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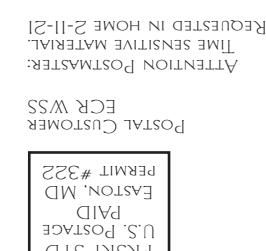
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FEBRUARY 10-16, 2021

(Left) Eileen Evon, PR and Community Outreach Chair Friends of the Reston Regional Library and volunteers make the final preparations for the Book Bites project with books sorted into bags by grade level and ready to be distributed at the South Lakes High School drive-through.



ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

'The Victims Don't Choose that Lifestyle'

Local police detectives discuss human trafficking.

By BONNIE HOBBS
THE CONNECTION

When it comes to human trafficking, no part of the U.S. is immune to it – even Fairfax County. So two county police detectives working in this field presented details about it during a recent, online meeting of the Sully District Police Station's Citizens Advisory Committee.

Dets. K.W. and Christopher Rekas are part of the Police Department's Missing and Exploited Persons Squad (MEPS), whose cases include missing adults and children, child pornography, and exploited and trafficked individuals. The squad has 12 people, including a supervisor and an analyst.

"We handle cases that come in from the National Center for Missing & Exploited Children and the person lives in Fairfax County," said K.W. "We also did a COVID crackdown, chatting online with people who were thinking they were chatting with underage victims. We'd then arrange to meet and [ultimately] arrest them."

She said Cyber tips come from the state police, too. "We also handle abduction and human-trafficking cases," said K.W. "And a K-9 helps us locate both people and hidden electronics."

Rekas then listed some myths people tend to believe about sex trafficking. He said they think they involve foreign nationals and predominantly poor people. In addition, said Rekas, people believe sex trafficking doesn't happen in Northern Virginia. They also contend that people involved in commercial sex are prostitutes, not victims, and deliberately choose that lifestyle.

But all these myths are wrong, he said. Victims are often forced into prostitution against their will. Besides, added Rekas, "If the victim is under age 18, it's a Class 3 felony because a juvenile can't consent to commercial sex trafficking."

However, getting a conviction isn't always easy. "The victim has to want to cooperate

with the police and be willing to disclose what happened," said K.W.

Rekas said prostitution and sex trafficking can take place anywhere – from hotels to businesses to townhouses. And, he stressed, "Sex trafficking isn't a choice. The victims don't choose that lifestyle, aren't free to leave and don't control their own money, passport, etc. Another person controls their actions."

For example, said K.W., "If a victim comes here from somewhere else, the person who helped them get here is in control because he holds their travel documents until they pay off their debt. But they never do, because they're always kept at a deficit."

Rekas said their unit often works on proactive investigations, linking up with other police units – such as Street Crimes – working on massage-parlor investigations. But they do reactive cases, as well.

For example, he said, "A patrol officer says a neighbor or hotel manager called and said they see odd behavior going on, such as a guy dropping off girls, coming back and checking on them or bringing guys to them. It's all-hands-on-deck, at that point. We'll do surveillance and undercover work and will do 'john' stops away from the place."

POLICE will also do historical investigations – long-term investigations that go on for months or years. These cases often involve multiple victims, search warrants, subpoenas and digital searches for evidence.

"Sometimes, we find out about a sex offense, after the fact," said K.W. "For instance, we'll get a robbery call, but the victim doesn't want us to come to where she is. She makes a police report; but once we put the pieces together – or our bike team gives us further information – we realize what really happened."

She also discussed the difficulty many sex-trafficked victims have in walking away from their traffickers. Sometimes, it's because of the social stigma – they don't want to identify as victims. And many have

formed a bond with their traffickers.

"They're isolated, and their trafficker is their only source of resources [such as food, shelter and clothing]," explained K.W. "They're also in debt and don't want to admit they've broken the law."

She said these victims are "often forced to stay in bland, sterile environments with little ability to connect to the outside world. They're taught to fear [the police] and often don't understand local or U.S. law."

Obtaining information from human-trafficking victims, said Rekas, takes "multiple interviews and hours and hours of meetings. A victim is dealing with a lot of trauma, so they're not going to immediately trust us and tell us what we need to know. So first, we take them to a safe place and get them food, sleep and a shower. It may take months for them to let their guard down and realize the police are there to help them."

And, added K.W., "It's often hard for a female to trust a male officer in a position of power." Rekas said the reverse is also true; in the case of a male victim, he might feel more comfortable talking to a male officer.

The detectives also gave parents some warning signs to look for in their own children, who might be in the process of being groomed by a sex predator. These indications include a change in peer groups – hanging out with people older than they are; isolating themselves from their families, friends and usual groups, such as clubs and sports teams; and lying and hiding information.

Rekas said other signs could be a teen wearing a different type of clothes or jewelry, a change in attitude or their becoming more sexually promiscuous. "A change in their behavior is a sign that something's not



BONNIE HOBBS/THE CONNECTION
Det. Christopher Rekas

going right," said K.W.

Rekas further noted that trafficking can happen to anyone, whether their family is rich or poor. He also cited three things traffickers do to their victims – scout, manipulate and track them.

SCOUTING involves seeking likely victims at bus stations, airports, malls, sporting events, detention centers and even in their neighborhoods. But the number-one way,

said Rekas, is through social media, "which is always involved, at some level." He said they often connect with juveniles via Snapchat, Instagram, WhatsApp, Kik and similar sites.

"And teens have multiple accounts – only one of which they let their parents see," said K.W.

Regarding manipulation, Rekas explained that, "Often, a victim is given narcotics to keep them up and working, and to control them so they'll keep going." K.W. said the drugs also impair the victims' judgment.

As for tracking, said Rekas, "It involves the use of fear of physical violence, plus threats to the victim's family." He said it can also entail branding the victim and changing his or her name "so they're looked at like a piece of property."

"We work with all the state and federal agencies – FBI, State Department, etc. – so if you suspect it, report it," he continued. "It's here in the county, and we're trying to figure it out, ourselves. And we're not looking to charge the victims. We don't want to retraumatize them. If you suspect human trafficking, call 911 first, because it's the fastest way to reach us."

People may also contact humantraffickinghotline.org, call 1-888-373-7888 (daily, 24 hours/day) or text 233733 or Help to that number.

AREA ROUNDUPS

O+ Blood Donations Are Needed

Inova Blood Donor Services is currently experiencing a critically low supply of O+ blood and is asking the community to help by donating this type blood. In addition, all successful blood donations are now being tested for COVID-19 antibodies. For more information, and to make an appointment to donate blood, go to www.inovablood.org.

Join Info Session on COVID-19 Vaccines

Local residents are invited to join AARP members on Saturday, Feb. 20, from 10-11 a.m., for a conversation about the rollout of the COVID-19 vaccines here. Speaking will be Dr. Gloria Addo-Ayensu, director of the Fairfax

County Health Department. To register, go to: <https://aarp.event.com/events/aarp-va-fairfax-covid-19-vaccines-information-session-virtual-2-20-21/registration-23a69deaf7b34a7682ee0a97a2e4b65b.aspx>.

Currently, some 186,000 county residents have signed up for a vaccine, but have not yet received it, due to the present vaccine shortage. The Health Department will send periodic messages with relevant information to individuals remaining in the queue. Those with questions regarding their registration or scheduled appointment may call the county Vaccine Hotline at 703-324-7404.

Help WFCM's Food Pantry

Western Fairfax Christian Ministries (WFCM) helps feed families in need in the local area, and the most-needed items in its food pantry this month are: Sugar (1-2 pounds), jelly and rolled oats, plus toiletries including shampoo, conditioner, feminine pads, soap, deodorant and baby wipes.

For information on how to donate these items to WFCM's food pantry in Chantilly, call 703-988-9656.

Also needed are perishable items such as milk, cheese, butter and yogurt. But in their case, monetary donations to the WFCM at wfcm.org will allow the nonprofit to purchase these items weekly, due to their short shelf life and the refrigerator space they require.

Information about Preventing Eviction

With the pandemic having such a profound effect on so many people, Fairfax County has created an Eviction Prevention Task Force. Its goal is to provide information about resources and help available to residents in need and in danger of possible eviction. To obtain help with utility, housing or food assistance, call the Coordinated Services Planning team at 703-222-0880.

NEWS

Fairfax County School Board Votes for In-Person Learning

Students who opt-in would be due back by March 16.

By MERCIA HOBSON
THE CONNECTION

Fairfax County Public School students, whose parents or guardians opt for in-person learning for their children, are headed back to the classroom at least two days a week by March 16.

On Feb. 2, the School Board unanimously consented during its work session to support Superintendent Scott Brabrand to proceed with his proposed timeline presented that day in the Return to School Update. According to Megan McLaughlin, Braddock District School Board member, the School Board has the ultimate authority to open and close schools.

During the final minutes of the work session and before the consensus vote, given the Board's apparent agreement on the proposed timeline, Laura Jane Cohen, Springfield District School Board member, said, "I can only vote to support this plan, Dr. Brabrand, if you are going to keep your foot on the pedal of making sure that our teachers are getting the support that they need ... Mr. Smith [Marty Smith, chief operating officer] has done incredible work of trying to get with Inova and figuring out what teachers haven't gotten [the vaccine] and prioritize. But we have to keep going in both directions, full tilt, of continuing to put pressure on to get those vaccines in people's arms and also to make



FCPS Superintendent Scott Brabrand

sure folks have what they need in the buildings to be successful," said Cohen.

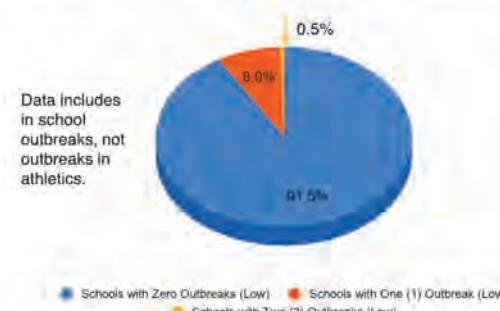
Cohen added that data must be released in real-time. "Our staff and families deserve to know what they are walking into."

Brabrand said, "We've come this far. I'm not about to quit on the Board, the community, or FCPS. We will see this through."

Brabrand acknowledged the vaccines and the plan for getting children back into schools was only "step one" of getting out of the pandemic. There would be challenges, and they needed to turn their time and attention to doing this well. "I will honor that commitment to you and your colleagues," said Brabrand.

The Board first supported, in a vote of 8-to-2, a procedural action to move forward with a pending consensus vote on the timeline, rather than wait and formally take action during the upcoming Feb. 4 regular meeting. School Board members Karen Keys-Gamarra (At-large) and Tamara Derenak Kaufax (Lee) opposed the consideration to vote on the matter on Feb. 2. "I don't believe that's how we inform the community," said Keys-Gamarra.

Level of School Impact: COVID-19 Outbreaks in FCPS Transmission in Schools - Sept. 8th - Jan. 23rd



Level of School Impact

Criteria	Low	Medium	High
Transmission within Schools	Zero or sporadic cases with no evidence of transmission in school	Two outbreaks within a short time period (14 days) or sporadic outbreaks in school. Size of outbreaks remains small.	Several outbreaks in school within short time period (14 days); size of outbreaks is large or scope of outbreaks is significant (e.g. multiple classrooms or grade levels are impacted)

FCPS' COVID Cases/Outbreaks and the Level of School Impact from 09/08/20-01/23/21.



Getting vaccinations to FCPS employees who want them is critical to in-person learning.

ra. Given the eight votes of support to move forward with the consensus vote, the Board went ahead. Reading out the votes by name,

McLaughlin announced the superintendent's proposed timeline's unanimous support as presented.

"I hope you can see this is a more positive overall outcome," said McLaughlin. "We support this school division moving forward with its best efforts to educate our children. ... This next step to returning to in-person learning for those who have elected it is critical."

Since the start of 2021, when all FCPS students returned to virtual learning after coronavirus infection rates surged regionally and nationally, the school division worked on a plan to get all students back in the classroom.

The current downward trend in Covid cases and percent positivity in the County led Brabrand and his leadership team to present their Return to School Update on Feb. 2.

According to Brabrand, those recent COVID trends, along with the Jan. 14 issue of "Interim Guidance

for Reopening PreK-12" by the Virginia Department of Education and Virginia Department of Health, the partnership with Inova to vaccinate all staff and educators who wanted it, and finally staffing and operational changes gave him and his leadership team confidence to move forward.

Brabrand had said, "It is our desire to return all our students to in-person learning by March 16, for at least two days a week of in-person instruction."

Brabrand acknowledged the challenges, variants of COVID-19 emerging, recommendations for masking, the vaccine process and supply. "However, our return to in-person plan that we are presenting today is not impacted by these issues at this time."

View The Decision-Making Model for Return to In-Person Learning on the Fairfax County Public School website.

2021 Virtual Fairfax County Teen Job and Opportunity Fairs in March

For the past few years Supervisor Pat Herrity's office, Fairfax County Public Schools and Connection Newspapers, along with Supervisors' offices, businesses, and community organizations including our local chambers, have hosted very successful teen job fairs and career-building workshops. These events focused on students and young job seekers looking for a variety of employment opportunities; full time, after-school, seasonal positions, internship opportunities, and volunteer positions. The fairs

have provided thousands of teenagers the opportunity to get in front of employers and for our employers to find talented Fairfax County students to fill their positions.

This year Herrity is once again teaming up with Connection Newspapers, Fairfax County Public Schools, community chambers and organizations and fellow Board members to bring our community two Fairfax County Teen Job Fairs and Career-Building Workshops. Normally, there are 5-6 fairs at local high schools. With the limitations of the ongoing pandemic, this year's fairs

will be hosted virtually through Brazen, a professional virtual job fair platform. The virtual fairs are scheduled for Saturday, March 13, 2-5 p.m. and Saturday, March 20, 11 a.m. to 2 p.m.

The fairs will be open to all teens in Fairfax County looking for employment, volunteer opportunities, or tips on building their resume. Free online booth space will be provided to businesses and organizations to advertise their available positions. We will also host resume and career building sessions with our Chamber

of Commerce partners.

Beginning Feb. 1, students as well as employers can register to attend at this link, www.fairfaxcounty.gov/springfield/teenjobfairs.

First jobs are important, and these events help connect teens with employers and prepare our youth for the workforce. This year especially, students and employers are desperate for opportunities provided by the fair with the hope that some normalcy will begin this summer.

Electrification of Virginia Transportation

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

In 1998 I chaired a task force of business and community leaders to collectively document what Northern Virginia needed to do to be an "EV Ready Community." Our work was part of a national effort involving ten communities under the sponsorship of the U.S. Department of Energy and the Electric Vehicle Association of the Americas to prepare for the introduction of electric vehicles. Our inch-thick report was very comprehensive in detailing the infrastructure needed in charging stations, building and roadways, and other changes that electric vehicles would require.

We were ahead of our time. Within about a year of our report the first commercial electric car, EV1, was no longer available and other manufacturers were not offering electric vehicles. Move ahead less than two decades and electric vehicles are becoming commonplace in many areas. I even own one, and on trips in my community I always see more than one.

What happened in the meantime is a greater



COMMENTARY

awareness of our transportation system's contribution to greenhouse gases and pollution. In the United States alone in 2017, the transportation sector accounted for 29 percent of the nation's total emissions of 6.4 billion metric tons of carbon dioxide equivalent, or CO₂e (the CO₂ equivalent of an individual greenhouse gas).

Driven largely by the transportation sector's emissions of fossil fuels, concentrations of CO₂ in the atmosphere have risen steadily since the early 1980s, according to the U.S. Energy Information Administration. Interestingly, when there is a recession there is a corresponding dip in emissions.

In addition to the increased awareness of the adverse effects of our conventional transportation on the environment, there has been an increase in the number of entrepreneurs who are willing to make major investments in developing electric cars and other vehicles and increased competition from abroad. A Super Bowl commercial sponsored by General Motors lamented the fact that in Norway 54 percent of

the new cars sold are EVs. The president of General Motors announced recently that the company would phase out gasoline vehicles and sell only electric passenger cars and trucks by 2035. Press accounts are that Ford Motor Company is making major investments in electric vehicles and VW that is about to move its US headquarters to Reston will be investing \$37 billion in electric vehicles.

In the General Assembly I am a co-patron along with the patron Delegate Lamont Bagby of HB1965 that directs the State Air Pollution Control Board to implement a low-emissions and zero-emissions vehicle program for motor vehicles with a model year of 2025 and later. The legislation will help resolve the problem of consumers in Virginia who want to buy an electric vehicle but must go out of the state to do so. Along with a rebate program the vehicles will become more affordable for persons of limited income. There have been major investments in charging stations throughout the state enabling travel without the fear of running out of juice. You may have noticed the Wawa in Vienna that sells electric charging only but no gas.

I need to review more carefully that report of two decades ago to make sure we are ready for EVs. Ready or not, here they come!

Coup at the Capitol, Our Capitol!

BY JOHN LOVAAS
COMMUNITY ACTIVIST AND FOUNDER OF RESTON FARMERS MARKET



INDEPENDENT PROGRESSIVE

January 6, 2021 is a date that will go down in history right along with September 11, 2001. On Jan. 6, the United States came perilously close to abandoning our democracy when a delusional President took his boldest step in a campaign to block his constitutional successor, Joe Biden, from taking office. He once referred to this as a "smooth transition" to his second term, Joe Biden's impressive victory, certified by Republicans and Democrats in the 50 U.S. states notwithstanding! Others would call it an attempted coup d'état.

Make no mistake about it, the terrorist attack on the U.S. Congress carrying out its constitutional duty to the American people was the culmination of Donald Trump's campaign, which began Nov. 3, to subvert the Election won by Mr. Biden. He would not concede the election he'd lost as is the custom and as Hilary Clinton did in 2016 after losing by a smaller margin and having whipped him in the popular vote. Instead, he howled fraud, citing examples, none of which were substantiated. He and a band of shameless sycophants pressured election officials in key states to do recounts, which were duly done and redone, on a bipartisan basis and which failed to make any significant difference. Next, he did what he's done all his life. He sued, and sued some more, in 40+ courts all told, including the Supreme Court (with 3 Trump appointees), only to be tossed out in every case for lack of proof! Then he and accom-

plishes like Rudy Giuliani and Sen. Lindsey Graham took to threatening Republican election officials in Georgia, for example, demanding that they "find" enough votes to change the election result. Damn the luck... he kept running into honest folks doing their jobs for the people.

He then turned to his mass action of Jan. 6 to deter the assembled House and Senate in the Capitol from completing the count of the electoral votes confirming Mr. Biden's election. He, his sons and far-right henchmen incited his mob of thousands to attack the Capitol and assure his second term. With their bats, clubs, knives, etc, it was clear they had not come for a picnic at the Capitol.

Now, the story gets really scary. How close did they come to succeeding in the coup? Answer:

Very close! Mysteriously, security at the Capitol on Jan. 6, despite warnings by the FBI, was minimal—a couple hundred Capitol Police vs. thousands of attacking rioters.

Why was it so hard to get help from the military? A call to DoD for help was forwarded to an office of a general who happened to be the brother of retired, disgraced and pardoned 3-star general Michael Flynn, the same Flynn who just two days before urged Trump to declare martial law to get his way! But, in the final analysis, the military held as an institution. But what if Flynn had gotten the military to side with Trump? Or, what if Republicans had had a majority in the House of Reps? Remember, as it was 130 House Republicans and 8 Senators voted to block millions of votes already certified

by the 50 states. The House and 51 Senators could have blocked certification and, as agreed in advance, asked Trump to stay on as President for an unspecified interim period, and even to declare martial law. Who would have stopped them?

I've lived and worked in countries where the military in fact does effect coups, removing and replacing elected civilians. I never thought it possible in my country. Now, having seen this near miss 25 miles from my home, I realize it could indeed happen here.

Most disturbing is that it appears likely there will be no consequences or future deterrents for Mr. Trump or any of his accomplices, like 130 Congressmen and women or Senators Cruz, Hawley and Graham. Former President Trump is unlikely to be convicted in his second impeachment trial, will be off to wreak havoc in the 2022 congressional elections and, yes, may run for another term as your President in 2024! Most Republicans seem totally lacking not only moral compasses, but also any regard for their sworn oaths to uphold our Constitution. Remember what Senator Collins (R-Maine) said after voting to acquit Trump in the first impeachment trial? "He's learned his lesson." HA!

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NEWS DEPARTMENT:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9415
bhobbs@connectionnewspapers.com

Ken Moore
Contributing Writer
kmoore@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

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

CIRCULATION
circulation@connectionnewspapers.com



Heightened Needs Demand One-Stop Mobilizations

Reston drive-through supports three resources.

By MERCIA HOBSON
THE CONNECTION

It was quite a day," said Roberta Gosling of Reston, co-founder of South Lakes High School PTSA Food Pantry. Last week, Gosling welcomed Friends of Reston Regional Library and E4E Essentials for Education to a drive-through in front of South Lakes High School. There, those with heightened needs could get items in just "one-stop."

Gosling and Andy Sigle of Reston, part of the leadership team that launched the pantry in 2017 for students eligible to receive free or reduced-price lunches, stood ready. Sigle said, "The only thing we ask (now) is that they (food pantry recipients) are part of the South Lakes High School Pyramid... (People) having to pivot because of job changes or whatever, who need a stop-gap, have said that this comes in real handy...Last week, we did nearly 150 bags."

A large group of volunteers from the Friends of Reston Regional Library (FRRL) stood near the food



PHOTO BY MERCIA HOBSON/THE CONNECTION
Books are arranged by grade level.

distribution, ready to continue their Book Bites project distribution. Eileen Evon, Community Outreach Chair for FRRL, organized the volunteers with military precision to set up the tables and load them with bags of new books bundled by grade level. "None on the ground," Evon called out.

Inspired by other organizations across the country that had provided books in conjunction with school meal programs, volunteers for the FRRL Book Bites project were in the midst of their distribution of nearly \$15,000 worth of new books to children at four Reston public schools. Volunteers fanned out and asked drivers the ages of children in their families, called them out, and other volunteers passed the appropriate bags forward, which the volunteers handed through car windows.

"We handed out 350 books @ southlakeshs today," tweeted Reston Library Friends @lovebooksReston.

Alisa Harriot of Reston is one of the founders of E4E Essentials for Education. E4E is a supported and fiscally sponsored CORE Cause through the CORE Foundation, a non-profit organization.

Harriet stood beside a MI-BOX mobile self-storage container dropped off at the far end of the South Lakes High School parking lot. Beside it, Harriet had lined up surplus desks and chairs donated by Fairfax County Public Schools and headsets funded by donations. "As of today, we've donated 806 desks in Herndon and Reston," Harriet said. She added that they had given away more than 200 headsets and earbuds.

E4E volunteers also drive desks to people's homes. "They can't put them on the bus, and not everybody has transportation," Harriet said. "The next thing we are going to be doing are masks for back to school because everybody will need five masks and washing bags."

Representatives of the three groups acknowledged the support of their many sponsors and partners who helped them be the power to make a difference for their neighbors, among them, Good Shepherd Lutheran Church and Trader Joe's in Reston - SLHS PTSA Food Pantry, Scrawl Books and Jersey Mike's of Reston - FRRL Book Bites project and MI-BOX of Northern Virginia and Fairfax County Public Schools- E4E Essentials for Education.

Contact each group or organization's website regarding monetary, in-kind, and physical donations.

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SPORTS

Westfield Bulldogs Beat Madison Warhawks, 48-40

The Westfield Bulldogs hosted the Madison Warhawks on Jan. 30 in Chantilly. The Bulldogs won, 48-40.

The Bulldogs were led by Jonny Farmelo who finished the game with a team high 18 points. Will Vetter added 13 points. Kashantis Anderson scored 12 points. Madison was led by Logan Spafford who had a game high 25 points.

Westfield will host Langley in the Region Tournament first round on Feb. 8 at 7:30 p.m. Madison will host Herndon in the first round at 7 p.m.

— WILL PALENSCAR



PHOTOS BY WILL PALENSCAR/THE CONNECTION
The Bulldogs were led by Jonny Farmelo who finished the game with a team high 18 points.



Madison's Logan Spafford had a game high 25 points.



Kashantis Anderson scored 12 points.

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"Clinical Correlation Suggested"



By KENNETH B. LOURIE

Means what exactly? That was the suggestion written by the pathologist after "non small cell lung cancer" was written in the "diagnosis" section of the pathology report completed after my original surgical biopsy was performed at Holy Cross Hospital in early 2009. I had never seen this document until this past week, finally retrieving it after nearly 12 years, represents a kind of symmetry. Though 2009 is when my life as an officially-diagnosed-lung-cancer patient began, I am not at all prepared to say that my current life as a lung cancer patient is over. It's just called something else.

Nor am I prepared to say this document gives me much clarity or satisfaction for that matter. Unfortunately, getting re-diagnosed with papillary thyroid cancer recently doesn't change the past or guarantee the future. It does however, reshape it, potentially - for the better. When it comes to cancers you'd prefer to have and the ones you wouldn't, thyroid cancer, generally speaking is way more preferable than lung cancer. The survivability gap is all you need to know. The side effects and sacrifices required to live with thyroid cancer pale in comparison to those required of lung cancer patients. In fact, if you don't already know it, lung cancer is the leading cause of death among all cancers, by far. Moreover, more people die from lung cancer as do from the next four cancers combined. Lung cancer is a killer. So being reclassified from lung cancer to thyroid cancer is huge. The fact that I've survived so long already, 12 years post diagnosis, means I may have used up some of my unexpected life expectancy however. Still, it beats the alternative.

Originally, I was told my lung cancer was incurable and given a "13 month to two year" prognosis. Presently, as it relates to my current prognosis, it's sort of indefinite. The drug I'm taking is effective for three years. After which, I'm sort of on my own as there are no new drugs in the offing to manage my cancer. In effect, I am once again incurable, as the years of treatment for lung cancer had no effect on the underlying thyroid cancer and did a kind of damage that now means I can be treated but not cured. Quite different than had I been treated for thyroid cancer all along.

Yet, seeing this paperwork from 12 years ago which clearly lists "non small cell lung cancer, primary to the lung" has sort of stopped me in my tracks. So far as I understand/recall, there was no "clinical correlation." I started chemotherapy the following week. Was something neglected? Certainly, I didn't ask for a second opinion, which is on me, but was the oncologist supposed to research further? Was the pathology report sort of damning - me, with a kind of faint praise -- uncertainty, if you can extrapolate?

Otherwise, how does the profession account for my still being alive. When we got a second opinion a few months back from a head and neck (to include thyroid) cancer specialist at The Lombardi Cancer Center at Georgetown, she said, if I had lung cancer, I wouldn't still be alive so it's logical to presume the recent surgical biopsies that indicated thyroid cancer were likely confirming a long-standing cancer, and that quite probably I never had lung cancer but rather thyroid cancer that had metastasized to the lung.. But there was no further investigation in 2009. The diagnosis - without a "clinical correlation" was non small cell lung cancer/ carcinoma.

At the initial meeting with my oncologist, it all sounded so serious and the doctor was so clear in his assessment of my situation, that it seemed irresponsible, foolish even, to wait. We scheduled my first chemotherapy infusion for the following week and the rest is history. Now I'm wondering if it was history that need not have been made.

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

Priscilla Ames, Martha Penino and Embry Rucker outside the Embry Rucker Shelter Community Center.

RESTON HISTORIC TRUST



See Reston's Historic Sites

**Online map recalls
'Yes in my backyard.'**

BY MERCIA HOBSON
THE CONNECTION

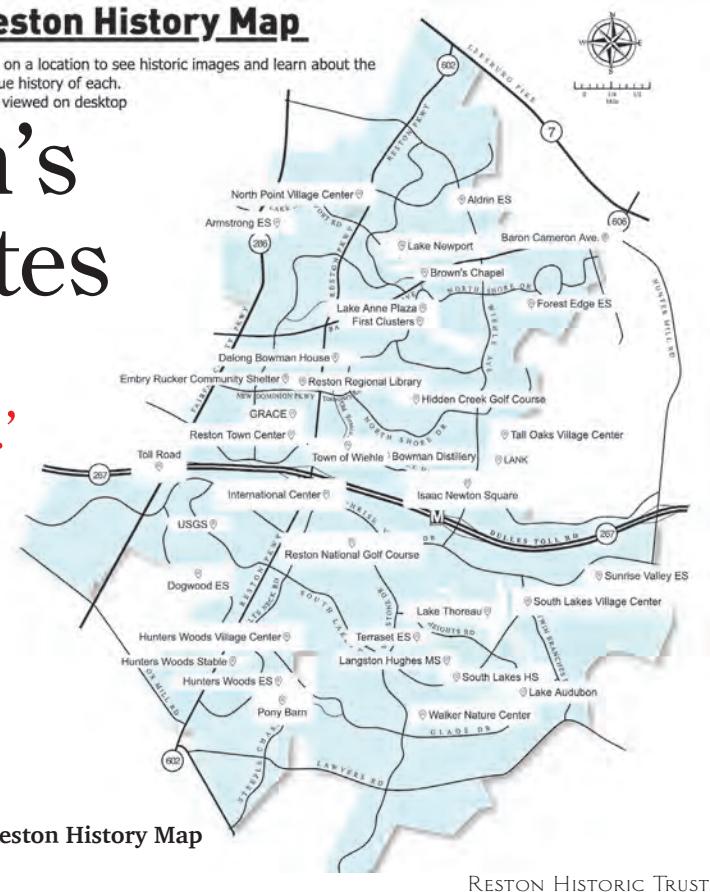
Reston Historic Trust & Museum recently released its online interactive Reston History Map that highlights critical historical sites throughout the community. When clicking on the individual sites, viewers find photos and brief accounts. One example is the Delong Bowman House. "Built in 1941. DeLong Bowman, one of A. Smith Bowman's sons, operated the distillery and hosted the Fairfax Hunt. The house was used by Robert E. Simon, Jr. in the 1960s as he began planning Reston. In 1984, it was renovated into an office park."

"The locations are ones that we had a variety of archival material on that we could tell a story about. Currently, the map features over 30 locations and utilizes over 100 archival artifacts from our collection. We intend to continue adding to the map over time," said Alex Campbell, Executive Director of the Reston Historic Trust & Museum.

Another example is the Embry Rucker Community Shelter built in 1986. When Restonians realized there were those who were homeless in their neighborhood, they petitioned the Fairfax County Board of Supervisors to build a homeless shelter stating, "Yes, in my backyard!"

Reston History Map

Click on a location to see historic images and learn about the unique history of each. Best viewed on desktop

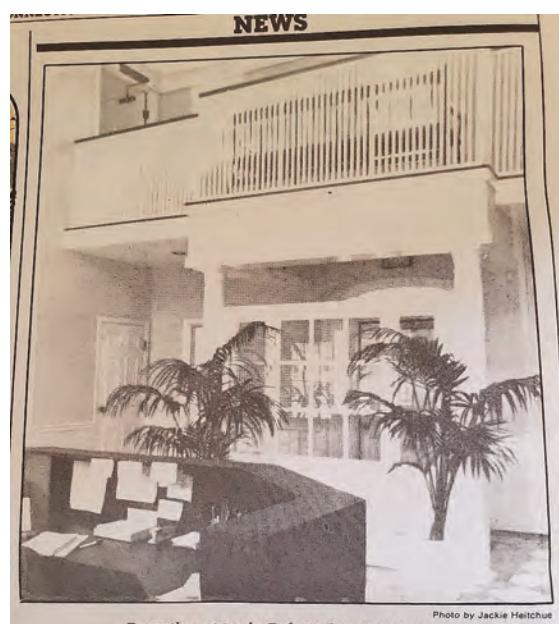


Reston History Map

RESTON HISTORIC TRUST

Delong Bowman house as viewed on the Reston History Map by Reston Historic Trust.

FILE PHOTO
THE CONNECTION,
AUG. 1, 1984



Art Deco New Look



Bamilak Robi, 11, tries out his new bike, donated by the Green Lizard Foundation after someone stole his bike. Dave Meyer, co-owner of "The Lizard" (right) and attorney Doug Landau, Abrams Landau Law Firm, Ltd., (left) make sure all is good with the bike and lock, as well as the helmet Landau donated through his Lids on Kids initiative.

PHOTO BY
MERCIA HOBSON/
THE CONNECTION

A Bike for Bamilak

Good things happen when groups partner.

BY MERCIA HOBSON
THE CONNECTION

Herndon-based personal injury attorney Doug Landau of Abrams Landau Law Firm recently met Bamilak Robi, 11, of Reston after he and his family were involved in an automobile crash. Landau is also an avid marathoner, cyclist, and sports advocate. He takes bike helmet safety personally and is the founder of the local Lids on Kids initiative. It is a school and center-based program designed to prevent brain injury through bike safety education and free helmet giveaways to thousands of low-income children.

Lisa Goldman, a legal assistant and part of the Abrams law team, said that when Landau got to know Bamilak, he gave him a cycling helmet. Bamilak promptly replied, "But I don't have a bike."

"Nothing worse than giving a kid a bike helmet, and they don't have a bike," said Goldman.

Landau learned that Bamilak had liked riding his bicycle, but it had been stolen. Landau said, "I figured we could do something to remedy that situation."

Landau tapped the nearby non-profit organization, The Green Lizard Foundation. It is a community-based group of positive, civic-minded individuals who banded together with the owners of Green Lizard Cycling. Founded on the principle that every young person should have the ability to lead a healthy, active lifestyle regardless of his

or her financial circumstances, the Foundation took the responsibility to provide a new bike and lock for Bamilak.

"I'm glad that the Foundation can help folks. This is what the Foundation is all about at the end of the day, to help the community. Get somebody back out on a little exercise or get them transportation. That's why we want to do these kinds of things," said Dave Meyer.

Late in the afternoon on Wednesday, Feb. 3, Bamilak, his mother, Wubitu Tekeltision, and father, Alemayehu Ayno, Dave and Beth Meyer, owners of Green Lizard Cycling, Landau, and Goldman, gathered on the front porch of the historic house that is the home of Abrams Landau, Ltd. Law Firm. Landau and Dave Meyer excused themselves, and a few minutes later, wheeled out a bright green Roadmaster Granite Peak Boy's Mountain Bike. After learning how to shift the gears, Goldman asked Bamilak about wearing his helmet. Spontaneously raising his right hand, Bamilak said, "I solemnly swear I'm going to wear my helmet at all times while riding my bike."

Landau said they had some 300 helmets they weren't able to give away at schools and centers because of COVID safety restrictions.

"We were worried that we were not able to protect anyone, but with the Green Lizards' help, with the Safe Routes to Schools Program, which has been giving out six, twelve, twenty-four helmets at a time, by driving by... we've managed to give away quite a few helmets," he said.

If you know of a school or a local group that could benefit from the helmet giveaway program, email education@landaulawshop.com or call (703-796-9555).