doctors can't confirm, and I'm not receiving any treatment for them (because of the thyroid cancer diagnosis), won't my lung cancer tumors grow? And since one medicine doesn't work against two types of cancer, I may not be receiving treatment for the cancer that's really active and receiving treatment for the cancer that is not active. And the only way to find out what types of cancer exist is to biopsy each and every tumor - which is not going to happen. As my oncologist said in response to our characterization of this damned if I don't and damned if I do scenario as being very complicated: "Mr. Lourie has always been a complicated patient."

As I review this column and reconsider what my oncologist has advised going forward, it's not only complicated, it's confusing and a bit disorienting. What exactly do I have and what are the risks, and more importantly: what is my life expectancy? Nevertheless, as my oncologist said: "I'm glad we did this biopsy." Me, too.

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

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NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/20.

SIGHT LINE WIPER BLADES
BUY 1 GET 1 FREE
Sight Line only.

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FREE BATTERY CHECK-UP
Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

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BRAKE SPECIAL
\$79⁹⁵

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

MACHINE ROTORS ADDITIONAL

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

MAXIMUM DISCOUNT, \$150
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BG VITAL FLUID SERVICE
10% OFF YOUR FIRST SERVICE
15% OFF YOUR SECOND SERVICE
Power Steering • Automatic Transmission • Brake System

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OIL & FILTER CHANGE
\$24⁹⁵ NON-SYNTHETIC
\$34⁹⁵ SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

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ALEXANDRIA TOYOTA

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TRUESTART™ BATTERIES
\$129⁹⁵
INCLUDES BATTERY INSTALLATION
Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance. Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/20.

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