On July 4, the neighborhood celebrations bring out the guinea pigs and the red, white and blue.
McEnearney Associates has always had one motto in mind... not to be the biggest, but the best. This year marks our 40th year in Alexandria, and we are celebrating our investment in helping to build our town into the thriving community it is today. To learn more about our Associates and our firm, visit www.WeAreAlexandria.com #WeAreAlexandria

Serving the Washington, DC Metro Area since 1980.
703.549.9292 | 109 S. Pitt Street | Alexandria, VA 22314 | McEnearney.com

Mount Vernon Gazette  October 1-7, 2020
Welcome to Fairfax County. You are moving here under unusual and unprecedented times. These last few months however, have reminded me why I’m proud to lead Fairfax County as Chairman of the Board of Supervisors and why I have been proud to live here, so fortunate to be able to call it home for all of my life.

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

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

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

In addition, the community rose to help and continues to inspire me. There are so many people in Fairfax vulnerable to this virus who still cannot leave their homes. So simple acts mean a lot, even if it is just picking up your neighbor’s groceries or talking to a friend when they need support. Fairfax County’s Neighbor to Neighbor program is one project in that spirit. The program joins neighbors who volunteer and connects them with their older neighbors who need a hand. It is truly a grassroots initiative with volunteers involved across the County.

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

Keep in touch with TEAM MVD (Mount Vernon District) to be in the know.

By Dan Storck
Mount Vernon District Supervisor

Welcome to the Mount Vernon District! It has been a challenging, but also exciting year so far in Mount Vernon. We have seen great examples of friends and neighbors coming together to protect and help each other during the COVID-19 pandemic.

Recently, we celebrated groundbreakings for two new developments – The Arden and the Residences at North Hill – that make significant contributions to affordable and workforce housing on the Richmond Highway Corridor.

Planning continues for the revitalization of the Richmond Highway corridor with a Bus Rapid Transit (BRT) system and future urban living with ecologically sensitive, walkable, livable neighborhoods. A focus on community development, preservation of existing community character, urban design and a variety of transportation modes will bring new residents, businesses and partnerships to the corridor. In Mount Vernon where our history and heritage are very important to us, careful planning for redevelopment is central to ensuring all who live here will continue to do so.

Even if you are new to the area, you likely know that Fairfax County has one of the best school systems in the country, but for us it goes beyond that. Life-long learning is important to many of our residents and I am proud to say we are bringing more opportunities through our future partnerships at Original Mount Vernon High School (OMHSHS) with the Northern Virginia Community College (NVCC) and Fairfax County Public Schools (FCPS). Many of us knew this and others are just learning in these COVID-times, the area abounds with parks and recreational opportunities. Put on your walking shoes and head to River Farm or Huntley Meadows (OK, not technically in the District, but very close). Spend the day paddling on one of the many rivers and creeks at Dyke Marsh Wildlife Preserve or Belle Haven Park. Ride some of the best bike trails in Northern Virginia on the Mount Vernon Memorial Trail and at Fort Hunt Park or use the many trails along our roadways for your daily commute. To find your adventure, checkout our parks page on the Mount Vernon District webpage: www.fairfaxcounty.gov/mountvernon/.

If sightseeing and history are your interests, visit George Washington’s Mount Vernon Estate, the Woodlawn Plantation or the Grist Mill, to name a few. If arts and culture inspire your creative spirit, spend a day at the Workhouse Arts Center. Shopping at Farmers Markets, listening to free summer concerts and strolling along the river are all part of the experience in our corner of the County.

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

I also have extended office hours on Thursdays and the second Saturday of each month, walk-ins and appointments are always welcomed.

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

Supervisor Storck
Second Saturday Office Hours for Oct. 10, 2020

Mount Vernon District office 2511 Parkers Lane, Mount Vernon, VA 9 a.m. - 3 p.m.

Supervisor Storck is available for phone and video calls, as well as in-person meetings with proper social distancing, during his regular October Second Saturday office hours on Oct. 10. Contact mtvernon@fairfaxcounty.gov or 703-780-7518 for more details and to schedule a meeting.
Mount Vernon Lee Chamber of Commerce Builds Community

By Holly Hicks Dougherty
Executive Director

Welcome to your new home in this community. Since 1954, Mount Vernon Lee Chamber of Commerce has championed local businesses and worked to build and strengthen the community. We welcome you and hope that you will use local businesses.

The local business community consists of small retailers, family-owned and operated service providers, and large national chains. A directory of businesses connected to the community is found on the Chamber website https://mountvernonleechamber.org.

Representing local businesses, the Chamber’s Board of Directors has as its priorities encouraging economic growth, advocating for business needs, and helping businesses develop trusting relationships and increased visibility.

From I-95 and east, Fairfax County has seen significant economic growth in the past twenty years. Some development resulted from the growth at Fort Belvoir, but Fairfax County has also been a Chamber priority. These resources may be found at https://cca.mountvernonleechamber.org/

As legislative issues rise, the Chamber carefully considers the impact and reaches out to our elected officials to communicate the needs and concerns of local businesses. Sharing important information on resources and new guidelines during Covid has been a Chamber priority. These resources may be found at https://virginia.com.

This community is a place rich in history and natural beauty with close proximity to our nation’s capital and national defense installations. It is a place where you can live, work, play, worship and feel a sense of community.

Everything you need can be found here including unique retail, award-winning dining, and top local businesses.

There are many ways to CONNECT WITH TEAM MVD!

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

Keep informed! Sign up for the Mount Vernon Advisor and follow us on social media!
Visit: http://www.mv.gov/mtv/mtvidency\nCall: 703-780-7518 (TTY 711)
Email: mtvvernon@fairfaxcounty.gov
Office Hours:
Monday - Thursday: 8:30 a.m. - 5 p.m.
Friday: 8:30 a.m. - 4:30 p.m.
Saturday: 8:30 a.m. - 4:30 p.m.
Sunday: Closed
March 13 - 19, 2017
?

For more information: www.RexReiley.com

Each Office Independently Owned and Operated

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Newcomers & Community Guide

Getting Involved Locally

In downtown Herndon. The Closet has awarded over $20,000 in grants to seven local non-profit organizations: Cornerstones, Fellowship Square, Herndon-Reston Fish, Meridian Recovery, Mobile Homeowners of Loudoun, South Lakes High School PTSA Food Pantry, and Herndon Woman’s Club in support of Wreaths Across America. The Closet is a source of low-cost clothing and household necessities and also gives away clothing at no cost to truly needy individuals. 845 Station Street Herndon, VA 20170 (703) 437-7652. Email TheClosetInc@verizon.net Web: theclosetofgreaterherndon.org

- Comfort for America’s Uniformed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, CFG #33011, Phone 703-591-4965, cause-usa.org

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

- Community Foundation of Northern Virginia www.cfnova.org The Community Foundation for Northern Virginia works to re-See Where to Give, Page 7

Watershed Cleanups

Do your part to save our environment. Volunteer for a “Watershed Cleanup Day” event at a park or recreation area near you this fall. These community service events are great for individuals, families, service groups and students. Work outdoors helping to keep Earth’s arteries by removing tires, bottles, cans and other debris dumped in local waterways. All ages are welcome to participate. Contact are:

- See Bulletin, Page 9

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<th>Bulletin Board</th>
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<td>Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork well come. Deadline is Thursday at noon, at least two weeks before event.</td>
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FRIDAY/OCT. 2
Virtual 2020 Raise the Region Fundraiser, 7-8 p.m. Virtual event. The Community Foundation for Northern Virginia will host its 2020 Raise the Region, a virtual event that will be live-streamed, and allow you the opportunity to participate from the comfort of your home. The theme this year is Building a Community That Works for Everyone, and the event will highlight a record-level of giving from the Community Foundation throughout the region. Visit www.cfnova.org/RaiseTheRegion.

SATURDAY/OCT. 3
Tour de Mount Vernon Bike Ride, 9:30 a.m. Workhouse Arts Center, Lorton. This year’s ride is dedicated to Dave Evans who was a true leader in the Mount Vernon community. The ride is a great opportunity to see the many historic and ecological sites of the southern portion of the District, enjoy fresh air, good exercise and friendly camaraderie. Ride monitors and Fairfax County Police will be on hand to help with directions and keep everyone safe. Route Highlights include: Short Route - https://ridewithgps.com/routes/33895729 Long Route - https://ridewithgps.com/routes/33748373 Rest Stop – Pohick Bay Regional Park.

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<th>Workhouse Arts Center</th>
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Where to Give Locally To Help With Pandemic Hunger and Beyond

Newcomers & Community Guide

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See Where To Give, Page 15

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


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

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

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

FACETS helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always in need of donations and volunteers, and offers a variety of one-time and ongoing opportunities. During the pandemic, FACETS has taken a leadership role, remaining on the frontlines.

The Very Best in Care Is Coming to Old Town

Discover Sunrise of Old Town’s personalized approach to assisted living and memory care—and learn more about our dining and programming, coming in the spring of 2021.

- Highly trained, compassionate team of caregivers
- Activities and programming customized to resident interests, nourishing mind, body, and spirit
- Community cleaning protocols are constantly reinforced, with professional deep-cleans performed as necessary

Contact us for more information:
703-828-9134
SunriseOldTown.com/Vernon

Located near medical support at INOVA Alexandria Hospital and Fresenius Medical Care Dialysis

Minutes from Washington, D.C., and steps from the Potomac River, with easy access to Mount Vernon and the Metro Blue and Yellow lines

SCHEDULE YOUR APPOINTMENT

Off-Site Sales Gallery Now Open:
700 Princess St., Mezzanine Level
Alexandria, VA 22314

All our team members are following COVID-19 infection control protocols, including wearing a mask. Number of visitors allowed inside is limited, to maintain appropriate social distancing.

www.ConnectionNewspapers.com  Newcomers & Community Guide

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Working to Save River Farm

By Delegate Paul Krizek and Senator Adam Ebbin

As you may have heard around the community, and in this newspaper last week, the American Horticultural Society (AHS) has announced that it is putting its headquarters, historic River Farm, the 27-acre property which represents the northernmost property which represents the northernmost farm of George Washington’s five farms, up for sale on the open real estate market. Since this announcement became public we, the State Delegate and State Senator who represent the community surrounding it, have heard from many worried constituents. We have heard from constituents with concerns about losing this beautiful and historic property, on the bank of the Potomac River, to development during our recent telephone calls, via email, Twitter, Facebook messages, phone calls, and petitions. River Farm has operated as a public space and events venue for our community for decades, and we are dedicated to ensuring that this invaluable resource remains open for public enjoyment.

The American Horticultural Society first acquired the River Farm property in the early 1970s when Enid Annenberg Haupt, an AHS board member, donated the necessary funds. This acquisition followed an attempt by the Soviet Embassy to buy the property as a retreat during the Cold War. Since then, generations of AHS board members have been dedicated to ensuring that this invaluable resource remains open for public enjoyment.

We heard from the American Horticultural Society last week that it is putting its headquarters, historic River Farm, the 27-acre property which represents the northernmost property which represents the northernmost farm of George Washington’s five farms, up for sale on the open real estate market. Since this announcement became public we, the State Delegate and State Senator who represent the community surrounding it, have heard from many worried constituents. We have heard from constituents with concerns about losing this beautiful and historic property, on the bank of the Potomac River, to development during our recent telephone calls, via email, Twitter, Facebook messages, phone calls, and petitions. River Farm has operated as a public space and events venue for our community for decades, and we are dedicated to ensuring that this invaluable resource remains open for public enjoyment.

We are working with Mount Vernon Supervisor Dan Storck, and Senator Scott Surovell, along with representatives from Congressman Beyer, Senator Kaine, and Senator Warner’s offices, as well as our three major park entities: the National Park Service (NPS), the Northern Virginia Regional Park Authority, and the Fairfax County Park Authority, to come up with a plan to preserve this important cultural landmark.

We heard from the American Horticultural Society after their board meeting last week. The AHS board reaffirmed their desire to sell the property, ideally in the next six months or so. However, their leadership expressed their willingness to discuss placing the property in public hands if the right buyer comes forward.

The AHS plan to preserve this important cultural landmark became public last week, and we are working with our three major park entities: the National Park Service (NPS), the Northern Virginia Regional Park Authority, and the Fairfax County Park Authority, to come up with a plan to preserve this important cultural landmark.

Over 800 community members have already signed our petition to preserve River Farm. Please sign our petition: https://bit.ly/3m14xys, to ensure that the buyer of River Farm will preserve this natural refuge as open space available for public use.

It is our continued honor to represent Mount Vernon residents in the Virginia General Assembly.

Let Us Know Your View
Connection Newspapers welcomes views on any public issue.
Letters must be signed. Include home address and home and business numbers; we will only print your name and town name.
Letters are routinely edited for length, style, grammar, good taste, civility and factual error.
Send Letters Online: www.connectionnewspapers.com/contact/letter
By email: editors@connectionnewspapers.com
By mail: Letters to the Editor The Connection 1606 King St., Alexandria, VA 22314
You can comment on our Facebook page or find us on Twitter: facebook.com/connectionnewspapers
https://twitter.com/connectionnewspapers
https://twitter.com/TidewaterConnection
https://twitter.com/FairfaxConnection
**Bulletin**

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currently scheduled:
Sunday, Oct. 4, 2020: Huntley Meadows Park;
Saturday, Oct. 17, 2020: Ellanor C. Lawrence Park;
Saturday, Oct. 24, 2020: Lake Fairfax Park;
Saturday, Nov. 7, 2020: Cub Run RECenter, Hidden Pond Nature Center, Providence RECenter and Riverbend Park.

Visit the website [https://www.fairfaxcounty.gov/parks/volunteer](https://www.fairfaxcounty.gov/parks/volunteer)

**Nightmare Alley at Workhouse Arts Center**

The Workhouse Arts Center announces that “Nightmare Alley” Haunted Drive-Thru is coming to Lorton for this year’s Halloween season. “Nightmare Alley” is the first immersive, completely contactless drive-thru Halloween experience in the region. Zombies, swamp creatures, creepy clowns, and scary dolls are among 13 different scary scenes taking up residence on the Workhouse campus during the month of October. These new campus inhabitants will scare and entertain visitors experiencing the attraction from the safety of their cars.

Tickets are on sale now. There will be 12 nights of fright, starting on Friday, Oct. 2 through Sat. October 31. Fridays and Saturdays will run from 7:11 p.m. each weekend in October, and the three Sundays in the middle of the month (October 11, 18, and the 25) will run from 7-10 p.m.

The Workhouse is holding auditions for scare actors and is accepting volunteers to assist in this year’s event. (Students wishing to volunteer are eligible to receive service hours.) For sponsorship opportunities, contact: elenaromanova@workhousearts.org

**Volunteers Needed**

Assistant League of Northern Virginia, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronlnd@aol.com or Program Coordinator Lynn Barron at lynnieb517@verizon.net.

United Community (formerly UCM), 7511 Fordson Road, Alexandria, seeks volunteers for Food Pantry assistance, Early Learning Center teacher aides, basic needs counselors, youth tutors and mentors, office administration/data entry, and community outreach. Flexible hours and schedules. Opportunities for all ages to serve, including community service hours. More info at ucmagency.org/volunteer-opportunities or email volunteer@ucmagency.org.

Operation Paws for Homes, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See [www.ophrescue.org](http://www.ophrescue.org) for information and all volunteer opportunities.

Volunteer Fairfax makes it easy for individuals and families, youth and seniors, corporate groups and civic clubs to volunteer. Fulfill hours, give back, or pay it forward through a variety service options. Visit [www.volunteerfairfax.org](http://www.volunteerfairfax.org) or call 703-246-3460.

**Live On Your Own Terms**

**Heritage Northern Virginia**, a tree-lined senior living community in the heart of Alexandria, provides our residents with the tools necessary to live life on your own terms. We connect residents, families, and loved ones through a person-centered approach to senior living, ensuring support and services are tailored to your individual needs. Our emphasis on togetherness creates a dynamic and engaging retirement community that lets you thrive! Whether you live independently or require more assistance, Heritage Northern Virginia is ready to help you enjoy a journey that you create.
Grace Banahene sells baked goods.

Vendors set up tents and tables every Wednesday by 8 a.m.

Iman Al-Sharkawi and her father sell organic herbs.

Farmers Market Vendors Become Familiar ‘Locals’

By Glenda C. Booth
Mount Vernon Gazette

They get up before dawn every Wednesday from May to December and load up tables, tents and boxes, crates and coolers filled with meats, baked goods, fruits, vegetables, plants and other wares. Then they slog to Mount Vernon’s Sherwood Regional Library parking lot and by 8 a.m. are ready to greet their 500 to 600 customers at the Mount Vernon Farmers’ Market.

These dedicated vendors come from Virginia towns like Hague, Orange and Broad Run and have won over many loyal customers who regularly shop for food and homemade specialties, like chocolate-raspberry "cigars," M&M cookies and whoopie pies.

Vendors from Laurel Grove Farms from Westmoreland County, Virginia, Threeway Farms from Warsaw, Virginia, and Twin Springs Fruit Farm from Adams County, Pennsylvania, wow their patrons with fresh fruits and vegetables like apples, peaches, broccoli, squash, potatoes, greens, radishes, carrots and melons, some so bountiful they seem to almost fall off the tables. Other vendors’ tables are crammed with seafood, breads, pastries, pies, ice cream, herbs, spices, teas, honey, jams, salsas and flowers.

Tight Eggs
At Valentine’s Country Bakery and Meats

Marvin Turner raves about the Millers’ fresh eggs: “You know how to tell if an egg is fresh? It stays tight when you fry it. If it’s not fresh, it runs all over the place. The Millers’ eggs are tight.”

Organic Herbs and More
Sabry Al-Sharkawi and his daughter, Iman, offer around 60 organic herbs, spices and teas. Since 1985, Sabry has grown herbs and flowering plants organically in Broad Run, Virginia. Today, they make and sell 20 teas like Jasmine, Paradise Black, Fiji Green, Imperial Spice and Relaxing Tea. Roger Miller, a devotee, loves the Red Fruit Cocktail Tea with elderberries, which he says is “especially refreshing served chilled on a hot day.”

This fall the Al-Sharkawis are also selling fig trees, winter pansies, perennial violas and other plants.

Fall squash are plentiful and popular.
stand, the multi-generational Miller family sells chicken, turkey, beef, pork and lamb products, and at times, rabbits and pheasants raised on their Madison County, Virginia, farm. Their free-range chickens eat insects and their pigs wallow in the woods. “Our animals have been raised to be happy and healthy, the way God intended,” Valentine says.

Customers nab products like ham biscuits, pork chops, tenderloin roasts, country-cured hams, smoked and cured bacon, spareribs, sausages, dog bones, and even chicken feet, most kept frozen in big coolers. In their home-based bakery, Valentine’s wife, Darlettta, and daughter, Veronica, produce pies, breads, snickerdoodle cookies, coconut macaroons and more.

Fall brings several types of sweet potatoes.

Fresh Seafood
Greeting fans from her red tent, Karen Arnest is always chipper even though she rose at 3:30 a.m. and drove two hours north from Hague on Virginia’s Northern Neck. She lays out a glistening spread of just-caught scallops, rockfish, mackerel, soft-shell crabs, hand-picked crabmeat and homemade crab cakes. “Can I clean the crabs for you?” she offers and in a 20-second flash, snips the softshells and hands them back to a grateful customer. Arnest Seafood is also a family affair. Her father and husband fish in the Potomac and Rappahannock Rivers and the Chesapeake Bay. “My brothers-in-law crab,” she says.

Yummy Pastries
For 30 years, Grace Banahene has had a Herndon bakery, Grace’s Pastries, where her four sons help. Faithful customers make a beeline for her sweet and savory breads, turnovers, scones, croissants, strudels, cakes, meat pies and vegetable-topped focaccia. Originally from Ghana, Grace learned to bake growing up. She works most nights until 11 or midnight and loads her van before the next morning’s market.

It’s a symbiotic relationship. Customers love the vendors and vendors love the customers.

For Fairfax County farmers’ markets and covid-19 protocols, visit https://www.fairfaxcounty.gov/parks/farmersmarkets.

Several vendors sell both ripe and green tomatoes.

Karen Arnest sells fresh seafood.

For Shannon Martin and his father-in-law, Valentine Miller, farming is a family affair.
Newcomers & Community Guide

New and Improved Is the Outlook for Parts of Mount Vernon

By Mike Salmon

T
nings are moving along in Mount Vernon despite the setbacks everyone has experienced in 2020 from the coronavirus and the economic crisis that persists. Many things are on hold, but there are a few things going on in this district. Transportation is a big factor anywhere in Northern Virginia, and Supervisor Stosch (D-Mount Vernon) has put some of his energy behind a project called "Embark Richmond Highway." This project is looking at multimodal improvements for the roadway, including bicycle/pedestrian facilities and transit. Major elements of Embark Richmond Highway include widening the road, which is being done by the Virginia Department of Transportation, and a Bus Rapid Transit system with distinct stations located throughout the corridor. Construction on several parts of this plan are expected to begin in 2023. Core to the plan is creating walkable communities.

In the Huntington Metro area, a groundbreaking ceremony was held earlier this summer at the North Gateway/Huntington residential projects, in proximity to the station; walking or a short bus ride are both options. This new multifamily property will feature 126 units of affordable housing one block from the Huntington Metro. More residential units are going in as part of the "North Hill Development." near Lockheed Boulevard and Richmond Highway. A groundbreaking ceremony was held this summer for a mixed-use development project that will include affordable housing and townhouses.

In the southern part of the Mount Vernon District is Laurel Hill, a mixed-use development on land that was once a Federal facility to house prisoners, more familiarly known as the Lorton Prison. Notorious criminals were held at the Workhouse like Watergate mastermind G. Gordon Liddy along with local celebrities like Chuck Brown and Petey Greene. Some of our nation's most remarkable performers like Frank Sinatra, Ella Fitzgerald, and Duke Ellington performed on the site, according to Fairfax County. A few of the old prison buildings have been made into condominiums, and in another part, there is an art facility called the Workhouse Arts Center, which is a number of studios and art rooms in old buildings that were built under President Theodore Roosevelt's tenure. The arts center is in buildings known as the historic Lorton Workhouse prison that once held the suffragists led by Lucy Burns. The Lucy Burns Museum tells the suffragist story.

There is a photo op area where museum visitors can put on a sash like the sashes worn by the suffragists and take a selfie in front of an old picture. The museum opened in January, and there was a gala planned for the grand opening in May, but the gala was cancelled due to the pandemic. There was a lot of land associated with the Lorton Reformatory, and part of it was made into a county golf course called the Laurel Hill Golf Club. This is an 18-hole course, and has facilities that are rented for weddings and celebrations.

The Mount Vernon District includes a U.S. Army installation called Fort Belvoir, which is bisected by Richmond Highway. At one time, Fort Belvoir was home to the Army Corps of Engineers, and it was powered by a nuclear reactor, shut down years ago. The reactor itself remained. All the radioactive materials were removed and safety features were put in the facility to ensure it was intact. Recently a contract was signed for the rest of the building to be removed, which will occur in the next few years. The entire Mount Vernon District borders the Potomac River, and this is a source of entertainment and physical activity for many. There are several marinas that offer sailing lessons and house boats of residents.

A familiar face that appears in the midst of all this activity is Fort Hunt resident Joe Wright, aka the "SUP Garbageman." Wright rides around on his Stand-Up Paddleboard and fishes trash out of the river, and the marinas along the Mount Vernon shoreline.

Sashes and backdrops are available for the selfie at the Workhouse Museum in Lorton.

A U.S. Post Office is one of the tenants in Belle View Shopping Center.

Potential BRT System

A typical station in the corridor will look like this.
**9 Spots for Outdoor Dining in Alexandria**

By Hope Nelson

Over the past six months, restaurants across Alexandria have had to get creative in the face of unprecedented challenges. As the COVID-19 pandemic took hold, outdoor dining options have become more important than ever, while some eateries are old pros on the topic, some have had to switch up their plans—and fast. Here are nine restaurants who are getting it right.

**Chadwicks**, 1106 King St.

Mussels a million ways. A hefty menu of beers to choose from. In the fall air.

**Augie’s**, 203 Strand St.

The all-American restaurant on The Strand has spread its wings from its normal outdoor table format. As well as keeping several tables close to the front door, Chadwicks has also expanded its reach to the sidewalk across the street, adding several more tables with plenty of distance.

From burgers to weekend brunch, Chadwicks’ menu is extensive and caters to nearly every palate.

**Front Porch**, 2000 Mount Vernon Ave.

The outdoor beer garden that’s been a longtime extension of Evening Star Café has now taken center stage in this age of pandemic. Its footprint has extended to the “back yard,” as well, and its menu, too, has expanded to accommodate those who are popping in for more than just a quick sip.

**Caphe Banh Mi**, 407 Cameron St.

Situated as it is on Cameron Street, Caphe Banh Mi’s outdoor tables are perfectly positioned to watch the world go by. Order up a piping-hot bowl of pho, a noodle or rice dish, or a banh mi sandwich and take in the socially distant landscape around you.

**Chadwicks**, 203 Strand St.

The all-American restaurant on The Strand has spread its wings from its normal outdoor table format. As well as keeping several tables close to the front door, Chadwicks has also expanded its reach to the sidewalk across the street, adding several more tables with plenty of distance.

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**The Garden**, 1503 Mount Vernon Ave.

On the edge of Del Ray, The Garden is an oasis in the middle of crazy times. Make a reservation for a table and enjoy the wide-open space to sip on a beer or two, have a taco, sausage or salad, and take a deep breath. (And you don’t want to miss the beignets that appear like magic on weekend mornings.)

**100 block of King Street**

Looking for an outdoor spot in the middle of all the action? The city government didn’t close the 100 block of King Street off to car traffic for nothing. There’s a veritable socially distant party going on in that block, which encapsulates Min’s, the Fish Market, Landini Brothers, the Wharf, two ice cream shops and more.

**Lost Dog Café**, 808 N. Henry St.

One of the city’s hidden gems, Lost Dog Café’s patio is in a tucked-away spot adjacent to the restaurant, off the beaten path and away from most foot and all car traffic. From the patio, order up more than a dozen beers on draft, and pair your brew with a pizza, sandwich, salad or pasta dish. You’ll certainly want an order of “dog collars”—onion rings—to share at the table as well, so go ahead and put it on the list.

**Taverna Cretekou**, 818 King St.

To sit on the back patio of Taverna Cretekou is to transport yourself to a little spot along the Mediterranean. As music plays softly and waitstaff bustles about, take a deep breath in and relax. A glass of Greek wine, a plate of hummus and pine bread to start the proceedings...the world is your oyster.

**Yunnan by Potomac**, 814 N. Fairfax St.

Yunnan by Potomac offers a wide array of noodle and mixian dishes from the Yunnan province of China. Pull up a chair in the restaurant’s new outdoor dining space in front of the building and let the menu take you to another land.

Hope Nelson is the author of “Classic Restaurants of Alexandria” and owns the Kitchen Recessionista blog, located at www.kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.

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**Calendar**

**NOW THRU NOV 1**

Art by Mail II. The “Art by Mail II” exhibition is October 1-7, 2020. Visit the website: https://www.galleryunderground.org/autumnspalette/. Gallery Underground presents Autumn’s Palette: Art for the Season, an all-member show featuring themes and colors of fall including painting, ceramics, mixed media, glass, wood and metal work. Visit the website: https://www.galleryunderground.org

**NOW THRU OCT. 14**

Weekly Free Outdoor Yoga Class. 6-7 p.m. At Del Ray Psych & Wellness Parking Lot, 1900 Mt. Vernon Ave., Alexandria. Maureen Clyne, an affiliated agent with Coldwell Banker Residential Brokerage in the Alexandria office, will be leading free outdoor yoga classes in the Del Ray neighborhood of Alexandria. This community event, Harvest Moon Yoga 2020, is suitable for all levels and open to the public. The class is taught by Clyne, a senior yoga instructor, and is sponsored by Del Ray Psych & Wellness. Contact: Maureen Clyne. 703-967-8884.

**OCT. 1-31**

Autumn’s Palette. 10 a.m. to 6 p.m. At Gallery Underground, 2120 Crystal Drive, Arlington. Gallery Underground presents Autumn’s Palette: Art for the Season, an all-member show featuring themes and colors of fall including painting, ceramics, mixed media, glass, wood and metal work. Visit the website: https://www.galleryunderground.org

**OCT. 2-31**

Mini World Exhibit. At Del Ray Artists gallery in the Colosanto Center, 2704 Mount Vernon Ave., Alexandria. The “Living in a Mini World” exhibit at Del Ray Artists gallery features art smaller than a magazine. Paintings, 3D works, lots of different jewelry. Visit http://www.delanliving.com/mini-world-world/. Gallery hours are Thursday & Friday 12-6 p.m., Saturday 12-4 p.m. The gallery is free, open to the public, and accessible.

**SATURDAY/OCT. 3**

Life From Athenaeum. 7:30 p.m. Via Zoom. Jane Franklin Dance presents a performance streamed live from The Athenaeum, home to Northern Virginia Fine Arts Association. Enjoy a Zoom performance event that is filled with interactive moments and real time performances, all from the ease of your own living room. Free with $10 suggested donation. Visit the website: https://www.janefranklin.com/live Performances.

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See Calendar, Page 13
THURSDAY/OCT. 8
Signature Virtual Masterclass: Words, Words, Words -- Creating a character through text with Natascia Diaz. 7 p.m. Natascia Diaz (Signature’s Passion, The Threepenny Opera, West Side Story) is an expert when it comes to analyzing and using the text to understand and create different well-rounded characters, within the specific style needs of each new show. Join her for an interactive session with a script to experience a taste of the tablework process together, how it begins to connect us with the text, and feel how a show first comes to life… before we even get out of our chairs. This is a discussion-based masterclass that is appropriate for general audiences and students. At Signature Theatre, 4200 Campbell Ave., Arlington. Visit www.sigtheatre.org

ALEXANDRIA DRIVE-IN THEATRE
The Alexandria Drive-In Theatre, presented by Alexandria based businesses ALX Community and The Garden, is now opened. The six part movie series will run on Saturdays through October 3 and will feature a popular collection of movie classics and family favorites. The drive-in theatre will be located in the Eisenhower section of Alexandria in the parking lot connected to commercial space owned by real estate developer and event partner Stonebridge. The lot can accommodate up to 215 cars per screening. Alexandria Drive-In Movie Line Up:

THE BIRCHMERE
The Birchmere in Alexandria is reopening with limited capacity. During the public health emergency, there will be a $25 food and beverage minimum and a $5 Covid fee. There will be no bar service and no gathering in the stage or bar areas. Customers will be seated at their seats, and those without reserved seats will be seated by staff to ensure social distancing.

Schedule of Shows:
Friday, Oct. 2 -- For the Love of Linda
Saturday, Oct. 3 -- The Prince Tribute Experience
Sunday, Oct. 4 -- Django a Gogo
Tuesday/Wednesday, Oct. 6-7 -- Raul Malo
Friday, Oct. 9 -- Start Making Sense -- A Tribute to Talking Heads
Saturday, Oct. 10 -- John Kadlecik -- Solo Accoustic/Lectric
Sunday, Oct. 11: Eclipse - The Ultimate Journey Tribute
Friday, Oct. 16 -- Double Vision -- The Foreigner Experience
Saturday, Oct. 17 -- Huggy Lowdown with Chris Paul & Friends
Mon/Tue. Oct. 19-20: Samantha Fish (10/19 is Sold Out! Second Night Added!)
Thursday, Oct. 22-23: Drew Lynch (Two Nights)
Saturday, Oct. 24: Free Flowing Musical Experience
Sunday, Oct. 25: Tom Paxton & John McCutcheon
Mon/Tue. Oct. 26-27: The Allman Betts Band
Wednesday/Oct. 28 -- The Wild Feathers
Fri/Sat. Oct. 30-31: Marty Stuart -Solo- (Two Nights!)
The venue is located at 3701 Mount Vernon Avenue, Alexandria. All shows at 7:30 p.m. in the Music Hall. Visit the Birchmere’s website: http://www.birchmere.com/Come to The Birchmere in September & October.
Alexandria: Great Place to Visit

City of Alexandria adapts in changing times.

Alexandria has for centuries been known primarily as the hometown of George Washington, attracting history aficionados from across the globe to its cobblestone streets and lively waterfront. But even as the pandemic has diminished the usual three million yearly visitors, local residents have risen to the challenge in working together to keep neighbors safe and neighborhoods thriving.

“Alexandria is a little big city with a hometown feel,” said retired Alexandria police sergeant Stafford Farmer-Lee. “We have an extremely diverse population, diverse businesses and historic landmarks within the city. The people are friendly, city staff are attentive and we are always moving forward in a progressive environment.”

In addition to George Washington and Robert E. Lee, the city also claims Jim Morrison, Mama Cass Elliot, Willard Scott, Chip Esten and House of Cards creator Beau Willimon as hometown notables.

Alexandria has some darker history too. The Freedom House Museum (now closed due to Covid) on Duke Street was once part of the headquarters for the largest domes
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prison in 1962. And Earl Lloyd, who grew up in a segregated Alexandria, was the first African American to break the color barrier in the NBA in 1950. But even sports buffs likely are not aware that it was in Alexandria where NFL Hall of Famer Joe Namath made his pro football debut on Aug. 7, 1965. Namath and the New York Jets took on the Houston Oilers in a pre-season game at what was then George Washington High School.

Namath had just signed the richest contract in pro football history and as the Alexandria Gazette reported at the time, “the eyes of the sports world will be focused on Alexandria to see just how he fares against the play-for-pay boys.”

At 15.4 square miles and with a population of just over 150,000, pre-pandemic Alexandria hosted nationally recognized events such as the Scottish Walk Weekend and Del Ray’s Art on the Avenue. But off the beaten paths of King Street and Mount Vernon Avenue are attractions such as the Tomb of the Unknown Revolutionary War Soldier and the National Inventors Hall of Fame.

Another Alexandria landmark is the Captain Rocky Versace Plaza and Vietnam Veterans Memorial. Located in front of the Mount Vernon Recreation Center, the plaza honors the 68 Alexandrians who lost their lives in the Vietnam War.

In the West End are the Fort Ward Museum and Historic Site and the Winkler Botanic Reserve, a tranquil nature sanctuary tucked in the shadows of the BRAC center and Interstate 395. One of the city’s most obvious landmarks is also one of its best kept secrets. Located on 36 acres overlooking Old Town, the George Washington National Masonic Memorial was built in the 1920s as a memorial and museum highlighting the contributions of Freemasons to the United States. The structure also serves as a research center, library, community center and performing arts center and offers one of the best panoramic views of the city.

Tucked away on a side street in Old Town is the less obvious “Spite House.” At just 7-feet wide, it is one of the tiniest historic homes in the nation. Built in 1830, the private residence was constructed by John Hollensbury using the existing brick walls of the adjacent homes to prevent horse-drawn wagon traffic from using the alleyway.

King Street in Old Town and Mount Vernon Avenue in Del Ray serve as the shopping and dining hubs of the city. Both are lined with locally owned boutiques and restaurants that are open and adapting to COVID-19 guidelines.

The Birchmere in Arlandria has reopened for live performances while a wide variety of virtual classes are available for children and adults at The Little Theatre of Alexandria on Wolfe Street, where Dermot Mulroney and Academy Award winner Marcia Gay Harden honed their craft.

Even as the pandemic has changed the landscape of the city, there really is no place like Alexandria to call home.
Newcomers Guide

Where to Give for Local Impact

From Page 7

and expanding emergency services and basic needs programming. Our COVID-19 response efforts are focused on the following areas: Shelter, Food, Medical Outreach, Emergency Financial Assistance, Infection Prevention & Education, Prioritizing High-Risk Clients, Coordinating Services. Questions about volunteering, please contact Suzanne Hough, SHough@facetscares.org. Other info call 703-865-4251 or facets@facetscares.org. www.facetscares.org. 10640 Page Ave., Suite 300, Fairfax VA 22030.

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

- Friends of Guest House Northern Virginia offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle. See Where to Give, Page 16

Food for More than 2,600 Local Families in Need Each Week

Food for Others saw the demand for food quadruple almost overnight back in March when schools and workplaces closed unexpectedly. We are drastically increasing the amount of food we’re providing to families by adding six new Community Partners and nine new mobile pantry sites. Read more at www.foodforothers.org

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

Food fit for a king on a family budget

DAILY FEATURES FOR EVERYONE!

Monday - 1/2 Price Burger Night
Tuesday - Kids 12 & under Eat Free with accompanying adult. 1 child per adult.
Wednesday - Roast Turkey Special
Thursday - Lasagna Night
Friday - Fish Fry
Saturday & Sunday - Full Brunch Buffet with Omelette Station

734 North St. Asaph Street, Alexandria, VA 22314
703-548-1616
RoyalRestaurantVA.com

This Year’s Walk is Everywhere.

The Alzheimer’s Association Walk to End Alzheimer’s® is happening on every sidewalk, track and trail across this country. All of us are raising funds for one goal: A world without Alzheimer’s and all other dementias. Because this disease isn’t waiting, and neither are you.

Take your first step at alz.org/walk

2020 Walk to End Alzheimer’s
September 27 Northern Virginia
October 10 Washington, D.C.
Additional Walks available. Find one near you at alz.org/walk

Edward Jones
CVS Health

2020 National Presenting Sponsor

www.ConnectionNewspapers.com • Newcomers & Community Guide
## Fairfax County Covid Cases

### By Race
The Fairfax County Department of Health reports that 47.4 percent of Covid-19 cases have affected Latino residents even though they make up 16.2 percent of the county population. Black residents account for 9.2 percent of the population and 8.2 percent of cases reported in the county. Asian residents make up 18.8 percent of the population but only 8.6 percent of cases while white residents make up 51.6 percent of the county and account for 19.6 percent of cases.

Approximately 11.8 percent (2,460 cases) of race and ethnicity data is missing, according to the Fairfax County Department of Health. “As a result, caution should be used when interpreting these results.”

### By Age
Because different age groups are made up of different numbers of residents in Fairfax Health District, the Fairfax County Department of Health presents the total deceased case count per 100,000 residents. This number takes the total count of deceased cases in an age group, divides it by the total population in that age group and multiplies it by 100,000.

More than 75 people 18-49 account for 27 deaths and a case count of 722.3 per 100,000 people. Youth up to 18 have a case count of 722.3 per 100,000 people.

By Zip Code

<table>
<thead>
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<th>Zip Code</th>
<th>Number of Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>22017</td>
<td>20107 (3,387.6)</td>
</tr>
<tr>
<td>22042</td>
<td>20042 (3,265.1)</td>
</tr>
<tr>
<td>22112</td>
<td>22112 (3,233.8)</td>
</tr>
<tr>
<td>22027</td>
<td>22027 (3,099.6)</td>
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<tr>
<td>22003</td>
<td>22003 (3,052.3)</td>
</tr>
<tr>
<td>22032</td>
<td>22032 (2,937.6)</td>
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<tr>
<td>22064</td>
<td>22064 (2,863.4)</td>
</tr>
<tr>
<td>22102</td>
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</tr>
<tr>
<td>22150</td>
<td>22150 (2,396.6)</td>
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<tr>
<td>22111</td>
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</tr>
<tr>
<td>22041</td>
<td>22041 (2,619.3)</td>
</tr>
</tbody>
</table>

In terms of the number of cases per 100,000 people, youth up to 18 have a case count of 722.3 per 100,000 people, people 18-49 have a case count of 2,324.4 per 100,000 people, and senior citizens 65 years and older have a case count of 1,714.1 per 100,000 people.

Where to Give for Local impact

From Page 15

- Mount Vernon At Home, 703-303-4060, www.mountvernonathome.org. Mount Vernon At Home membership helps connect senior members of our community, neighbors helping neighbors with volunteer support.
- NAMI Northern Virginia helps people living with mental illness, families, students, educators, and the public throughout our neighborhoods.
- Capital National Food Bank, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia. We work with 450 non-profit partners across the region, partners who distribute an average of 88,000 meals daily. Together, we provide more than 31 million meals every year. www.capitallnfoodbank.org.
- Neighborhood Health, 6677 Richmond Highway, Alexandria, VA 22306. The organization partners with its patients to treat the whole person through medical, behavioral health and dental programs. 10 clinics throughout Arlington and Fairfax counties. Participates with all insurance including commercial, Medicare, and Medicaid, 703-535-5568, www.neighborhoodhealthva.org.
Chamber Restaurant of the Week

Chamber Restaurant of the Week: Roy Rogers Restaurants

Burgers, fried chicken, and roast beef are all available at Roy Rogers Restaurants where real food with the best ingredients is served in a comfortable, enjoyable setting. That’s the Roy Rogers tradition.

The local Roy Rogers Restaurants are located in Manchester Lakes shopping center, Belle View shopping center, and on Richmond Highway at the corner of Jeff Todd Way. The restaurant at Richmond Highway and Jeff Todd Way has outdoor seating.

The Belle View location is still closed and being rebuilt after the devastating shopping center fire in October 2019.

The dining rooms are open for customers with appropriate social distancing and their delicious menu is also available by ordering online for carryout.

Franconia resident Jason Hunt and his family own and operate the local Roy Rogers Restaurants. They welcome regular customers as well as those trying the menu for the first time.

“Many of our customers return over and over to the restaurant,” says Hunt, “because they know they will receive great food each time they order.”

“We ensure CDC guidelines on cleanliness are strictly followed in each restaurant,” Hunt said. “Our customers expect and receive friendly service and quality food.”

There is a breakfast menu served from 7 a.m. to 10:30 a.m. with breakfast sandwiches, biscuit and gravy and diced chicken platters, pancakes, scrambled eggs, and those famous biscuits and breakfast fries. The lunch and dinner menu begins at 10:30 a.m. and goes until closing at 9 p.m. and includes a variety of burgers, roast beef sandwiches, and fried chicken or chicken sandwiches.

Roy Rogers also has a full menu of side items with fresh garden salads, fruit cups, fries from real potatoes, cole slaw, mac and cheese, and baked beans. And don’t forget dessert. Hot fudge brownie sundaes and strawberry shortcakes are two favorites, and all the ice cream is hand dipped to order.

A children’s menu is available at https://www.royrogersrestaurants.com/menu/kids with nutritional information. Roy Rogers works to make delicious meals for children that are also nourishing.

Support a local restaurant that employs local people and supports the community. Online orders may be placed by visiting https://royrogersrestaurants.olo.com/ and typing in your address to find the closest Roy Rogers restaurant. You can also find Roy Rogers on DoorDash for delivery.

Jason Hunt and his daughter Delia welcome customers to the Manchester Lakes Roy Rogers Restaurant.

The Roy Rogers Restaurant at Richmond Highway and Jeff Todd Way has outdoor seating.

Roy Rogers Restaurant
7013-F Manchester Boulevard
Franconia, VA 22310
703-719-5980

Roy Rogers Restaurant
8860 Richmond Highway
Alexandria, VA 22309
703-799-0170

Order online at https://royrogersrestaurants.olo.com/
Open everyday 7 a.m. to 9 p.m.

Roy Rogers Restaurants are the “Restaurant of the Week” from Mount Vernon Lee Chamber of Commerce. Restaurants are an industry deeply affected by the Covid-19 pandemic. Support local restaurants and help retain local jobs and the variety of wonderful eateries in our community.

PUBLIC NOTICE
AT&T proposes to modify an existing facility (new tip heights 90.3’) on building at 6040 Richmond Hwy, Alexandria, VA (20201725). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

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

-Werner Heisenberg

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And So It Continues

By KENNETH B. LOUIE

Two-plus weeks into my thyroid cancer treatment, all is as I anticipated. I’m still not in a comfort zone, routine wise, nor side-effect wise. I am feeling some predicted discomfort. I won’t self-indulge and list the difficulties that I’m having. I will say that even though I’m extremely thankful not to have experienced the severe side effects (blood clots, arthralgia), I have felt something. The ‘something’ I’ve felt has felt more complicated and due more to the synthroid pill I take daily, since I had my thyroid surgically removed in late January, 2020. The proper dosage, prescribed to replace the function of the thyroid is not easy to determine. As such, I’m not exactly feeling myself. I’m not sure who it is I’m feeling (my old self or a get that close), but it’s not who I’ve come to feel.

The complication I refer to is the effect on my ability to replace medications synthesized by my thyroid cancer pills. What happens, I’m told, is that the synthroid’s effectiveness is partially mitigated by the cancer medication as a result, I need regular lab work to monitor the situation and maintain proper thyroid replacement. If my thyroid hormone is too low, I’ll feel tired and unproductive. And since a side effect of the thyroid cancer medication is among others, fatigue, I am tired for two reasons: the cancer drug itself and the effect the same cancer drug has on the synthroid pill, which I have to take in order to do with the task at hand. Now, not only am I a two-for-the-price-of-one cancer patient (non small cell lung cancer and thyroid cancer), I am also a thyroid cancer patient being treated for cancer and for the replacement of the thyroid. As a result, in addition to juggling two cancers, I am also juggling one cancer with two semis competing side effects: feeling tired due to low thyroid hormone and feeling tired as a side effect of the thyroid cancer treatment. I imagine one or the other would be manageable but simultaneously, not so much. I guess it’s another BoGo-type situation.

Granted, it’s a living and it sure beats the alternative. Still, I was hoping one set of side effects would be enough rather than having to consider a second set (side effects of the side effects, if you will. My concern is compounded by something one or the other would be manageable but simultaneously, not so much. I guess it’s another BoGo-type situation.

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

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

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

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51 Alexandria Homes Sold So Far In 2020!

- **3517 Surrey Dr**
  - $998,000
  - SOUTHERN CHARMS!

- **1815 Duffield Ln**
  - $750,000
  - SPACIOUS TOWN HOME!

- **8814 Surrey Ct**
  - $850,000
  - CLASSIC COLONIAL!

- **9324 Old Mansion Rd**
  - $1,990,000
  - NEW BUILD, WATER VIEWS!

- **8914 Captains Row Ct**
  - $1,100,000
  - INCREDIBLE WATER VIEWS!

- **3115 Little Creek Dr**
  - $729,900
  - GORGEOUS UPDATES!

- **7116 Marlan Dr**
  - $899,500
  - ONE LEVEL LIVING!

- **3203 Battersea Ln**
  - $595,000
  - GREAT OPPORTUNITY!

- **3102 Waterside Ln**
  - $1,080,000
  - PRIVATE DOCK!

- **9216 Old Mt. Vernon Rd**
  - $898,500
  - SERENE SETTING!

- **9315 Maybrook Pl**
  - $685,000
  - RARE OPPORTUNITY!

- **9420 Forest Haven Dr**
  - $699,000
  - REFRESHED INTERIOR!

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**703.283.9028**

www.chrisandpeggywhite.com
chris.white@longandfoster.com
Alexandria/Old Town Historic - 400 King Street, Alexandria, VA 22314