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Small Projects Improve Local Parks

NEWS, PAGE 8



A January sunrise in Springfield. County, contractor, and volunteer work efforts at several south county locations in the past week made small improvements to provide better experiences for park users as part of the National Day of Service for Martin Luther King Day.

Sunrise Senior Living Proposes Fairfax Facility

NEWS, PAGE 3

An Inauguration To Remember

OPINION, PAGE 4

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OPINION, PAGE 4 ♦ CLASSIFIEDS, PAGE 10

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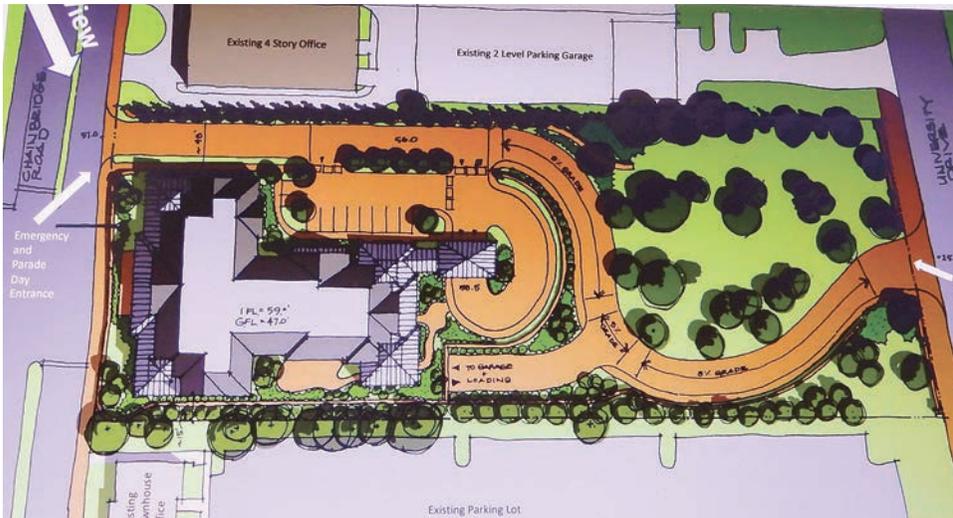
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Site plan of the proposed, Sunrise Senior Living in Fairfax City.



Artist's rendition of the five-story, Sunrise Senior Living building, as seen from Chain Bridge Road.

Sunrise Senior Living Proposes Fairfax Facility

City Council hears plans for 90 assisted-living units.

BY BONNIE HOBBS
THE CONNECTION

Sunrise Senior Living is considering building a facility in the City of Fairfax, and the Fairfax City Council heard about the proposal during a pre-application discussion, last Monday, Jan. 5.

The City's Senior Planner, Albert Frederick, made the presentation at the Council's work session. He said the five-story building would be about 75 feet high, with below-ground, structured parking, plus some surface parking, for more than 150 total spaces.

It would be constructed on nearly 2.7 acres owned by the Davies family at 4131 Chain Bridge Road in Fairfax. Currently on the property is a single-family home built in 1916.

"It's in the City's Old Town Fairfax Transition Overlay District," said Frederick. "The building would be 82,000 square feet, with 90 assisted-living units and 130 beds. And the plan shows open space along University Drive. The primary entrance would be from University, aligned with Breckinridge Lane; Chain Bridge Road is designated as the emergency entrance."

City staff hasn't yet received all the details of the plan, so it's been unable to do an in-depth analysis of it. And Frederick explained that it doesn't need to go before the City's Planning Commission because it just requires special-exception and special-use permits.

"There's a steep slope on that land, from west to east," said Councilmember Tom Ross. "And there's a tremendous amount of green space on University Drive – which is a

positive thing."

Noting that the open-space area is about 30,000 square feet, he wondered if the applicant would allow City residents to use it, too, for passive recreation. But since last week's meeting was just intended to give the Council a first look at what's being proposed – and obtain its feedback and suggestions before formally submitting an application – representatives from Sunrise Senior Living were not in attendance.

Still, added Ross, "I think there are a lot of positive benefits in this project, including the need for assisted living here."

However, it wasn't the first time Sunrise had proposed building on that site. So, asked Councilmember Janice Miller, "What's the difference between this plan and the one proposed in 2019?"

"Before, there was a combination of as-

sisted living and congregate, independent living," replied Frederick. "And the previous plan had 80 assisted-living and 80 congregate units for 160 units total. This one has just 90 assisted-living units."

"So some people could be in a unit together," said Miller. "What could be done on this property, by right [without needing special permits]?"

"A single-family, detached or attached home; a group home and a telecommunications facility," answered Frederick. Miller then asked him to obtain for her a list of the City's already-approved, senior-living facilities, as well as what's in the pipeline.

Councilmember Sang Yi said he's looking forward to hearing what the neighbors think of this proposal. But, he added, "This looks like an improvement over the previous plan and addresses some of the concerns [such as traffic generation and density] we spoke about then."

Route 123 South Shifts to New Alignment Over I-66

Route 123 (Chain Bridge Road) South will be shifted temporarily to the new bridge over I-66 during daytime hours on or about Thursday, Jan. 21. The Route 123 bridges are being replaced as part of the Transform 66 Outside the Beltway Project. Access to and from I-66 at Route 123 will remain in its current configuration.

Following this traffic pattern change, the current Route 123 South bridge over I-66 will be demolished to allow for construction of new ramps to I-66 general purpose and Express Lanes and shared-use path.

Demolition of the old northbound Route 123 bridge began earlier this month. Most of the demolition will need to occur during overnight hours, when multiple lanes can be closed on I-66 to safely accommodate this work. Demolition activities will occur during daytime hours when possible, to minimize impacts to nearby communities. Additional information and updates



FAIRFAX COUNTY FIRE AND RESCUE DEPARTMENT
Blood drives will be held at the participating stations' parking lots.

about demolition work and traffic closures will be provided on the project website. All work is weather dependent and schedules

may shift if inclement conditions occur.

As construction continues through 2022 on the Route 123 and I-66 interchange, drivers should be alert for changing traffic patterns. Drivers are reminded to slow down and pay attention to lane markings and roadway signs at all times.

When complete, the reconstructed Route 123/I-66 Interchange will provide direct access to and from the new Express Lanes for both eastbound and westbound travelers. A new shared-use path through the interchange will provide connection between the new 66 Parallel Trail and planned trails in the City of Fairfax.

Weekly updates will be available at Transform66.org and on Twitter @ [VaDOTNOVA](https://twitter.com/VaDOTNOVA). To receive updates automatically by email, sign up here.

Volunteer Fire And Rescue Departments Hosting Blood Drives

It's National Blood Donor Month! Several Fairfax County Fire and Rescue Volunteer Fire Departments are partnering with Inova Blood Donor Services to hold blood drives in their fire station parking lots.

Inova Blood Donor Services is taking all precautions as it relates to COVID-19. There will be plenty of space to spread out and use appropriate social distancing. To help protect our firefighters and paramedics, access to the fire station is prohibited.

List of days, times and location are below. To register to donate, please go to the Inova Blood Donor Services web site.

Monday, Jan. 25, 12:30 p.m. – 6:30 p.m. at Greater Springfield Volunteer Fire Department/ Fairfax County Fire Station 22. 7011 Backlick Rd., Springfield, VA 22150. Sign up [HERE](#).

Saturday Jan. 30, 9 a.m. – 3 p.m. at Vienna Volunteer Fire Department/ Fairfax County Fire Station 2. 400 Center Street South Vienna, VA 22180. Sign up [HERE](#).

An Inauguration to Remember

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



COMMENTARY

Like most people, I will not be attending any inaugural events this year because of the pandemic restrictions and threats of civil disturbances. The event today does bring back wonderful memories of the first and only inauguration I ever attended. It was on January 20, 1961. In 1960 I had graduated from high school and had not gone to college because of doubts as to whether I could be successful. Instead, I was attending a short-term vocational program in Washington, D.C. and living in a single room in a boarding house just a half dozen blocks from the White House. Even then I had an intense interest in politics and followed the Kennedy-Nixon campaigns and debates intensely. I loved the candidate and then President-elect John F. Kennedy as did millions of others. I was not about to miss the opportunity to go to his inauguration when I was living so close by.

On the day before the inauguration, temperatures dropped to 20 degrees and eight inches of snow fell. I got up early Inauguration Day and literally put on all the clothing I owned and started a trek to the US Capitol on foot. Workers directed by the Army Corp of Engineers had been working throughout the night to haul away as much of the snow as possible from Capitol grounds and Pennsylvania Avenue. The military had brought in flame throwers to melt some of the snow and ice. More than a thousand cars that had been stranded in the area had to be removed.

At the Capitol I was able to position myself on the edge of a wall that allowed me to see the inauguration over those who had tickets and were seated at the Capitol. My plan to film the event with my brother's 8 mm camera did not happen because the cold kept the camera from running a few minutes after I brought it

out from under my coat. Certainly there was security, but nothing like we are seeing leading up to this inauguration. I felt free to move about except for the area that had been blocked off for special invited guests.

The speech given by our new president still brings tears to my eyes. His words, "ask not what your country can do for you—ask what you can do for your country," inspired me to public service.

We have been through four years that have been tragic for our democracy. I believe we are all better informed about threats to our system of government. The Biden-Harris team is well suited to restore hope and confidence in our government. Honesty and decency will become a new norm for the executive branch. Attention to the COVID-19 crisis will be focused, coordinated and intense. Respect for others will dominate our society except for a small minority that will slink away into the background. Equity will be the new standard by which we measure our economy. All this can happen if we truly believe it and dedicate ourselves to making it happen. We can have another inauguration to remember!

27 Companies Hiring at Jan. 28 Cyber & Cloud Virtual Career Fair

Amazon Web Services, Microsoft and Hewlett Packard Enterprise are among 27 companies in Northern Virginia seeking to hire for thousands of open positions in the IT, cyber and cloud industries during a virtual career fair on Jan. 28. Hosted by the Fairfax County Economic Development Authority (FCEDA), this event is one of many in an ongoing series of virtual career fairs the FCEDA is sponsoring or leading in response to the COVID-19 crisis. Registration details can be found here. https://app.brazenconnect.com/events/A3N3j?utm_medium=talent+site&utm_source=talent+site

Participation in the FCEDA Cyber & Cloud Virtual Career Fair is free of charge and open to technology professionals of all experience levels looking to connect with top tech companies in Northern Virginia. Job seekers with security clearances are in demand and encouraged to attend, though it is not a required qualification.

PARTICIPATING EMPLOYEES range from small firms to Fortune 500 giants, including minority-owned, women-owned and veteran-owned companies. In addition to Amazon Web Services, Microsoft and Hewlett Packard Enterprise, participants include ActioNet, Altamira, Appian, BAE Systems, CALIBRE, CirrusLabs, Constellation West, DocuSign, Easy Dynamics, FireEye, Hexaware, Human-Touch, ICF, ID.me, Kreative Technologies, Lei-

dos, ManTech, NetApp, NTT DATA, Nutanix, Randstad, Ridgeline International, Splunk and Triumph Enterprises. What this diverse array of companies has in common is their commitment to innovation: they are creating unique tech solutions for the tech challenges of tomorrow, all while ensuring the best work environments for the tech workers of today – benefits range from unlimited PTO and stock option plans to tuition reimbursement and professional development.

During the event, participants will be able to browse companies in a virtual lobby, enter companies' booths, view open positions, engage in video conferencing and chat with HR representatives in real-time – all from the comfort of their homes. Candidates need not be currently located in Northern Virginia, and some companies are open to remote work options.

"Our region is a top cyber and cloud hub and there has never been a better time to land a job in this industry because of the thousands of open jobs here," said Victor Hoskins, president and CEO of the FCEDA. "We are proud to be working with such a diverse group of companies that are letting us help them cast a wide net to find the right talent to fill these jobs and keep our networks, businesses, agencies and people secure."

Fairfax County has 8,900 technology establishments and more than 50 Cybersecurity 500 firms.

"Cloud and cyber companies are an important and growing facet of the Fairfax County tech economy," said Jeffrey C. McKay, chairman of the Fairfax County Board of Supervisors. "I am delighted to see the talent initiative that the Board of Supervisors funded helping residents find jobs and emphasizing the importance of these sectors to Fairfax."

THE VIRTUAL CAREER FAIR series is the latest FCEDA response to the COVID-19 crisis to connect job seekers with companies that are hiring now. The first three virtual career fairs collectively attracted over 2,100 attendees and resulted in 3,100 completed conversations between job seekers and hiring reps from a wide range of employers, from small firms to Fortune 500 companies. The virtual career fair is part of an FCEDA talent initiative funded by Fairfax County to attract, retain, grow and retrain workers. More information can be found at www.workinnorthernvirginia.com/virtual-career-fairs/.

These virtual career fairs are just one way that the FCEDA is aggressively marketing the region's companies to top talent locally and across the nation. If you are an employer that would like to promote your job openings, visit the Employer Resources page for more information or contact Mike Batt, the FCEDA director of talent initiative programs at mbatt@fceda.org.



'Reality-Bending Acts of Magic and Mindreading'

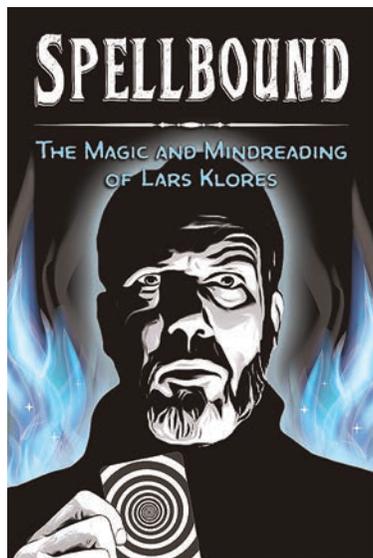
City of Fairfax Theatre Co. presents 'Spellbound.'

BY BONNIE HOBBS
THE CONNECTION

The City of Fairfax Theatre Co. (CFTC) is kicking off its 2021 season with a magical production called "Spellbound." Because of the pandemic, it's virtual, but those involved say this experience will be one that transcends the screen.

Returning after his original, 2018 smash hit, "Orson the Magnificent," Lars Klores – a practicing magician for more than 20 years – has created his second, one-man show celebrating the art of magic. Using Zoom in ways no one has previously imagined, people in the audience will discover the mystery and shock happening in their own homes, via their own hands.

"Lars has found a fun way for people to interact with magic in real time over a virtual call," said CFTC Artistic Director Amanda Snellings. "But it'll be unlike any Zoom event anyone has attended in the last 10 months. I'm excited for CFTC to share this innovative way to connect with live theater and let people enjoy a communal experience from the safety of their own homes."



Lars Klores has been a magician for more than two decades.

THE SHOW runs Feb. 5-14, Fridays and Saturdays at 8 p.m., and Sundays at 3 p.m., and people may watch it from anywhere their screen is. When tickets are purchased for this one-of-a-kind event, a Mystery Packet will be sent to their homes, plus an "Audience Instruction" email.

However, each packet must remain unopened until – at Klores's direction during the performance – the bits and pieces are unsealed, and the audience members become the ones making the magic happen. "This is the perfect show for couples or families," said Snellings. "It's easily accomplished in a quarantine setting and designed to be socially distant."

Tickets are \$30/household, and people interested in seeing and participating in this show are urged to purchase their tickets quickly. That's because sales for all performances will be closed one week prior to each performance.

"We need sufficient time for the Mystery Packets to be mailed and received by our audience members," explained Snellings. "The geographical limit to this show is the continental U.S., and the individual dates are limited to 24 Mystery Packets each."

To buy tickets, or for more information, go to www.fairfaxcitytheatre.org/spellbound.html. The show www.CONNECTIONNEWSPAPERS.COM

runs for approximately 80 minutes. It's intended for adults, but is appropriate for children, 8 and older, who have an interest in magic.

"The City of Fairfax Theatre Company is proud to host Lars Klores for another one of his phenomenally successful, one-man-shows," said Snellings. "'Spellbound' is a reality-bending, virtual performance featuring astounding acts of magic and mindreading, with effects that happen in your own home. This show will manipulate your eyes, your mind – and even your hands, altering your perception until you won't know what to believe."

What makes it amazing, she said, is that "You're not just watching a Zoom play with magic – you're actually participating. The magic unfolds on screen and in your home, simultaneously."

"And because of the Zoom technology, all the audience households can see and hear each other's reactions, just as if they were at a theater together, in person," continued Snellings. "Lars's expertise and skill in magic is matched by his storytelling and entertaining abilities, making this a great evening to enjoy with friends and family, near and far."

"In these times of isolation, we're all looking to experience something outside of the four walls of our daily reality," said Klores. "I'm hoping 'Spellbound' provides that escape. And since traditional magic shows can't be performed right now, I asked myself how I could use the restrictions to create a show that's even better than a traditional, magic show – and 'Spellbound' is the result."

KLORES, a two-time president of the Washington, D.C., chapter of the Society of American Magicians, called "Spellbound" a unique experience that people won't be able to have any other time.

"Theater has always been about creating experiences that transcend the mundane, whether it's the final note of a powerhouse musical number or the emotional climax of a great drama," he explained. "Magic has always been an art that can provide that feeling of wonder – and I think the wonder is increased

exponentially as the conditions get more and more difficult."

Some of this show's effects are Klores performing for the audience, some are interactive with the audience making choices, naming cards, etc., and the rest are performed in people's own homes under his instruction. "These in-home effects are what make 'Spellbound' a truly special experience," he said. "The magic will happen right in front of the audience, with no explanation other than the magician being able to control their thoughts and movements – which we all know isn't possible – or is it?"

"The magic will happen right in front of the audience, with no explanation other than the magician being able to control their thoughts and movements – which we all know isn't possible – or is it?"

— Magician Lars Klores

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Helping Children Navigate Anxiety

Sharing feelings, listening without judgement during current political turmoil.

BY MARILYN CAMPBELL
THE CONNECTION

As communities cope with the shock of daunting images of the recent riot at the U.S. Capitol, the mental health toll children and teens can be significant but go unnoticed, say local therapists. Some children turn inward, withdraw and refuse to discuss their feelings. A child's response to these intense situations will vary based on age.

"This is because they are at different stages of development and how they process and understand the world around them," said Marla Zometsky, therapist and Wellness, Health Promotion & Prevention Manager at the Fairfax-Falls Church Community Services Board (CSB). "Children may not know how or be able to express their feelings. Some may have trouble sleeping, be irritable, or be more frightened in general. Middle school children may have trouble focusing, be preoccupied with the events, or withdrawal more. Teenagers may feel overwhelmed by the intensity of their emotions."

Parents and caretakers can begin to help their children by starting a dialogue, listening without interrupting and validating a child's feelings. "As with any challenge or unsettling event, it is important to gauge how a child, adolescent or young adult understands the situation," said Zometsky. "They may believe they are in direct harm or at risk. Knowing what a child or youth believes or thinks about a situation helps parents and caregivers know how to respond and to provide correct, reliable and age-appropriate information."

From anxiety to depression, children absorb the reactions of their parents, which might include stress, anxiety, depression, anger, frustration and other emotions. "Parents sharing their feelings with their children is positive, as it normalizes that we all have emotions which need to be expressed," said Laura Finkelstein, Ph.D., Marymount University's Assistant Vice President of Student Health and Well-Being. "However, parents ideally share feelings in a bounded way, without children feeling like they have to take care of their parents."

The mental health of middle and high school might be impacted by what they might see on television, hear at school or learn from peers regarding the political climate, added Finkelstein. "[It] impacts most of us, and children are no exception," she said.

In fact therapists have seen a significant spike in cases of anxiety and depression in children and teens since the beginning of COVID-19 and during the recent political instability, says Maryland-based therapist Courtney Hart, LCSW-C. Hart, who specializes in treating adolescents who struggle with anxiety and depression, said "If parents or caretakers are concerned ... I think one of the best things that they could do is have their child meet with a mental health professional," she said.

Among the signs that seeking help from a therapist might be prudent are a lack of interest in activities that they normally enjoy or expressing emotions that are normally out of character such as anger, irritability or sadness, advises Hart.

"Children and teens are going through an unprecedented time and they are isolated from most of their social interactions," she said. "They are at home with parents even though developmentally tweens and teens are starting to separate from their parents and look to peers for acceptance. They are dealing with huge losses of a typical childhood. A child or teen in individual or group counseling will find a safe place to process those feelings and develop healthy coping skills."

"As with any challenge or unsettling event, it is important to gauge how a child, adolescent or young adult understands the situation."

— Marla Zometsky, Therapist and Wellness, Health Promotion & Prevention Manager at the Fairfax-Falls Church Community Services Board (CSB).

Assistance League to Use Grant Funds to Provide Grocery Gift Cards for Local Families

Assistance League of Northern Virginia has received a grant from No Child Goes Hungry, a non-profit organization dedicated to eliminating childhood hunger. No Child Goes Hungry connects charitable organizations that work to reduce food insecurity on a local level with donors who want to help eliminate childhood hunger. Assistance League will use the funds to purchase grocery store gift cards for families of students at Pine Spring Elementary School, in Falls Church. It is one of the six elementary schools in Fairfax and Prince Wil-

liam counties and Alexandria that was receiving the charity's Weekend Food for Kids food bags each month. The bags contained enough kid-friendly food for 2 breakfasts and 2 lunches. When schools closed in the spring, the nonprofit suspended that program, and instead, began providing grocery store gift cards to the families of those students. The grant from No Child Goes Hungry will allow the chapter to continue providing grocery store gift cards at a time when so many have been severely affected financially by the pandemic.

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

EXPANDED COVID VACCINATIONS

Governor Northam announced this week that Virginia is preparing to expand vaccination eligibility to 65+ and individuals age 16-64 with a high-risk medical condition or disability. The Health Department will begin registering individuals in these new groups, on Monday, January 18. However, it will take some time to get through this group. Vaccine supply is limited and the ability to vaccinate is dependent on the amount of supply they are provided from the state.

Key data points:

Currently Virginia in its entirety receives about 110,000 doses of vaccine a week.

168,000 residents in the Fairfax Health District are considered to be within phase 1b.

Last week, the Fairfax County Health Department had vaccinated 15,980 people since Christmas. This does not include vaccinations administered by Inova or at long-term care facilities.

In addition, they are working with Inova Health System to vaccinate frontline essential workers and 40,000 public and private school staff and teachers.

JAN. 20-FEB. 24

Caring Circle Support. 4-4:45 p.m. Virtual. This group will use music therapy, art, and movement to share grief experiences, learn coping skills, and connect with other bereaved children. This group will be co-facilitated by a children's grief counselor and a music therapist. Group sessions will last between 30-40 minutes. Registration required. Visit the website: <https://www.capitalcaring.org/get-help/our-services/grief-support/>

STARTING JAN. 26, 2021

On-Line ESL Classes. 7-9 p.m. Free on-line ESL classes will be offered Tuesdays and Thursdays, 7-9 PM, from January 26 to April 1, 2021. Must register online December 10, 2020 at www.lordoflifeva.org Class size limited. Free.

ADULT ENGLISH LANGUAGE CLASSES

The Literacy Council of Northern Virginia (LCNV) is hosting beginning-level adult English language classes from February to May. Due to the continued situation of

SEE BULLETIN, PAGE 11

OBITUARY

Kenneth Wood, 43, of Springfield

Ken Wood, Vice President of Home Instead Senior Care and long time Chamber member, passed away peacefully on Jan. 8, at the age of 43, in his home surrounded by his family. Ken had been battling Glioblastoma, an aggressive form of brain cancer, for more than two years yet he was always optimistic and helpful to others during this time.



Kenneth Wood

Kenneth was born in Loma Linda, Calif. on June 10, 1977 to Kenneth Doyle Wood and Lillian Diane Wood.

Kenneth met the love of his life at age 16. Jasmine was his high school sweetheart and have been married for 21 years. Kenneth is survived by his wife and his two children, Cameron A. Wood and Tyler M. Wood, his father, Kenneth D. Wood, his sister, Kanetha G. Breaux, and by nieces Jordan Breaux and Sydney Breaux. He is also survived by his grandparents, Joy and Cletus Wood of Arlington, Texas. He is preceded in death by his mother, Lillian Diane Wood.

Kenneth graduated from Louisiana State University at Alexandria with an Associate Degree in Criminal Justice. In Louisiana, he worked several years in law enforcement. After moving to Virgin-

ia, Kenneth began a career in marketing for a non-medical home care company. Kenneth loved being a part of the close knit group of senior housing and health-care professionals, where he excelled in both marketing and operations for the company.

Kenneth was devoted to his wife, his boys, and the LSU Tigers. He spent countless hours serving at his home church, New Hope Church, operating cameras, leading adult and youth small groups, teaching Financial Peace University, and most recently serving on the church leadership team. He loved woodworking and made beautiful wooden pens.

Kenneth's passion was coaching boys lacrosse, and after several years coaching for Springfield Youth Club lacrosse, he became the Junior Varsity Boys Lacrosse Head Coach at Lake Braddock Secondary School. He loved college football, cigars and a good scotch, Taco Bell, and helping others. He spent countless hours mentoring, leading, and listening to his athletes, friends, and colleagues.

The family would like to thank Capital Caring Hospice for their compassionate care, and the office staff at Home Instead Senior Care for their love and support.

AREA ROUNDUPS



PHOTO BY SUSAN LAUME/THE CONNECTION

Canada geese form an iconic V flight over Huntsman Lake in Springfield

Bulova Chairing Chesapeake Bay Commission

Del. David Bulova (D-37) has been elected to chair the tri-state Chesapeake Bay Commission for 2021. He'll oversee policy-making efforts of the 21-member Commission, among whose members are Senators and Delegates from Maryland, Virginia and Pennsylvania, plus heads of natural-resources agencies.

Bulova, of Fairfax City, said he wants the Commission to sharpen its focus on successful completion of the Chesapeake Bay Partnership's 2025 water quality goals. Said Bulova: "I'm honored to work with a great team that's dedicated to restoring the health of the Bay and making sure we stay ahead of emerging challenges."

Petersen Is Honored with Agriculture Award

Sen. Chap Petersen (D-34) is chairman of the Virginia General Assembly's Agriculture and Natural Resources committee, which has jurisdiction over all agricultural and environmental issues in the commonwealth.

Last Thursday, Jan. 14, at the annual Agribusiness Dinner, he was given the annual "Friend of Agriculture" award from among 140 Virginia lawmakers. "I'm very honored to receive this award," said Petersen, a Fairfax City resident. "Farming is Virginia's largest industry and critical to our economic and social success."

Help Stuff the Bus, Jan. 30, Feb. 6

To help fill the food pantry of nonprofit Food for Others, Fairfax City is collaborating with Fairfax County on two, upcoming, Stuff the Bus food drives. They're slated for Saturday, Jan. 30, and Saturday, Feb. 6. Both days, a CUE Bus will be parked in the City, from 10 a.m. to 3 p.m., at Van Dyck Park, 3720 Old Lee Hwy., and at the American Legion, 3939 Oak St.

The most-needed items are: Soup, canned pasta, macaroni and cheese, canned vegetables, canned beans, bags of dried beans, brown or white rice, instant potatoes, canned tomatoes, canned fruit (in light syrup or juice), peanut butter, jelly, pancake mix and syrup, hot and cold cereal, healthy snacks (raisins, granola bars) and canned tuna, salmon or chicken.

When dropping off food donations, people are asked to wear masks and follow posted guidelines. During the Stuff the Bus events in September 2020, the City collected 1.6 tons of food, which was distributed to area nonprofits. But with so many people still hungry, the need continues.

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Contractors work toward completing the fourth picnic pavilion at Laurel Hill's Central Green, Lorton.



Retention field drainage improvement underway at Laurel Hill's Central Green.



Giles Run Disc golf course, out of bounds area, cleared of invasive vines by Giles Run Meadow Park Volunteer Team.

Small Projects Improve Local Parks

County, contractor, and volunteer work efforts at several south county locations in the past week made small improvements to provide better experiences for park users. Tasks included removing invasive vines, channeling water drainage, and picking up trash as part of the National Day of Service for Martin Luther King Day.

— SUSAN LAUME



Invasive vines near historic Barrel Bridge, Lorton, cleared by Laurel Hill Park Volunteer Team members Ethan Lai, Ava Belmont, Karin Lehnigk, Joseph Converse, and Bruce Lai.



County improves drainage and trail verge on the Gerry Connolly Cross County Trail near old Hoes Rd.

A barrel and unidentified metal objects were among the debris collected as part of MLK National Day of Service conducted in conjunction with the Presidential Inauguration Committee at Laurel Hill Park, Lorton. Participants: David Lowry, Tamas and Laura Madarasz, Frank and Kathy Redner, Christine Briscoe and Blake Cambey.



Trash removed from Laurel Hill Central Green area by additional volunteers: (3rd from right) Joseph Converse, Ava Belmont, Ethan Lai, and (not pictured) Yee and Lizzie Sergi, and Mellissa and Leila Slye, with mascot Tia

Stairway to Heaven, the Song Everyone Loves to Hate

50th Anniversary of the Song is Upon Us.

BY MIKE SALMON
THE CONNECTION

Anyone cruising down the road, dialed into a classic rock station can almost count on Led Zeppelin's "Stairway to Heaven," coming on, and it's a good cue to crank it up. The song has been around 50 years, and has been the butt of many rock jokes, yet it's still a staple on many hard rock lists. Many fans sing along too, although no one admits it.

The musical cliché was even highlighted at a fictitious music store in "Wayne's World," where the sign on the wall read, "No Stairway to Heaven," to customers who hammered out a jam on the floor-model guitars. When Mike Myers starts the intro and the clerk grabbed the floor model guitar, his next line became the butt of all Stairway jokes. "No Stairway, denied," Myers said, looking at the camera. His line has been repeated by many when it comes to Stairway to Heaven.

Mike Argel is a Zeppelin fan and a drummer in a post-grunge band called "Monday Mistress," and he grew up in Burke listening to Stairway to Heaven, even learning the intro on his rhythm guitar. "Everybody that picked up a guitar has played it, I'm a drummer and I know how to play it," Argel said. Between playing it and hearing it on the classic rock stations, the song has worn out its welcome with Argel though, and he reaches to change the station when it comes on. "I still appreciate the song but I can't listen to it anymore," he said.

The monotony put aside, the song does have a following. "I've always liked it because it's quirky...starting slow and building into crashing guitar solos," said Cerphe Colwell, a past DJ in the metro area at several stations including WHFS, WAVA, DC101, WJFK and ClassicRock 94.7. "Led Zeppelin broke up 40 years ago but the love for their music (including Stairway) remains strong," he added. Cerphe admitted though, the redundancy on radio has killed it. "Since the 80s, classic rock stations overplayed Stairway because of their very narrow playlist of several hundred titles heard over and over."

IN 2000, VH1 voted "Stairway to Heaven" as number three of the 100 Greatest Rock Songs, and was placed at number 31 on Rolling Stone's 500 Greatest Songs of All Time. With that kind of reputation, the song can't be all bad, can it? On Jan. 23, 1991, Radio station KLSK-FM in Albuquerque, New Mexico, had such a thing for the song, they played the song constantly for 24 hours as a marketing stunt and it paid off, although the police showed up at the station that day on a rumor that the DJ had a heart attack and the song was playing over and



PHOTOS CONTRIBUTED

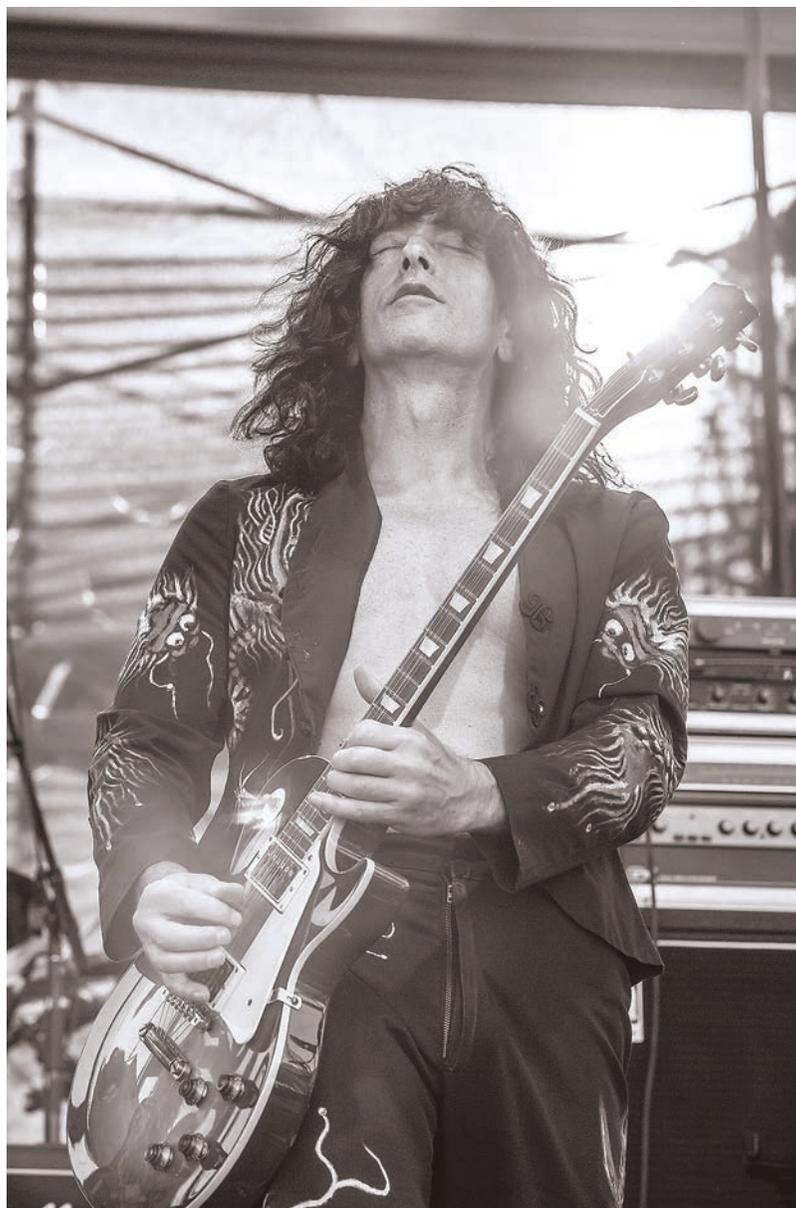
Several current bands are featuring the song in their playlist like Led Zepplica, who currently tours around the country.

"Everybody that picked up a guitar has played it, I'm a drummer and I know how to play it."

— Mike Argel,
a drummer who grew up in Burke

over. In March 2011, two more radio stations did the 24-hour thing too to celebrate the 40th anniversary of the song's concert debut.

Others adopted the song to their playlist. "Heart's Ann and Nancy Wilson really did it justice," Colwell said of a 1970s musical pair that did an emotional rendition of the song at the Kennedy Center. Page and Plant were in the audience as well as President Barack Obama



Lenny Mann of Led Zepplica plays the Jimmy Page role on stage.

and his wife Michelle. All were enjoying their version.

The song is over eight minutes long, which is decades of air time for the up-and-coming rock fans. It tells the story of a drug deal, where a lady swore "all the good turns is gold, and she's buying a Stairway to Heaven," the song goes. It starts with Jimmy Page's acoustic guitar intro, over Robert Plant's lyrics. The song has three sections, each one progressively increasing in tempo and volume. The song begins in a slow tempo with acoustic instruments (guitar and recorders) before introducing electric instruments. The final section is an up-tempo hard rock jam highlighted by Page's guitar solo accompanying Plant's vocals that end with the plaintive a cappella line: "And she's buying a stairway to heaven." For air guitarists, that's the part where you yell "thank you and goodnight," before walking off the fictitious stage.

"It's much easier to play air guitar than trying to dance to it," added Colwell.

IN A 2014 interview with Jimmy Page, he talks about writing the song, balancing the ebbs and tides it goes through, including the intro on the acoustic guitar, where the "recorders provide a slightly medieval feel," Page said. Bringing in the recorder, a wind instrument, was bass player John Paul Jones' idea. The lyrics mention "the bustle in your hedgerow," which has a sexual meaning, in English slang. Towards the end, the "passion is unfolding," Page said, which could be musical passion or something else. "It's substantial as a milestone for Led Zeppelin," he said about the whole song.

With a song that long, and that well known, the conspiracy theorists took a whack at it too, suggesting that if you play it backwards you'll hear Satanic messages, like "Here's to my sweet Satan," though it takes a sharp ear and a colorful imagination to arrive at that conclusion. Nevertheless, it's a story that's been told about Stairway through the years.

There was also another musician named Robert Wolfe that claimed Led Zeppelin stole the opening riff, and tried to sue but in 2016, the courts ruled otherwise.

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CALENDAR

NOW TO FEB. 7

“Winter’s Tales.” Torpedo Factory Artists @ Mosaic, 2905 District Avenue, #105, Fairfax. Winter can be many things—quiet, simple, elegant, cold, dark and hopeful. Winter’s shadows are long and its daylight is precious. It is a season of white and blue, of cold and fire, of hibernation and regeneration. In “Winter’s Tales” at the Torpedo Factory Artists @ Mosaic, the gallery’s artists demonstrate in a variety of mediums how they respond to the coldest and darkest time of the year. The exhibit features beautiful paintings, fine art photography, ceramics, exquisite jewelry and fabric art.

FRIDAY/JAN. 22

Family Outdoor Exploration. 1-2 p.m. At E.C. Lawrence Park, 5040 Walney Road, Chantilly. Get your family into the great outdoors with a personalized program led by a naturalist or historian at Ellanor C. Lawrence Park. The “Family Outdoor Exploration” program lets you choose your own exploration. Investigate topics, such as Stream Life, Pond Life, Historic Ice Cream and much more. Once you register, the park will reach out to you to plan your personalized family outing. The cost is \$40 per family for a group of up to nine people age 4 to adult. Call 703-631-0013.

FRIDAY/JAN. 22

McLean Art Society Meeting. 10 a.m. Vladislav Yeleseyev, a noted watercolorist, will be the demonstrating artist at the Meeting of the McLean Art Society. The business meeting will begin at 10 a.m. to be followed at 11 a.m.-noon by the art presentation. It will all be conducted on Zoom and is open to the public. Those interested in being included need to contact Ray Goodrow, M.A.S. President at raymgoodrow@aol.com. Mr. Yeleseyev is a Masters level graduate of the Moscow Institute of Architecture. He has paintings listed in the Portfolio of Plein Air Magazine and his award winning paintings feature warm light and a warm color palette. His work includes cityscapes and landscapes in impressionistic style.

SUNDAY/JAN. 24

Amazing Max Family Show. 4 p.m. At McLean Community Center, McLean. Max has stepped onto a virtual stage to perform perhaps his most incredible feat ever: Getting kids truly excited about learning something and—in the process—showing them how to believe in themselves. Max has an incredible ability to connect with both children and adults alike and even in a virtual stage, he is still somehow just as captivating as he is on The Alden’s stage. \$15/\$10 MCC district residents (this fee is per device)

SUNDAY/JAN. 24

Journey with Pianos. 7 p.m. Online. Hear piano traditions from around the world performed by Jacqueline Schwab (Ken Burns’ “Civil War”). Hoyle Osborne plays everything from ragtime to South American folk music. Online. Register at fsgw.org (The Folklore Society of Greater Washington).

MONDAY/JAN. 25

Unmeltable Snowman Workshop. 10 a.m. to 2 p.m. At Sully Historic Site, 3650 Historic Sully Way, Chantilly. It’s always sad to watch a snowman melt away, so discover how you can create a four-season snowman that will still be with you when summer arrives. Sully Historic Site is hosting a series of “Unmeltable Snowman” workshops for families on three Mondays in January – Jan. 4, Jan. 11 and Jan. 25, 2021. At the workshop, you will learn to use a felting process to make an unmeltable snowperson and decorate it with style. Keep your creation through winter, spring, summer and fall. This program is suitable for participants age 5 to adult and is being offered on the hour from 10 a.m. to 2 p.m. The workshop is designed for a family of up to four people, and the cost is \$20 per family. Call 703-437-1794.

FRIDAY/JAN. 29

Family Fun Trivia Night. 7-9 p.m. Virtual. At 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. To register for Old Firehouse events, visit: www.oldfirehouse.org or call 703-448-8336, TTY: 711.

SUNDAY/JAN. 31

Winter Stream Life. 1-2 p.m. At E.C. Lawrence Park, 5040 Walney Road, Chantilly. Explore Walney Creek with a naturalist to meet some of the small creek critters (macroinvertebrates) that call it home. Learn why so many different types of macroinvertebrates are active in winter streams. Your naturalist will demonstrate winter collecting, and you can help pick, sort and learn to identify these magnificent critters. This program is designed for participants age 8 to adult. Cost is \$8 per person. Call 703-631-0013.

FEB. 1-13

Mardi Gras at the Workhouse. In-Person on Saturday, Feb. 13, 12 p.m. to 6 p.m. At Workhouse Arts Center, 9518 Workhouse Way, Lorton. The Workhouse Arts Center is thrilled to present its first-ever Mardi Gras celebration. Join them for two weeks of family-friendly events that will engage, inspire, teach and make you laugh. This mini festival will include: Online workshops on festive mask making; Online Mixology sessions; Online demonstrations on how to make floats or yard decorations; In-person glass bead demonstrations; In-person cooking classes; Parade on the Workhouse Campus; and Drive In Comedy Shows.

MONDAY/FEB. 1

Making Rope. 10 a.m. to 2 p.m. At Sully Historic Site, 3650 Historic Sully Way, Chantilly. Journey back to the 1800s at Sully Historic Site and experience the challenges people once faced in making a rope sturdy enough for their needs. Make a piece of rope from plants found on the property at Sully and take it home to compare with today’s ropes. The cost is \$30 per family. Social distancing and face coverings are required. Call 703-437-1794.

BULLETIN BOARD

FROM PAGE 5

COVID-19, classes for the spring semester will be held on virtual platforms only, which require students to have a computer, tablet, or smartphone and internet access to participate. Registration begins Monday, January 11, and runs through Friday, February 5, with options to register via text message, phone calls, or in-person at certain locations and times.

Classes offered this spring include:

* Beginning English Class: provides adult English language learners the fundamental skills to understand and communicate in English, helping them to better engage in the community and advance their careers.

* Family Learning Programs (FLP): provides English language instruction for parents or caregivers, so that they can better communicate with their children and support their education.

Classes are \$85 with books and assessment included. Registration is required for enrollment. Please understand that no children are allowed at in-person registrations. If possible, please bring your interpreter for the process. Strict social distancing precautions will be enforced. Face masks will be provided. Registration times and dates are available at LCNV’s distance learning page (<https://lcnv.org/distance-learning-session/lcnv-classes/>), or call 703-237-0866.

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Cancer and Covid ...



By KENNETH B. LOURIE

... don’t exactly go together like milk and cookies. Rather they go together like snow and ice. One or the other is bad enough, but together they become even worse. And unfortunately I have one, and am constantly worried/mindful of the other. Moreover, since covid is kind of a pulmonary issue, those of us who have cancer in the lungs, where we’re already compromised, need to contract a virus like this like Washington, DC needs a “wintry mix” in the forecast.

In the course of my ongoing papillary thyroid cancer protocol, recently I spoke with an oncology pharmacist (who knew?). When he asked me, during our regular monthly phone call if I was experiencing any new symptoms, I was honest and said “Yes, shortness of breath.” He noted my response and subsequently completed our call, as per usual. Not 10 minutes later, he called back. He had just spoken with my oncologist who he advised said that I should go to Urgent Care immediately. “Excuse me? What do I tell the doctor? Will my oncologist have spoken to them/expressed his concern/coordinated my care?” “No,” I was told. “Just tell them your symptoms.” Having had a negative covid test the week before Christmas, and have pretty much been at home ever since, I didn’t believe I had the virus. But considering how little I know about such matters, I went with the medical flow and made an Urgent Care appointment for 2 pm that same day.

What I learned later that day after three hours in Urgent Care after an examination, lab work and chest X-Ray was the true reason why my oncologist wanted me not to wait for care: bloods clots which could lead to a pulmonary embolism (clots moving through the bloodstream and ending up in the lungs) where they could burst, so to speak, and cause a sudden death. So the concern wasn’t covid, it was more sinister: immediate death if left unresolved. Little did I know, thankfully. Otherwise, I might have been a bit more anxious.

Luckily, my lab work was normal, my chest X-Ray was clear, and I had no corroborating symptoms: my legs weren’t swollen and I had no chest pain. Nothing was mentioned about covid. Even though that was my presumption for the urgency, apparently, that was not my oncologist’s concern. By 5 pm, with no new symptoms to report, I was released on my own recognizance. If I experienced any shortness of breath, I was encouraged to call. I was prescribed an inhaler - like those used by asthmatics, with the proper medicine and advised not to hesitate using it should the need arise. I was given approximately 30 doses, I was told.

I then went to the pharmacy to pick up my parting gift. After a 30 minute or so wait, my name was called and I went up the window to collect my goodies. Now I was free to go. Within 45 minutes I was home. No fuss, no muss, as it turned out. My follow up appointment with my oncologist is next Tuesday (as I write this on Sunday) which also happens is my next scheduled video visit, previously scheduled to discuss the results of the previous week’s CT Scan and brain/abdomen MRI which amazingly, miraculously continue to show shrinkage of the thyroid tumors located in my lungs (you know, my pre-existing comorbidity). And of course this comorbidity is the reason I’m extremely cautious and occasionally even proactive because to not would be incredibly stupid and irresponsible.

Now, if I could only figure out how to lock and load this inhaler, I might actually be able reduce the stress and discomfort when I become short of breath. But knowing now that my symptoms were not covid-related, nor as I learned later that day, blood-clot-oriented, I can breathe easier before, during and after I’m short of breath, if you know what I mean?

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



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Alexandria - \$400,000 Fixer-Upper
Can't beat the price on this 3BR/2BA all-brick single family home sited on large lot. Rec rm, separate den, full bath on lower level. Spacious liv rm. Eat-in KT. Nice-sized bedrooms. New roof. Needs some TLC. Mins to Metro, shopping, major routes.

UNDER CONTRACT



Fabulous Secure Condo in Over 55 Community \$395,000 Spring Hill Gated Community Now vacant Ready for new owner!
2 BR/2 BA Single level living at its finest. Shows like a model with a Serene View from the DECK** All upgrades: Granite Counter tops, Stainless Appliances, 39" beautiful Kitchen Cabinets and Breakfast Nook. Both BRs accommodate kingsize beds, Neutral Carpet, Each with adjoining full BAs. Hardwood-like Floors in Separate Dining & Living Room. Two adjacent Convenient Parking Spots CONVEY. Call Kay Hart for additional photos, info, appointment 703-217-8444 A Great Opportunity!



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PENDING!
SARATOGA \$630,000
Charming 4BR, 3BA rambler on a premium cul-de-sac lot that backs to wooded parkland! Updated kitchen, freshly painted, new carpet, finished walkout basement with huge rec room and brick fireplace. One block from grocery store.



COMING SOON!
LAUREL HILL \$974,900
Towering ceilings, 4 bedroom suites, 4.5 baths, over 6,800 SF of refined living space! Home office. Cherry kitchen w/ granite, huge walk-in closets, stone patio backs to wooded privacy, finished basement!



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Cell: 703-362-2591
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"Want to know the value of your home for 2021?"
Call today for a **FREE Market Analysis.**



Springfield \$454,900
If you're just started out, this is the place you want to land! Adorable single family home with 3 bedrooms and 1 bath.
New paint and flooring. Brand new roof, and gutters. Replaced water heater. Huge, fenced in back yard with gazebo, shed with electricity. One level living at it's best. Why buy a townhouse when you can have a single family home? Call Catie for details! - 703-362-2591



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in a new home this year!
Contact me today, I would be happy to guide you through the home-buying process.

COMING SOON IN ARMFIELD ESTATES in Chantilly - \$569,000
Beautiful single family home with open floor plan in cul-de-sac location. Feature include 3 bedrooms, 2.5 baths, 2 car garage, hardwood floors, granite counters, updated baths, spacious loft and so much more. Community amenities include pool, courts, playgrounds, fields. Conveniently located near major routes and shopping.
Call Judy for more information.

Cheryl Pryor
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Alexandria \$380,000
Dual bedroom suite Model D in lovely Montebello. Newer stainless appliances and granite countertop as well as newer carpet while the enclosed sunroom adds additional living space. Numerous amenities enrich your lifestyle in Montebello including 24 Gated entry, pools both indoor and outdoor, tennis and more.



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