

Great Falls CONNECTION

WELLBEING
PAGE 11

Bill Canis of Great Falls is Dranesville's 2021 Lord Fairfax, pictured here with Dranesville's 2021 Lady Fairfax Janie Strauss and Supervisor John W. Foust (D-Dranesville), center.

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Why I Walk
To End Alzheimer's
NEWS, PAGE 6

Lords and Ladies
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Gin Dance at
Capital One Hall
ARTS, PAGE 6

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OCTOBER 6-12, 2021

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Tired of paying so much more at the pump?

You're not alone. Virginia drivers deserve a break.

That's why Republicans want to **suspend** Virginia's recent gas tax hike.

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Had enough? Vote Republican.



SCAN ME

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

OCT. 1-31

MVFD Coloring Contest. The McLean Volunteer Fire Department is inviting elementary school students across the area to participate in a coloring contest during October's Fire Prevention Month. Students can download an image of the fire station, color it any way their imagination leads and mail it back to the address: 1455 Laughlin Ave., McLean, VA 22101. At the end of the month, they will hold a drawing – with the winner receiving a visit to his or her street by the antique Pirsch fire truck. Here is the link to the drawing: <https://www.mcleanvfd.org/coloring-contest/> Visit the website: www.mcleanvfd.org

WEDNESDAY/OCT. 6

MahJongg at TRS. 1-4 p.m. At Temple Rodef Shalom, 2100 Westmoreland Street, Falls Church. Weekly Drop-In Mah Jongg at Temple Rodef Shalom. Questions? Debbie D at wotr@templerodefshalom.org. \$5 per session. All skill levels welcome. Masks required.

THURSDAY/OCT. 7

Pathways To Wellness Annual Conference. 10 a.m. to 12:30 p.m. Via Zoom. Recovery Program Solutions of Virginia will sponsor the Pathways to Wellness Conference, an annual event that celebrates mental health recovery. This virtual event's theme is Still Striving, Still Thriving Through it All. The event is planned and hosted by the Wellness and Recovery Committee, a group of representatives of government and nonprofit organizations in Northern Virginia whose work and lives involve mental health recovery. Attendees include individuals with mental health concerns, their loved ones, professionals in the field, and anyone interested in wellness. Attendance is free but guests must register. To learn more, visit www.PathwaysToWellness-Conf.com. Call Will Schermerhorn at (703) 338-1776 or contact him via email coordinator@pathway-stowellnessconf.com.

FRIDAY/OCT. 8

Raise the Region Fundraiser. 7 p.m. The Community Foundation for Northern Virginia hosts its 2021 Raise the Region, a virtual event that will be live-streamed and will include an online auction and opportunities to engage and connect with the community 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. 9

Stuff the Bus. 10 a.m. to 3 p.m. Fastran buses will be accepting food donations at the following locations:
 Dranesville | Benefitting LINK, McLean Government Center
 1437 Balls Hill Rd, McLean.
 Great Falls Grange, 9818 Georgetown Pike, Great Falls.
 Patrick Henry Library, 101 Maple Ave E, Vienna.

WWW.CONNECTIONNEWSPAPERS.COM

NEW DATA REVEALS **MASSIVE LEARNING LOSSES** IN FCPS (SCHOOLQUALITY.VIRGINIA.GOV)

READING

↓ 8 POINTS

SCIENCE

↓ 19 POINTS

MATH

↓ 25 POINTS

Meanwhile, Democrats are focused on pushing their divisive “woke” ideology on kids.

Had enough? Vote Republican.

SOL SCORES EXPOSE THE TRAGEDY OF A LOST YEAR
(SUN GAZETTE, 09/02/21)

Fairfax Students Back to School Amid COVID-19 Chaos, CRT Protests
(Washington Examiner, 08/23/21)

Fairfax Schools Pay New York Consultants for Critical Race Theory Curricula
(The Federalist, 05/07/21)



SCAN ME

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Lords and Ladies Fairfax 2021 Twenty individuals honored.

BY MERCIA HOBSON
THE CONNECTION

Twenty honorees who were named Lord and Lady Fairfax of their magisterial districts and at-large for 2021 were celebrated at last week's Board of Supervisors meeting. Each of the nine elected members of the Fairfax County Board Supervisors selected two outstanding individuals from their districts to receive the prestigious award as did the Chairman. The honorees demonstrated exceptional volunteer service, heroism or other special accomplishments to receive the award.

The tradition of the Lord and Lady Fairfax Awards program began in 1984 to recognize the outstanding volunteer leaders of Fairfax County and is usually held in conjunction with the Celebrate Fairfax Festival. However, Celebrate Fairfax, Inc. canceled the 2021 festival due to the coronavirus pandemic.

Lords and Ladies

At-Large: Chairman Jeffrey C. McKay
Pamela Montesinos
Andres Jimenez

Braddock: Supervisor James R. Walkinshaw
Leeann Alberts
Robert Cosgriff

Dranesville: Supervisor John W. Foust
Janie Strauss
William Canis

Hunter Mill: Supervisor Walter L. Alcorn
Brenda Irons-LeCesne
Alvarez LeCesne Jr.

Lee: Supervisor Rodney L. Lusk
Renee Grebe
Keith Foxx

Mason: Supervisor Penelope A. Gross
Dr. Nancy Joyner
Mr. William Lecos

Mount Vernon: Supervisor Daniel G. Storck
Ms. Lisa Sales
Dr. Keary Kincannon

Providence: Supervisor Dalia A. Palchik
Mercedes Dash
Ken McMillon

Springfield: Supervisor Pat Herrity
Christy Hudson
Evan Drain

Sully: Supervisor Kathy L. Smith
Debbie Kilpatrick
Carlos Carrero

Chairman Jeff McKay Pamela Montesinos

and her teammates at Western Fairfax Christian Ministries have been a beacon of hope for so many in Fairfax County as the COVID-19 pandemic has created a crisis unlike any that most of us have seen before. WFCM has been a trusted partner, and provider, for our Fairfax County community since the start of the pandemic. This support has not wavered, and Pamela continues to lead the Client Operations and Programs at WFCM at "full steam ahead" to ensure that our resi-



FAIRFAX COUNTY
Pamela Montesinos

dents at risk for hunger and homelessness are cared for with grace and dignity.

Andres Jimenez is a model of citizen involvement in local government. Through multiple avenues, he has found a way to speak up for causes important to him and in support of the most vulnerable members of our community. As an environmental advocate, he has been a crucial voice to serve as the Chairman's appointee to the Planning Commission. In this role, he has dedicated countless hours and long evenings to thoroughly vetting land use policies to ensure each one meets the needs of our community. He has committed to bringing an equity lens into every decision he makes in this role. Notably, Andres stepped up to serve on the Chairman's Task Force for Equity and Opportunity this past year, to further advocate for a future in Fairfax County where all community members are able to thrive



FAIRFAX COUNTY
Andres Jimenez

Braddock Supervisor James R. Walkinshaw

Leeann C. Alberts is a retired attorney with more than 40 years of professional experience primarily in Federal Government and commercial contract law. Born and raised in Massachusetts, she is a 1981 graduate of Suffolk University School of Law in Boston and also holds a Masters of Business Administration from Western New England College. Her undergraduate degree is from Boston College. Ms. Alberts is the Braddock District Representative for the Fairfax County Health Care Advisory Board (HCAB), and the immediate past Chair of the Fairfax Area Disability Services Board (FADSB). She currently also consults on the All Abilities Activities Center project (AAAC). She has previously served on the Northern Virginia Training Center Task Force, the Long Term Care Coordinating Council (LTCCC), and the Community Consolidated Funding Pool (CCFP) evaluation team for Fairfax County. Her volunteer work outside of the Fairfax County Government umbrella includes holding the position of Vice President of the Board of Directors for the ENDependence Center of Northern Virginia (ECNV), as well as Membership Vice President for the Kings Park Civic Association Board (KPCA). A person who has had significant disabilities since childhood, she is a long-time disability rights advocate, having served as a member of the Board and President of the Center for Living and Working in Worcester, MA in the mid-1980s. She was also a member of the State of Massachusetts Commission for the Developmentally Disabled. Leeann and her husband Brian live in Springfield, VA. In her spare time, she has sung with the Metropolitan Chorus and the Vienna Choral Society performing at the Kennedy Center, as well as at the Lincoln Center, Alice Tully Hall in New York City, the Boston Symphony Orchestra, at Tanglewood and with the Boston Lyric Opera Company.



FAIRFAX COUNTY
Leeann Alberts

Bob Cosgriff is the incumbent Braddock District representative and Vice-Chair on the Trails, Sidewalks and Bikeways Committee.



FAIRFAX COUNTY
Robert "Bob" Cosgriff

He was initially appointed by then-Supervisor John Cook in 2017 and reappointed by Supervisor James Walkinshaw in 2020.

Current Community Service: Fairfax County Medical Reserve Corps (since 2012); completed Incident Response System certification, Safety Officer certification, and several other training requirements, and participated in a number of full-scale field training exercises as well as real-world mobilizations, including for COVID-19 support

Mr. Cosgriff is a graduate of Villanova University (BA, Honors Program—Humanities, magna cum laude) and earned an MA in Education from Pepperdine University. He served on active duty in the U.S. Navy for 24 years, retiring as a commander, and subsequently worked in higher educational administration and defense contracting.

Dranesville Supervisor John W. Foust

Janie Strauss was a member of the Fairfax County School Board for 26 years, two years as an At-Large member and 24 years representing the Dranesville District. She served multiple terms as chair, vice-chair, and budget chair. During her tenure, two new elementary schools (Colvin Run and Coates) were opened and 15 schools in the Dranesville District were renovated. In addition, full day kindergarten, advanced programs available to all students in all schools, arts as a core curriculum, and later start times for high school students became the norm. She was awarded the Advocate in Education Award in 2018 by the Virginia School Board's Association. She retired from the School Board at the end of 2019. Janie began her education career as an elementary and preschool teacher. She holds a Master of Arts in Teaching from the Harvard Graduate School of Education. She served many years as the board chair of The Country Day School in McLean. She has been a PTA president and President of the Fairfax County Council of PTAs. As the McLean Citizens' Association Education Chair, she was part of the group that founded the McLean Teen Center. She has been a long time Board member and supporter of the McLean Project for the Arts. She currently is the Program Director of The Cappies of the National Capital Area and Vice President of the Cappies Corporation. Cappies celebrates and promotes excellence in high school theatre throughout the US and Canada. Janie has lived in McLean for 46 years.



FAIRFAX COUNTY
Janie Strauss

Bill Canis Serving as president of the 53-year-old Great Falls Citizens Association since 2016, and previously as its vice president, environment and parks committee chair, and communications director, Bill Canis is a team builder, working diligently with the GFCA executive board and other residents to retain semirural aspects of their community. Because Great Falls is not a legally organized town with a mayor and council, federal, state, and local officials often look to GFCA to provide local perspectives, comments, and recommendations on a range of public issues. During his tenure, the GFCA executive board has increased the voice of residents in county land use and school decisions, expanded the tree canopy, identified ways for better storm water regulation, improved deer management to preserve woodlands, sought safer local roads while protecting their his-



FAIRFAX COUNTY
William Canis

toric two-lane characteristics, added mobility options for pedestrians with new trails, and worked to preserve historic assets such as Turner Farm, the Grange, and Forestville Schoolhouse. He has also served for a decade as a scout leader, assisting Great Falls youth in cub scout Pack 55 and boy scout Troop 55 in developing leadership skills, teamwork, and environmental awareness. A 22-year resident of Great Falls with his wife Susan and three children, he has participated in other local civic organizations such as Great Falls Trailblazers. He led community efforts to relocate signage about Georgetown Pike during the Civil War from Route 7 onto that historic roadway, the first such signs in Great Falls. While living in New Jersey, he was an active member of his town's Economic Development Commission, and as a resident of Washington, DC, he served as a board member of the organization now called the DC Preservation League to preserve historic characteristics of the capital city. He is a graduate of Johns Hopkins University with a B.A. and M.A. in international relations.

Hunter Mill Supervisor Walter L. Alcorn

Born and raised in Los Angeles, California, **Brenda Irons-LeCesne** earned a Bachelor of Science in Psychology from California State University at Los Angeles, and a law degree from Loyola Law School Los Angeles. In 1977, she and her husband, Alvarez LeCesne, Jr., moved to Reston. Her legal career included attorney for the Federal Communications Commission and Federal Trade Commission, and Deputy Director for The Center For Dispute Settlement. In addition to her career and raising 2 children (Craig and Ryane) with Alvarez, she has been active in the Reston community for many years leading organizations that provide resources and services to the African American community in Fairfax County. As former president of the Lambda Kappa Omega Chapter of the Alpha Kappa Alpha Sorority Inc. (AKA), she initiated an annual health fair, an annual women's workshop, and a high school honors program. As former president of the Reston Chapter of Jack and Jill America, Inc., she coordinated the first Cotillion and Beautillion, a program that honors young African American women and men. Under her leadership, the Reston Chapter of The Links, Inc., received the Best of Reston Award and the Martin Luther King Jr. Cultural Foundation Outstanding Educator Award. She also served on the board of the Educational and Charitable Foundation (ECF), a public nonprofit organization and the philanthropic arm of Lambda Kappa Omega Chapter of AKA. ECF's mission is to provide educational and charitable services to individuals and organizations. She is a recipient of the NAACP Fairfax County Chapter Community Service Award and has served on the Reston Community Center Board of Governors. She continues to remain active with the Reston Links, AKA, African American Women's Book Club, Heritage Fellowship Church, Reston-Dulles Section of the National Council of Negro Women, Reston Rubies and The Uplanders.



FAIRFAX COUNTY
Brenda Irons-LeCesne

Born in New Orleans, Louisiana, and raised in Los Angeles, California, **Alvarez LeCesne Jr.** earned a Bachelor of Science in Business and



FAIRFAX COUNTY
Alvarez LeCesne, Jr.

Lords and Ladies Fairfax 2021

FROM PAGE 3

Accounting from California State University at Los Angeles and a law degree from Loyola Law School Los Angeles. In 1977, he and his wife, Brenda Irons-LeCesne, moved to Reston. In 1995, he retired from a legal career with the federal government, where he worked for the Internal Revenue Service and the Department of Justice. He then embarked upon a career with several nonprofit organizations serving as Director of Government Affairs and Community Outreach for the Reston Association, Director of Community Partnerships for Reston Community Center, and Executive Director for the Emerging Scholars Program. In addition to his careers and raising his 2 children (Craig and Ryane) with Brenda, he has been a very active volunteer. Currently, he is a member of the Fairfax County Comprehensive Plan for Reston Study Committee. He serves on boards of the Emerging Scholars Program, the Herndon Rotary Club, and Reston USE. He is co-chair of the Fairfax County Police Department Chief's Council on Diversity Recruiting. He is a member of Heritage Fellowship Church, the Fairfax County Chapter of the NAACP, Sigma Delta Tau legal fraternity, and Alpha Phi Alpha fraternity. His numerous achievements include the Best of Reston Award, the Martin Luther King, Jr. Cultural Foundation Outstanding Educator Award, the NAACP Community Service Award, the Reston Community Coalition Outstanding Service Award, and the Emerging Scholars Service Award for serving as Founding Executive Director and Trustee Emeritus

Lee Supervisor Rodney L. Lusk

As a 20-year resident of Lee District, **Renee Grebe** works to connect residents with the value of their local ecology. She is an active resident of Loft Ridge HOA, having helped to install a rain garden, a native plant meadow, and is currently the co-chair of the Conservation Committee. Since 2012, she has been a Fairfax County Invasive Management Area (IMA) Volunteer Coordinator at Clermont and Loftridge Parks, working with volunteers throughout the year to remove invasive plants. In 2014, she became a Certified Virginia Master Naturalist and has since contributed over 600 volunteer hours to the program. Since 2016, she has served on Fairfax County's Environmental Quality Advisory Council (EQAC) in an advisory capacity to the Board of Supervisors on diverse environmental policies. Since 2019, she has been the Northern Virginia Conservation Advocate for the Audubon Naturalist Society, leading efforts in Northern Virginia to protect watersheds and respond to the climate emergency. Most recently she served as a Lee District representative on the County's Community-wide Energy and Climate Action Plan (CECAP) taskforce. She looks forward to leading Fairfax County towards a more sustainable, equitable future.



FAIRFAX COUNTY
Renee Grebe

Keith Foxx has been mentoring youth in the County's FairfaxFamilies4Kids program, continuously, now for nearly 20 years. He nurtures and guides mentees, making sure they are on the right path, helping them to be the best version of themselves.

This successful Howard University-trained civil engineer continues to advise and mentor a 31-year old that he first met when the man was



FAIRFAX COUNTY
Keith Foxx

14 years old. Keith has served for four years on the PTSA at Lewis High School, and similarly volunteers with the Key Middle School PTA. He will tell you that his deep commitment to youth stems largely from his own early experiences growing up in difficult, often dangerous surroundings in Boston. His parents were both employed; his Dad was also a Vietnam veteran. Keith was a very good student, especially in mathematics. He played varsity basketball and varsity football. Yet violence was always near for him and other young Black youth. His mom worried about possible gang involvement and packed Keith off to a private school in Cambridge. When Keith returned home after his first year at Howard, he and a cousin returned their dates to their homes, finding an ex-boyfriend raging and firing a bullet that hit Keith in his abdomen. The following summer Keith learned that his cousin had been murdered. The pain, hurt and sense of guilt endure. Foxx is driven and compelled to intervene and redirect this pattern of lost opportunity, failure, likely violence, and possible death. He is fully dedicated to the mentoring work of modeling responsible behavior and interventionist engagement.

Mason Supervisor Penelope A. Gross

For **Dr. Nancy Joyner**, volunteering is a way of life that brings joy to herself and others. An active community member for 35 years, Nancy is best known for creating the Team Joyner Foundation after the untimely death of her son, Clayton (Coach CJ) Joyner in 2014. Commemorating her son and his love of swimming, the foundation awards scholarships to needy Falls Church High School seniors to attend Northern Virginia Community College. Proceeds from the Coach CJ Celebration, an annual event at the Annandale Firehouse, fund the memorial scholarships. Nancy is also a marriage celebrant, and has performed more than 425 marriages. She does not accept fees, but donations from the ceremonies help fund Team Joyner scholarships. In 2015, Nancy converted Coach CJ's Victory Lane Aquatic Club into a year-round non-profit organization which trains youth in competitive swimming. Nancy is a certified referee and stroke and turn judge for the Northern Virginia Swim League, and is a founder of NOVA United Senior Women's Basketball Association, competing in regional tournaments and the National Senior Olympic Games. Currently the Magister (president) of the Court of Camelot, Nancy retired in 2017 as the Dean of the Lutheran College Washington Semester and Executive Director of the Lutheran College Washington Consortium. She lives in Camelot with her two puppy mill rescue dogs, Bandit and Cuddles. Her daughter, Kristin, is a Fairfax County kindergarten teacher, and her late husband, Dr. Christopher Joyner, was a professor of International Law and Politics at Georgetown University. Nancy Joyner turned grief into positive energy, benefiting her community, and richly deserves to be Mason District's Lady Fairfax.



FAIRFAX COUNTY
Dr. Nancy Joyner

Bill Lecos moved to Mason District as a child in 1962, growing up in a family committed to community and public service. After establishing his career in nonprofit management, Bill and his wife, Judy, moved their three young daughters back to the family homestead in 1998. During the past 23 years, in addition to



FAIRFAX COUNTY
William Lecos

becoming a recent grandfather, Bill has served his neighborhood and Mason District in a variety of roles. Bill has served as a director of the Sleepy Hollow Recreation Association and the Lake Barcroft Association. He initiated the Community Night Out event in Lake Barcroft to recognize first responders, including the water safety staff, and the installation of a community playground for the growing number of children in Lake Barcroft. Bill is Mason District's appointee to the board of Visit Fairfax, served on the Bailey's Crossroads/Seven Corners Comprehensive Plan Task Force, and more recently the Site Specific Plan Amendment Task Force in Mason District. Bill's ability to analyze concepts and find common sense solutions brings an extra level of calm community expertise to sometimes lively discussions.

Mount Vernon Supervisor

Daniel G. Storck

Lisa Sales has worked in both public and private sectors and served as a consultant for numerous nonprofit organizations. Over the course of her career, she has worked for the Executive Office of the President, two New York State Governors, a California Congressman, and multiple state and local officials. However, she pours her heart into her volunteer efforts and is a trailblazer in women's equity, domestic and sexual violence prevention and victim support, and racial equality. Lisa was a very vocal member of the Commission on Women, especially for issues in disenfranchised or marginalized communities. Due to Lisa's advocacy, the Commission's bylaws are the first in the county to include an equity statement. She was a driving force behind the Virginia General Assembly ratifying the Equal Rights Amendment (ERA) last year and continues to work to get Congress to fully ratify the amendment. Lisa was also one of the "Three Musketeers" who was determined to bring a domestic violence shelter opened in the South County area in 2019. Understandably, Lisa's initiatives, strong drive for equity, and mindfulness makes her a formidable and well respected advocate in the community.



FAIRFAX COUNTY
Lisa Sales

Reverend Dr. Keary Kincannon

is a leader and innovator in the Mount Vernon community. Keary earned his doctoral degree from Wesley Theological Seminary and began his career as a community organizer. Knowing he did not want to serve a traditional church, in 1996, he founded Rising Hope Mission Church to support the community of the least, the lost, the lonely, and the left out, along Route One. Under his leadership, Rising Hope provides 125,000 direct services to 6,000 individuals, operates a food pantry serving 1,000 families, a kitchen serving 16,000 hot meals and a hypothermia shelter serving 125. Keary is also a founding pastor of V.O.I.C.E. (Virginians Organized for Interfaith Community Engagement) a broad-based, multi-racial, multi-faith, multi-issue, non-partisan citizens' organization dedicated to social justice issues of low/ middle-income residents. After 26 years of ministering, Keary is officially retiring, but he has left an indelible mark on the lives of so many residents and he will remain an active leader in our community.



FAIRFAX COUNTY
Dr. Keary Kincannon

Providence Supervisor Dalia Palchik

Mercedes Dash was born in Havana, Cuba in 1952. During the tumultuous years of the Castro government, Mercedes and her sister were taken out of school as rumors circulated that children would be taken away from their families and sent to re-education camps. Between 1960 and 1962 14,000 children left Cuba and their families for the United States including Mercedes and her sister, who were 9 and 11 years old. Upon arrival in Miami in January 1962, they were placed in a foster home where we would remain for almost two years. Their parents joined them in Miami in January 1965. The family moved to Arlington, Va. in October 1965. After graduating from high school in Mercedes began working as a travel agent. She met her husband in 1973 and married the following year. They have lived in Fairfax County since 1974. Mercedes has five sons, eight granddaughters, two grandsons and soon her first great-granddaughter. In 2020, Mercedes graduated from George Mason University with a degree in Multicultural Early Childhood Education Administration. Mercedes has been operating a multicultural early childhood program since 1990. For several years, she has been the Providence district appointee to the CCAC Board. She is involved with the organization Cake4Kids where Mercedes bakes birthday cakes for children in foster homes and shelters here in the County. This year Mercedes was selected for the prestigious Child Care Aware of Virginia Heart of Service Lifetime Achievement Award. Mercedes loves serving our community and our state and hopes to continue for many years to come.



FAIRFAX COUNTY
Mercedes Dash

Ken McMillon

joined the Fairfax County's Community Action Advisory Board (CAAB) in March 2013. He has spent years as a strong advocate for affordable housing. Among the many roles and advisory boards he has served on in his fight to bring more affordable housing to Fairfax, Ken presented the Virginia Peters Memorial Fair Housing Award in 2018. He was appointed to the Preservation of Affordable Housing Task Force in August 2020.



FAIRFAX COUNTY
Ken McMillon

Springfield Supervisor Pat Herryty

Christy Hudson was working as a fitness instructor when the pandemic struck and quickly grew concerned that her children's access to education was at risk. Together with other Fairfax County parents, she was a co-founding member of the Fairfax County Parents Association, who organized to demand accountability and transparency from their School Board and the county school system. Previously an introverted and private person who had dedicated time to volunteering with her children through their schools, sports, and scouting, Christy found herself in the limelight as she became one of the visible faces of FCPA in the pursuit to reopen the schools safely to ensure children did not fall behind. Through her work with the Fairfax County Parents Association, Christy has been a vocal and successful advocate on behalf of parents and children who attend our schools. Having spoken to over a thousand individual parents and listening to their stories, Christy finds motivation in being able to share the stories and hardships of those



FAIRFAX COUNTY
Christy Hudson

Lords and Ladies Fairfax 2021

FROM PAGE 4

who struggled with FCPS during virtual instruction.

Evan Draim is a graduate of Princeton University and George Mason University School of Law who has always been drawn to Public Service. Interested in the intersection of public policy and education, he sought ways to be an advocate for individuals with disabilities. He became an Employment Development Specialist where he worked to advocate on behalf of those on the autism spectrum. Leveraging his connections in the community to increase the presence of Service Source, his work included connecting Service Source with local business and political leaders. In his work as legal and public policy fellow, he is continuing to promote the organization. Through his work with veterans in ServiceSource, he learned about the Navy JAG Corps. Evan decided to serve in the Navy JAG Corps following Law School to help gain legal knowledge and be able to advocate for underrepresented communities. In addition to his work with ServiceSource, Evan has served as a volunteer with the Asian Pacific American Legal Resource Center, on the board of directors of the McLean Citizens Association, as a mission committeeman with St. John's Episcopal Church, and as volunteer specialist with the Virginia Defense Force. While he cannot predict where his future career with the Navy JAG Corps will take him, drawing inspiration from his grandparents on each side, Evan is committed to continue his work in public advocacy and giving back to the community.



FAIRFAX COUNTY
Evan Draim

Supervisor Smith appointed Debbie as the Sully District Representative to the Barbara Varon Volunteer Award Selection Committee with reappointments in 2020 and 2021. Reviewing current practices, the committee held strategy meetings to better define the award and improve processes, and reassignment to Office of Elections. Debbie's experience with team building and strategic planning contributed to positive changes being implemented. Debbie serves as Sully District appointee with the Community Action Advisory Board (CAAB), 2019-2022 term. Debbie has participated in the directives of the board to prioritize the needs of low-income residents and determine resources needed to support them with recommendations of CSBG funding. Over the past few months, Debbie has participated extensively in strategic planning to revise the vision, mission, and implement meaningful advocacy, education, and funding to support the needs of those in poverty.



FAIRFAX COUNTY
Carlos Carrero

This year, on behalf of the residents of the Sully District, Supervisor Smith is pleased to honor the hard work and dedication of **Mr. Carlos Carrero**. Mr. Carrero has been a resident of Fairfax County since 2001, when he and his wife Marisol, and their two sons Timothy and Matthew moved from New Jersey. Since that time, Carlos has been heavily involved in youth sports, through coaching, organizing, and officiating. During that time, Mr. Carrero has racked up 18 sporting titles and championships. While he is undoubtedly a successful coach, Mr. Carrero views his victories off the court as his benchmark of success. "With sports, you can give any kid an outlet. And if you coach them the right way, you give them a chance." Mr. Carrero is still fondly referred to as "coach" by many of the children he previously coached, who are now grown adults. Even when he's not coaching, Mr. Carrero is instructing the youth off-the-field in the lessons of life. He is commonly sought after for advice by the youth in the Meadows of Chantilly. The COVID-19 pandemic proved quintessential for Mr. Carrero, as he stepped up to work with various County agencies and community groups to secure weekly food shipments and toiletries for his neighbors in the Meadows while many of them were out of work. Through his collaboration, Mr. Carrero provided spaces for trucks to unload produce, the Health Department to pass out hand sanitizer and for church groups to distribute staple commodities. Because of Mr. Carrero and his outreach within the community, the residents of the Meadows of Chantilly did not go hungry when the virus presented very real and very serious challenges. Mr. Carrero continues to advocate for his community by serving on Fairfax County's Manufactured Housing Task Force.

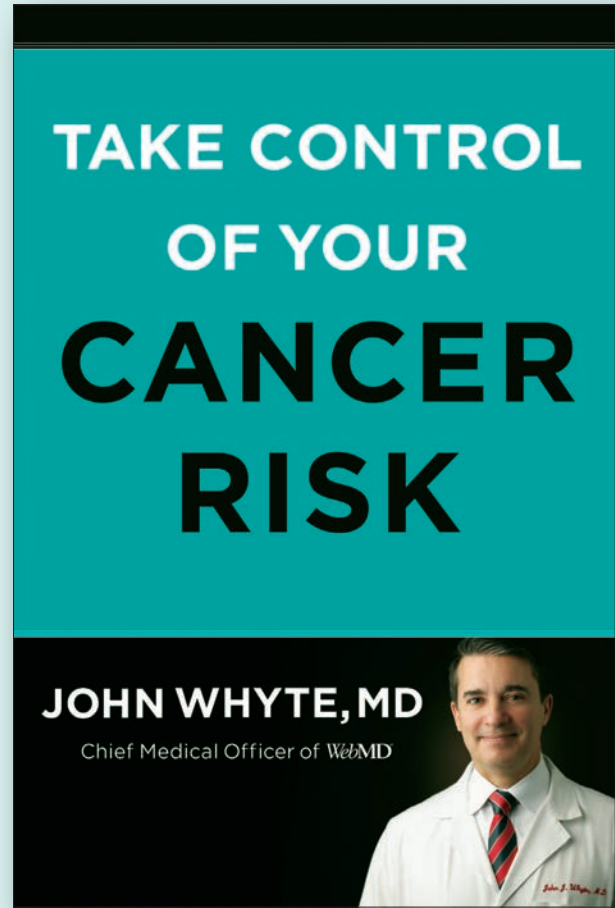
Sully Supervisor Kathy Smith

Supervisor Smith values the contributions **Debbie Kilpatrick** has made to the residents of Sully District through her education advocacy and community engagement. Debbie has resided in Sully District for 22 years with her husband and two sons, both graduates of FCPS and state universities. Supervisor Smith first met Debbie serving on the Rocky Run MS PTA board in 2001. Debbie continues to volunteer within Sully District and the county in community organizations, PTA, and BACs. For the past 20 years, Debbie has been a PTA volunteer serving in her sons' local schools, as the Fairfax County Council President, and as Northern Virginia District PTA Director, while also being employed as a FCPS substitute teacher. Family-school-community advocacy and addressing our diverse needs, is a passion of Debbie's, and her dedication to children and families within Sully District and throughout Fairfax County, is commendable. In 2019,



FAIRFAX COUNTY
Debbie Kilpatrick

Dr. Whyte's New Book Released October 5, 2021



This book shares straightforward information and equips you with strategies to help you on a journey to better health, including:

- Assessing your cancer risk
- Knowing which screenings you need, and when
- Learning the role food, exercise, and sleep play
- Understanding the relationship between stress and cancer

You have the power to reduce your cancer risk--and this book will show you just how easy it is.

Order this and Dr. Whyte's other books on Amazon.com

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PHOTOS BY RUTH JUDSON/COURTESY GIN DANCE COMPANY

Gin Dance Company in early rehearsal for "Perfect 10+" Capital One Hall performance on Oct. 16, 2021.

Gin Dance Company in early rehearsal for "Perfect 10+" Capital One Hall performance on Oct. 16, 2021.

Gin Dance Offers 'Perfect 10+'

Opens local dance season at Capital One Hall.

BY DAVID SIEGEL
THE CONNECTION

As a Fairfax County performing arts dance company, you can imagine how excited we are to have such a magnificent venue, Capital One Hall, in the heart of Northern Virginia," said Shu-Chen Cuff, founder/artistic director, Gin Dance Company. "We are so grateful...and beyond excited to be one of the first groups to share our work there."

The Gin Dance dance and music event is entitled "Perfect 10+" to honor the company's 10th anniversary season. The program is not only a celebration of Gin Dance's anniversary, but "more importantly a celebration of how we all are getting through the pandemic as a community," said Cuff. For Gin Dance that meant creating new choreography as well as overcoming the challenges of rehearsing in their own homes through Zoom

"Perfect 10+" is comprised of four premieres including a special collaboration with New York City's renowned Fashion Institute of Technology. The Fashion Institute collab-



Gin Dance Company with Founder/Artistic Director Shu-Chen Cuff (center front) for "Perfect 10+" at Capital One Hall on Oct. 16, 2021.

oration melds two art forms, modern dance and fashion design, in a new work called "Runway." For "Runway" Cuff "delved into

Where and When:

Gin Dance Company performs "Perfect 10+" at Capital One Hall, 7750 Capital One Tower RD, Tysons, VA 22102 on October 16, 2021 at 7:30 p.m. Tickets \$45. For information and tickets go to www.gindance.org

the creative minds of other artists, discovering the meaning behind their creations, exposing the relevance of their works, and bringing them to life through dance."

The second new work is "The Golden Time." It is "an Asian culturally influenced work combining Chinese Opera movements and modern dance," noted Cuff. It will explore "the mixture of influences on culture that existed during the 1920s in Shanghai," including the role women played. For "Golden Time" Gin dancers will wear qipao, a classic, high-necked dress style.

The evening of dance continues with "Aspire," inspired by Sue Wrbean's 50-foot steel sculpture; "Buoyant Force" installed in the Reston Town Square Park. "I express through movement that when life circumstances overwhelm and submerge us, our

spirit will lift us from our darkest days and aspire us to new heights," said Cuff.

Concluding the evening is "When the Wind Blows." It focuses on "how we often try to plan out our life, trying to calculate everything to make sure things go the way we want them to. However, far too often, that's just not the way life unfolds," said Cuff.

Inviting audiences to Capital One Hall, Cuff wants patrons to "escape their troubles and the stress of their daily lives, even if just for a short time, allowing them to reinvigorate themselves and leave inspired and hopeful for the future."

COVID Note: Event attendees regardless of age prior to attending an event at Capital One Hall must provide proof of full vaccination, the last dose of which was administered at least 14 days prior to entering Capital One Hall, or a COVID-19 negative test approved by the CDC taken no more than 48 hours before entering Capital One Hall. Proof of vaccination can be your physical vaccine card or a photo of your card. The name on the card must match the name on your photo ID. All attendees, regardless of age or vaccination status, must wear protective masks while inside Capital One Hall. <https://www.capitalonehall.com/>

Why I'm Walking to End Alzheimer's

Walker Name: Ishita Vedvyas
Hometown: McLean, VA

Participating in the DC Walk on Oct. 9

Why do you support the Walk and the Alzheimer's Association?

My grandfather was diagnosed with Alzheimer's a few

years back. He passed away this year in May. I am walking to honor him. I also want to contribute towards ending this disease. This cause is personal to me but I also recognize how common it is these days. I hope there is a solution some day, so that others who are diagnosed with this disease can live an easier life.

This is my first time getting in-

involved and I plan to continue staying involved in the future, in whatever way I can.

Please share a favorite memory of your loved one.

My favorite memory of my grandfather is our afternoon naps, while I was growing up. In my summer holidays, I'd go visit him and we'd have lunch together. He

would then go to his room for an afternoon nap. He would call me lovingly and we would lay on his bed and talk for hours. He would share all his life memories and I would just keep smiling at the wonderful human that he was. Those afternoon nap discussions have taught me so much and I am so grateful that I was blessed to be his granddaughter and experience

those moments.

What would you say to someone to encourage them to join the Walk?

Let's walk together to bring an end to this disease, so our loved ones can continue to walk smoothly through life, so they can remember their loved ones.

SEE WHY I'M. PAGE 7

Why I'm Walking To End Alzheimer's

FROM PAGE 6

https://act.alz.org/site/TR/Walk2021/DC-NationalCapitalArea?px=19909234&pg=personal&fr_id=14365

Alzheimer's Association Walk to End Alzheimer's

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Since 1989, the Alzheimer's Association mobilized millions of Americans in the Alzheimer's Association Memory Walk; now the Alzheimer's Association is continuing to lead the way with Walk to End Alzheimer's. Together, we can end Alzheimer's.

Walk to End Alzheimer's - Washington, D.C.

https://act.alz.org/site/TR/Walk2021/DC-NationalCapitalArea?fr_id=14365&pg=entry

Saturday, Oct. 9

National Mall

Registration opens at 8 a.m.

Ceremony starts at 9:30 a.m.

For more information, contact Faith Anderson at 703.766.9035 or fanerson@alz.org

Walk to End Alzheimer's - Northern Virginia

https://act.alz.org/site/TR/Walk2021/DC-NationalCapitalArea?fr_id=14363&pg=entry

Sunday, Oct. 24

Reston Town Center

Registration opens at 8 a.m.

Ceremony starts at 9:30 a.m.

For more information, contact Shiri Rozenberg at 803-371-9793 or shrozenberg@alz.org

Registration information

Sign up as an individual, team member or Team Captain. While there is no fee to register for Walk, all participants are encouraged to raise critical funds that allow the Alzheimer's Association to provide 24/7 care and support and advance research toward methods of prevention, treatment and, ultimately, a cure. Learn more and register at alz.org/walk.

The Promise Garden

The poignant Promise Garden ceremony is a mission-focused experience that signifies the solidarity of the Walk participants in the fight against the disease. The colors of the Promise Garden flowers represent people's personal connection to Alzheimer's.

Blue: Someone living with Alzheimer's or another dementia.

Purple: An individual who has



Ishita Vedvyas and her grandfather.

PHOTO COURTESY OF ISHITA VEDVYAS

lost someone to the disease.

Yellow: A person who is currently supporting or caring for someone living with Alzheimer's.

Orange: A participant who supports the cause and the Association's vision of a world without Alzheimer's and other dementia.

Safety information

Walk to End Alzheimer's is happening — and you can join us at your local event or Walk From Home in your neighborhood. With the health and safety of participants, staff and volunteers as top priorities, the Walk will implement safety protocols including physical distancing, masks (where required), contactless registration, hand sanitizing stations and more. Per CDC guidelines around crowded outdoor settings, we ask that all Walk attendees be vaccinated against COVID-19 or wear a mask when in an overcrowded area. Masks will be available on-site.

"While the recent Delta variant surge may impact the way we walk, it doesn't change the reason we walk," said Kate Rooper, president and CEO of the Alzheimer's Association National Capital Area Chapter. "More than ever, with the dollars raised, the Alzheimer's Association can continue to provide care and support to families during these difficult times while also advancing critical research toward methods of treatment and prevention."

Alzheimer's Association

The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. Its mission is to lead the way to end Alzheimer's and all other dementia. Visit alz.org or call 800.272.3900.



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Here's What's Happening at MCC!

LGBTQ+ Ally Week Activities



Ally Week Interfaith Panel
Thursday, Oct. 7, 7 p.m.
For ages 14+.
Free. Registration is required.

The Old Firehouse



Family Trivia Night (Virtual)
Friday, Oct. 8, 7-9 p.m.
\$5 per family of 4.
Preregistration is recommended.

The Old Firehouse



Saturday Night Trip: Haunted Trip
Saturday, Oct. 9, 4:30-10 p.m.
\$60/\$50 OFC members

Festivities for Furry Friends



McLean Pet Fest
Sunday, Oct. 10, 11 a.m.-4 p.m.
McLean Central Park
Free admission.

Hands-on Fun



Touch a Truck
Monday, Oct. 11, 10 a.m. - noon
Free admission.

LGBTQ+ Ally Week Activities



National Coming Out Day Film Festival
Monday, Oct. 11, 1 p.m., 4 p.m. and 7 p.m.
Free. Registration is required.

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The McLean Community Center
www.mcleancenter.org

Home of The Alden Theatre
www.aldentheatre.org

1234 Ingleside Ave. McLean, VA 22101



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NOW THRU NOV. 6

Workhouse Haunt. 7-11 p.m. At Workhouse Arts Center, 9518 Workhouse Way, Lorton. This year's Workhouse Haunt immerses guests through a highly-themed walk-through experience, as creepy characters deliver contactless scares in multiple scenes. Guests will travel in small groups for a frightening 30-minute experience that brings them next to the site's abandoned, historic buildings and into the dark woods where they will encounter terrifying characters and sights that are not for the faint of heart. Cost is \$25. Occurs Friday, Saturday, and Sunday each weekend from Oct. 3 through Nov. 6. Visit the website: <https://www.workhousearts.org/workhouse-events/2021-workhouse-haunt-the-collection-2/>

NOW THRU NOV. 1

Reston Farm Garden Market Fall Festival. 9 a.m. to 6:30 p.m. At Reston Farm Garden Market, 10800 Baron Cameron Ave., Reston. Cost is \$28 per child and \$6 per parent, children 2 and under free. The event will feature a range of activities, including several moon bounces, a petting zoo, the Express Train for both adults and children to ride. Visit www.restonfarm.com. Call 703-759-0000 or email info@RestonFarm.com.

OCT. 1-17

A Familiar Melody (An Evening of Music). At NextStop Theatre, 269 Sunset Park Drive, Herndon. Directed by Ashleigh King; Music Directed by Elisa Rosman. Nothing can soothe the soul like live music! Four past NextStop musical theatre stars (Katie McManus, Alex De Bard, Ricky Drummond, Marquise White) come together for an evening of Broadway and movie musical hits, including songs from Cinderella, Ain't Misbehavin', Waitress, Ragtime, Company, Little Shop of Horrors, A Star is Born, and so many more beloved classics.

OCT. 2-30

Art Show. At Reston Art Gallery-Lake Anne Plaza. 11400 Washington Plaza WB -Lake Anne Plaza, Reston. Julia Malakoff's solo show, "Good Juju" is a collection of mixed-media collages, displaying bright colors, nature inspired shapes, textures and organic papers fused with hand painted acrylic paints. "Colorful comfort and visual stories that inspire and bring a sense of renewal, joy and magic"-this is the goal of my current collection of work, says Malakoff. As a long hauler, Covid left Ms. Malakoff without two of her senses, smell and taste. Malakoff has painted her visual "palate" sharing her experiences and observations with having parosmia. "Good Juju" is on display from October 2-30th. The gallery is open on Saturdays, 10-5 and Sundays, 12-5 and by appointment. Visit the website: www.juliamalakoff.com

WEDNESDAY/OCT. 6

"From the Heart: A Transgender Virginian's Story." 6:30 p.m. At McLean Community Center, McLean. Join Ann Murdoch, a member of Equality Virginia's Transgender Advocacy Speakers Bureau, for an evening of connection and learning as she shares her story as a transgender woman. Her talk will be followed by plenty of time for dialogue and questions. Moderated by the McLean High School Gay-Straight Alliance.

OCT. 7-17

"The Book of Mamaw." At Boro Park at The Boro Tysons, 8350 Broad Street, Tysons Corner. October 7 at 7:30 PM, October 8 at 7:30 PM, October 9 at 2:00 PM and 7:30 PM, October 10 at 2:00 PM and 7:30 PM, October 14 at 7:30 PM, October 15 at 7:30 PM, October 16 at 2:00 PM and 7:30 PM, and October 17 at 2:00 PM and 7:30 PM. Visit www.1ststage.org

OCT. 7-NOV. 7

A Disco Musical Comedy - Disaster. At Next Stop Theatre, 269 Sunset Park Drive, Herndon. Visit www.nextstoptheatre.org.

OCT. 14-31, 2021

FALL FOR THE BOOK: Oct. 14-31, 2021 Fall for the Book Festival featuring live and recorded events will be held virtually and in-person at George Mason's Fairfax campus. 4400 University Drive, Fairfax, VA. Fall for the Book events and session are free and open to the public. Fall for the Book is free with the generous support of sponsors including the Fairfax County Public Library, George Mason University, the Fairfax Library Foundation, and the City of Fairfax among others. Fall for the Book returns with a new hybrid format including virtual and in-person events, including lively Podcasts. For complete up-to-date schedule with details visit www.fallforthebook.org.

THURSDAY/OCT. 7

Beau Soir. 2:15 p.m. At Reston Community Center, 2310 Colts Neck Road, Reston. Beau Soir will perform an exciting concert of music from all living composers, including the music of Graham Lynch, David Evan Thomas, Adrienne Albert and Bruce Babcock. This concert is free and open to the public, however to attend in person, pre-registration is needed. It can also be viewed virtually through the Reston Community Center Facebook page.

THURSDAY/OCT. 7

Midday Movies: Foreign Language Films. 1 p.m. At The Alden, McLean. Come enjoy a foreign film as part of our Ally Week and Hispanic Heritage Month celebrations. The film screening features the 2018 Oscar winner for Best Foreign Language Film, about and starring a transgender woman living in Santiago. All movies are shown in the original language with English subtitles. These movies are chosen for adult audiences and may contain mature content, language and themes. Register for The Alden's email list at www.aldentheatre.org to see the name of the film being shown.

FRIDAY/OCT. 8

Family Trivia Night (Virtual). 7-9 p.m. The Old Firehouse, McLean. Gather the whole family around the computer or tablet and get ready for some socially distant trivia. Prizes for winning teams! Register online or by calling OFC at 703-448-8336, TTY: 711.

SATURDAY/OCT. 9

Fairfax Symphony Orchestra. 8 p.m. Presents Bernstein, Saint-Saëns, & Beethoven. At Capital One Hall, Tysons Corner. Join the FSO in its season opening concert on October 9 at the newly constructed Capital One Hall in Tysons. Israeli cellist, Amit Peled returns to perform Camille Saint-Saëns's Cello Concerto No. 1, with an explosion of emotion from the first note! Regarded as the first, "well-known" romantic concerto written in 1872 for the cello, the composition places this beautiful instrument front and center right from the start. Many composers, including Shostakovich and Rachmaninoff, considered this concerto to be the greatest of all cello concertos. Peled is a musician of profound artistry and charismatic stage presence. He is acclaimed worldwide as one of the most exciting and virtuosic instrumentalists on the concert stage. Peled strives to break down barriers of the concert hall with his amiable and inviting personality.

SATURDAY/OCT. 9

Saturday Night Trip: Haunted Trip. 4:30-10 p.m. At The Old Firehouse, McLean. The Old Firehouse staff invites the brave-hearted to join them on a haunted journey. We will search for ghosts, zombies and whatever creepy creatures might appear in the night. Admission to all attractions and dinner is included in the fee. Register online or by calling OFC at 703-448-8336, TTY: 711

SATURDAY/OCT. 9

Bernstein: 3 Dance Episodes from "On the Town." 8 p.m. At Capital One Hall, Tysons.

CALENDAR

FROM PAGE 8

Israeli cellist, Amit Peled returns to perform Camille Saint-Saëns's Cello Concerto No. 1, with an explosion of emotion from the first note! Unique as the first, "well-known" romantic concerto written in 1872 for the cello, the composition places this beautiful instrument front and center right from the start. Many composers, including Shostakovich and Rachmaninoff, considered this concerto to be the greatest of all cello concertos.



Clifton Day will take place Sunday, Oct. 10, 2021 in the Town of Clifton.

SATURDAY/OCT. 9

Health Explosion. 8 a.m. to 9 p.m. At Mount Pleasant Baptist Church, 2516 Squirrel Hill Road, Herndon. Fun workout sessions, chair yoga, ending with a virtual healthy dinner and a movie. <https://www.mtpleasantbaptist.org/events.html>

SATURDAY/OCT. 9

ParktoberFest. Noon to 5 pm. At Middlegate House, 5235 Walney Road, Centreville. Take in the performances by The Walkaways and Jay Byrd. Sample local brews. Shop arts, crafts and specialty vendors from community businesses. Activities and information booths will have something for everyone to enjoy. Call 703-631-0013.

OCT. 9-31

"Good Juju. 10- 5 p.m. At Reston Art Gallery and Studios, 11400 Washington Plaza W at Lake Anne, Reston. Julia Malakoff's vibrant, joyous mixed media collages bring a sense of renewal with her positive focus and new creative interpretations resulting from her loss of taste and smell senses from covid. Open on weekends through October 31: 10 a.m. – 5 p.m. on Saturdays, 12. p.m. – 5 p.m. on Sundays. Visit the website: RestonArtGallery.com.

SUNDAY/OCT. 10

Clifton Day Festival. 9 a.m. to 5 p.m. At 7144 Main Street, Clifton. Clifton Day Returns for 53rd Year. Under the theme "Together Again," the 2021 festival will feature a marketplace with around 150 artisans, antique dealers, vintage sellers and other vendors. Live music, children's activities, pony rides, a beer & wine garden and other delicious food and beverage choices will add to the fun. Website: <https://www.cliftonday.com>.

Performance schedule:.

Ayre Square Acoustic Stage
10:00 a.m.-2:00 p.m. Sarah Swanner -- A local favorite
Main Stage
11:00 a.m. Furnace Mountain Trio – Roots music
12:30 p.m. Gineda Piñata – Funk, fusion and acid-jazz
2:00 p.m. Jumpin' Jupiter – Rockabilly legends
3:30 p.m. Blueheart Revival – Blues, funk, soul, roots rock
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10/27/2021.....Senior Living
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10/2/2021.....Election Preview

NOVEMBER

11/3/2021.....Wellbeing
11/10/20.....HomeLifeStyle
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CALENDAR

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cdc.gov/coronavirus

Is It Safe To Trick-or-Treat This Year?

Some COVID-19 mandates have been lifted, some precautions are still urged.

BY MARILYN CAMPBELL
THE CONNECTION

After Angela Morgan's father died from COVID-19 earlier this year, she was devastated, and she was moved to change her mind about safety precautions. Before her father died, she was annoyed by mask mandates and refused to get a COVID-19 vaccine. As Halloween approaches, Morgan says she has concerns about taking her daughters, ages three and seven, trick-or-treating.

"Halloween is very popular in my neighborhood," said the Bethesda mother. There are hundreds of kids and their parents out and about, almost every house is decorated and the owners give out loads of candy. It will be impossible to avoid crowds and I probably won't be able to stop my seven-year-old from running up with her friends to every house that's giving out candy. My three-year-old is frightened by Halloween costume masks, so I don't know how I'm going to handle that."

Marked by costumes, trick-or-treating and visiting with friends and neighbors, Halloween is one of the sweetest and most popular holidays of the year. With COVID-19 cases and the Delta variant spreading, navigating this time-honored holiday tradition will be complicated for some parents, especially those with children who are under 12, too young for a COVID-19 vaccination.

"Although trick-or-treating occurs outside where the risk of COVID-19 transmission is less, if kids go in groups, there is likely not to be social distancing and there will be contact with people in a lot of different households handing out candy," said Lucy H. Caldwell, director, communications, Fairfax County Health Department. "While some COVID-19 measures are no longer mandato-

ry, it's still important to take precautions to prevent COVID-19 as disease transmission is still happening in our community at a high level. Wearing a mask would be a good thing to do. The CDC has the Halloween Activity Checklist for Parents." <https://www.cdc.gov/coronavirus/2019-ncov/downloads/daily-life-coping/Trick-or-treating.pdf>.

Like Morgan's daughter, there are young children who are frightened by Halloween masks that can offer a layer of protection, says Glenda Hernandez Tittle, PhD, education professor at Montgomery College. "If children are afraid of Halloween, it is important to acknowledge those feelings," she said. "Consider selecting fun and interesting costumes for children. Make the connections that Halloween is about pretending and costumes allow us to do that on this day."

"Even though we all love candy, it's not worth putting yourself or others at risk."

— Kurt Larrick, Arlington County Department of Human Services

Of all the Halloween traditions, trick-or-treating is one of the riskiest because it often means large groups of children crowded around a neighbor's front door grabbing for candy.

"Even though we all love candy, it's not worth putting yourself or others at risk," said Kurt Larrick, Assistant Director, Arlington County Department of Human Services. "Masks, distancing, handwashing, testing, and vaccinations are all important layers of protection when it comes to COVID safety."

Though COVID might be at the forefront of conversations about Halloween safety, Larrick advises the public not to forget other safety measures. "Drive and bike slowly and take precautions at intersections," he said. "There will be many more people of all ages walking around on Halloween than your typical weekday evening, so be sure to take extra care."

"Wear reflective clothing, have a flashlight ... don't pet dogs you don't know [and] don't eat foods that are not wrapped," added Caldwell.

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News I Don't Want to Use



By KENNETH B. LOURIE

But I doubt very much I'll be able to bury the lead. The lead being the start date for the lenvima, the thyroid cancer medication I've been "pilling" once a day since Sept. 3rd, 2020, and more/most importantly, the end date. The end date being the presumptive time frame, two to three years from start to perhaps my finish. The finish being the date in the future when the medication I've been taking for a little over one year eventually stops working, according to medical opinions. And why is this medication's effective life so relevant? Because at this time, it's the best/only alternative to treat my stage IV papillary thyroid cancer. What happens after I can only guess because my oncologist rarely discusses scenarios. It's likely somewhere between a wait and see and why worry - about a set of circumstances years off and a definite maybe at that. Plus cancer research continues.

However, as much as I've benefited from lung cancer research that extended my life so long when I was taking tarceva, avastin and alimta - in that order, "miracle drugs" as my oncologist called them; the underlying reality may have been that I didn't have stage IV non small cell lung cancer at all, but rather slow growing papillary thyroid cancer. A cancer that was neither helped nor hindered during the years I was treated for lung cancer. Unfortunately, I was hindered.

Hindered in that after years of receiving heavy-duty chemotherapy - perhaps for the wrong cancer, I've suffered kidney damage which is irreparable. Specifically, my kidneys are functioning at approximately 50-percent efficiency. Though this deficiency doesn't seem to manifest itself in everyday activities/life, it does affect what cancer medications I can take and even some non-prescription drugs available. As an example, I can't take nsais (ibuprofen/advil) and when I lie down for my quarterly scans, I cannot be given "contrast," an injection given to sharpen the details of the scan. The reason being that I can't take anything that is filtered through the kidney for risk of making a bad situation worse. A situation that perhaps has occurred unnecessarily because of years of receiving lung cancer chemotherapy when I should have been receiving thyroid cancer medication. And as a result of this infusion of toxic chemotherapy into my body, it has affected the treatment of my thyroid cancer.

When my thyroid cancer first appeared as a growth above my adam's apple, subsequent biopsies confirmed that it was in fact thyroid cancer, not a "clone" of my lung cancer. These biopsies lead to a thyroidectomy which surgically removed both my thyroid and parathyroid. But since the uncontained tumor had grown under my collarbone for approximately nine months since it first appeared, the surgeon - after seven hours of trying, was unable to get all the cancer. No real problem. There was another procedure scheduled to eradicate the remaining cancer. It required that I receive an injection of nuclear isotopes and an overnight stay in the hospital.

A procedure, that is generally successful for a cancer that is called "the friendly cancer" because of its curability, was unsuccessful. Why? Because I was only given one third the required dose of the isotope because - the isotopes are filtered through the kidney and my pre-existing kidney damage from the nine-plus years of lung cancer treatment impacted the use of the proper dose. The result? I now have incurable stage IV papillary thyroid cancer and am taking a medication that likely stops working in the next year or two with at present no new options in the medical pipeline. Moreover, the combination of factors that lead to my present situation is not exactly a regular occurrence which would lead to a clinical trial of similarly-affected patients. I'm not entirely on my own, but I'm not on too many others either.

(There's nothing funny in this column because there's nothing funny about my situation.)

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

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