CONTECTION
Burke *Fairfax *Springfield *Fairfax Station



Nonprofits Help People 'Begin the Journey to Healing'

Fairfax City Councilman Sang Yi donates salary to two groups.

By Bonnie Hobbs The Connection

ecause of his job and seniority level in the federal government, Fairfax City Councilmember Sang Yi is professionally prohibited from taking a salary for his Council services. So each year, he donates it to worthy organizations.

For FY 21, he's giving \$9,000 of his \$12,000 stipend to SafeSpot Children's Advocacy Center of Fairfax and \$3,000 to Adaptive Fitness Legion (AFL). Both organizations are nonprofits in Fairfax City.

"SafeSpot helps sexually abused children," said Yi. "And hopefully, we can break that cycle of abuse by providing them with the resources they need [to help the victims]. Most often, they get referrals from schools. I recently took a tour of the facility, and they're doing really important work."

AFL provides \$1,500 scholarships to its affiliated gym, DPI Fitness, geared toward the physically disabled. "A few years ago, a friend of mine gave birth and, afterwards, lost the ability to walk," said Yi. "Then, encouraged by her doctors, she found this gym with adaptive fitness trainers and equipment

such as treadmills for people in wheelchairs – and now, she's starting to walk again.
 It's amazing."

HIS SALARY DONATION came before the City Council for approval, last Tuesday, April 20. And Yi told his colleagues, "I'm so proud of these organizations and I'm pleased

that they're both in the City." Before Council voted, though, representatives of both non-profits called in to the virtual meeting to explain what they do.

SafeSpot Managing Director Heather O'Malley said the money would go directly to children who've experienced the tragedy of sexual or severe physical abuse. "One in 10 children will experience abuse before age 18," she said. "Right here in our backyard, the child-abuse hotline for Fairfax City and County received over 7,000 reported allegations of child abuse last year."

O'Malley said the survivors suffer longterm effects and are "more likely to perpetuate abuse, themselves, if not treated and supported. SafeSpot plays a pivotal role in



Fairfax City Councilman Sang Yi

the investigation and prosecution of child abuse – and in the long-term healing of children and families impacted by these tragedies."

She said her organization works with various agencies, including Fairfax City police, to accomplish its mission via a public/private partnership. "We provide a safe, friendly location where children can tell their stories and feel heard and supported," she explained. "We also provide crisis counseling, support and

community referrals to the non-offending family members and caregivers so they can offer the best support to the child."

In addition, said O'Malley, "We offer trauma-focused, mental-health therapy to the abuse survivor so they can process their experience and begin the journey to healing. And we thank Councilman Yi and his colleagues for their support of child-abuse victims and their families."

Next, AFL President Joanna Bonilla discussed her organization, saying its goal is to empower people of all abilities through adaptive fitness and training. "We help them continue their physical progress after their insurance [coverage for physical rehabilitation] runs out. With the donated money, we'll be

able to give scholarships to two people."

FAIRFAX RESIDENT Devon Palermo, AFI's founder, also addressed the Council. "We provide an adaptive-fitness gym for people who are either still attending [physical] therapy or who have been discharged [from it] and want to continue staying active with our teachers experienced in rehabilitation," he said.

"This gym has lots of medical fitness equipment designed specifically for quadriplegic or paraplegic individuals," he continued. "We work with a variety of diagnoses, from stroke survivors to people with cerebral palsy or spina bifida. But it's all done with the common goal of helping them stay active and maintain their health and wellness, as well as be productive members of their community."

Palermo said many of them still work full time and participate in recreational activities. "This gym gives them a place to better themselves, continue giving back to the community and keep moving forward with their own, functional abilities," he added. "It gives them a better chance at living their best life possible. Thank you, all – and know that the funds will be put to good use in awarding scholarships. This will go a long way in helping a lot of individuals."

Then, after discussing this matter, the Council members approved it unanimously.





newspaper delivered to
homes and businesses.

Published by
Local Media Connection I.C.

Local Media Connection LLC
1606 King Street

Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT: south@connectionnewspapers.com

Kemal Kurspahic

Editor • 703-778-9414 kemal@connectionnewspapers.com

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

Mercia Hobson

Community Reporter mhobson@connectionnewspapers.com

Mike Salmon Contributing Writer

msalmon@connectionnewspapers.com

Ken Moore

Contributing Writer kmoore@connectionnewspapers.com

ADVERTISING:

For advertising information

sales@connectionnewspapers.com 703-778-9431

News



Student activists, seniors Kadija Ismail and Kimberly Boateng, instrumental in bringing the school name issue to the School Board, meet Senator Tim Kaine at the renaming ceremony.



Art teacher and artist Ramandip Singh's second mural captures John R. Lewis' work as a civil rights leader symbolically linking with other civil rights icons. (www.artoframan.com)

Dedicated to 'Becoming John R. Lewis'

School renaming seeks to Honor - Educate - Empower equality for all.

By Susan Laume The Connection

tudents and staff of the now named John R. Lewis High School, celebrated the school renaming and dedicated themselves to aspiring to the life model of "becoming John R Lewis" during the April 23 rededication ceremony held in the Springfield school's auditorium. Students who had advocated for the school's new identity took a lead role on stage. Other student volunteers aided Principal Alfonso Smith and his staff, presenting a well choreographed and inspiring program, on and off stage. The ceremony included remarks from Schools Superintendent Dr. Scott Brabrand, Board of Supervisors Chairman Jeff McKay, Supervisor Rodney Lusk, members of the School Board, and remembrances of Representative Lewis by three sitting Congressmen.

Last year, after long and extensive advocacy efforts, and inspired by the national reckoning on racial justice, ten students in the predominantly minority member school



Students, staff, and officials prepare for ribbon cutting for John R. Lewis High School at Rededication Ceremony April 23.

addressed a county school board meeting seeking a school name more reflective of its diverse population than the name of confederate general Robert E. Lee. About a hundred people spoke on the issue in a contentious discussion. Ultimately the Board voted unanimously to change the name in July 2020. Following the death of the respected Congressman John R. Lewis on July 17, 2020, the action received positive national attention.

Two of the students who were intricately involved in the successful name change campaign, seniors Kimberly Boateng and Kadija Ismail, spoke during the rededication ceremony. Boateng remembered the perseverance required to achieve the name change. She had penned a widely distributed open letter to the school board lamenting name identification of "a large minority school named after a war general that fought on the side rooted in white supremacy, racism, and bigotry." She plans to continue as an advocate for civil rights as she attends Columbia University to study health and education this Fall. Her advocacy partner, Ismail, will attend Stanford to study computer science, with consideration of later civil and human rights study for a legal career. Students Charles Childers, Andrea-Grace Mukuna,

Rawan Hashim, Amanda Hurst, and Luna Alazar also spoke of "becoming John R. Lewis" during the ceremony.

Senator Tim Kaine, and Representatives Don Beyer and Gerry Connolly shared personal reflections of their work alongside John Lewis in the Congress noting the respect in which he was held. Lewis served 17 terms in the House as a Representative of Georgia's fifth District. He was well known for his oratory and peaceful nature and for his admonition to "get into good trouble," an organizer of the 1963 March on Washington, and leader of the Bloody Sunday march across Edmund Pettus Bridge where peaceful demonstrators were subjected to police brutality. House Speaker Nancy Pelosi remembered Lewis as the "conscience of the House" upon his death in July.

School Board Member-at-large, Karen Keys-Gamarra, who introduced the name change proposal to the Board last year, remembered Lewis, "He was a man of faith who not only prayed on bridges, but he became a bridge to the very hope that we

Student Poem Honors Civil Rights Icon

harles Childers, a senior, took a creative writing class this year and was inspired to create a tribute for John R. Lewis by inauguration poet, Amanda Gorman. His dramatic reading of his "And Now We Honor Him" lead the special tributes offered by his fellow students. Childers also wrote "When we Aspire," included in the ceremony's program. Childers will be attending James Madison University this Fall to study Earth Science.

— Susan Laume

And Now We Honor Him.

And now we honor him, Because his arms were in chains, He marched in the rain, He suffered through the pain, To proclaim, we choose not to abstain our dictations, Yet to rid the strains that stain our nation. And now we honor him Because his sacrifice, End nights of peaceful fights For equal rights, he set his sights, To be greater, to reach new heights, A mediator of black, brown, and white And now we honor him. Because he surpassed expectation And in the House, he led this nation,

With assertions that our expectation Should be acclimation and cooperation, Not a culmination of defamation Which stems from times of segregation. And now we honor him Because even after passing on, With every day and every dawn, We continue to fight to right whats wrong, And remember the nation we walk upon,

And remember the nation we walk upon, Was shaped by people all long gone. And thereupon, when it sinks to rubble, Hope prevails, and prosperity's double, So have hope and remember, to get in good trouble.

— By Charles Childers



Photo by Susan Laume/The Connec-

TION

Charles Childers, new poet and graduating senior, delivered his tribute to civil rights leader John R. Lewis leading off special tributes to Lewis at the High School's rededication ceremony.

Kevin Davis Appointed Fairfax County Chief of Police

Supervisors respond to a new era of policing.

By Mercia Hobson The Connection

oming out of a closed-door session on Friday, April 23, the Fairfax County Board of Supervisors prepared, as Supervisor Penny Gross (D- Mason) said, "to select one of the most important hires it undertakes."

"I am pleased to move the appointment of Kevin Davis, as the next police chief, effective May 3, 2021, with an annual salary of \$215,000," Gross said. The motion unanimously carried. Davis is a Maryland native.

"After thorough interviews, the entire board is confident that Kevin will continue Fairfax's work on police reform, build on the deep community involvement and relationships with stakeholders, and improve morale within the police department," said Jeffrey McKay, chairman of the Fairfax County Board of Supervisors, in a statement.

Davis called in to the Fairfax County Board of Supervisors' meeting. He heard as McKay officially welcomed him in his new capacity to Fairfax County, saying that they were delighted to have him on board after the "long exhaustive process." McKay added that the Board looked forward to working with him on this new journey.

DAVIS spoke directly to the supervisors. "This is a humbling moment for me. I take it very seriously, and I promise not to let you down," he said. "I look very much forward to working

with the women and the men of the Fairfax County Police Department and several employee groups. You guys are a great agency; I want to say that loudly and clearly."

Questioning if there was room for improvement in the Fairfax County Police Department, Davis said absolutely. He acknowledged change is sometimes hard and challenging.

"But if you didn't know you were in a difficult position, you wouldn't be here. So, we have to seize this moment and continue to get better," he said. Davis added he looks forward to working with the diverse communities in Fairfax County.

As his first step, Davis said, the Department must establish legitimacy to earn trust, which takes hard work. "It takes showing up every day and doing the work, and we have to pay keen attention to vulnerable communities, underserved communities, and communities of color. We have to meet you where you are. We have to be better listeners. We have to be less defensive, and we have to, quite frankly, see you. ... You have my word that I am committed to doing that on behalf of Fairfax County."

As for accountability, Davis said he would call "balls and strikes."

"No one hates a bad cop more than a good cop (does). You have my word that those accountability systems will be in place," he said.

Davis added that Fairfax County already had common sense police reform underway, but it would be a constant conversation. Da-



Photo contributed

Fairfax County Board of Supervisors appointed former Baltimore Police Commissioner Kevin Davis as the new police chief effective on May 3, 2021.

vis said reform is something done for police officers, not to them. "It makes you better. It earns you a better relationship with the community," he said.

Davis said he looked forward to the journey. It would be an opportunity to work with the community, residents, elected officials, and community leaders in the agency.

AMONG HIS ACKNOWLEDGEMENTS, Davis thanked the Board for their trust in him,

Biography

Kevin Davis is fourth-generation public safety, born and raised in College Park, Md. Most recently, Davis worked as Director of Consulting Services at GardaWorld. Davis served as City of Baltimore's 39th police commissioner from 2015 to 2018 after the in-custody death of Freddie Grav and the riots that followed. According to a Fairfax County press release, he established a Department of Justice Compliance and Accountability Division and a fully implemented body-worn camera program during Davis's tenure at the Baltimore Police Department. Davis worked to build trust with the community and foster transparency, providing information about internal policies and all police-involved shootings. He expanded the Department's police chaplains' program, which trained more than 100 faith community leaders to serve as ambassadors in the community.

Before that, Davis served as Anne Arundel County police chief from 2013 to 2014 and as assistant police chief of the Prince George's County, Maryland police department, 1992 to 2013. He is a graduate of the FBI National Academy and the FBI National Executive Institute. Davis holds a master's degree in Management from Johns Hopkins University and a bachelor's degree in English from Towson University.

County Executive Bryan Hill for his continued leadership, interim Chief of the Fairfax County Police Department, David M. Rohrer, and his predecessor Fairfax County Police Chief Edwin C. Roessler Jr. for his leadership. Roessler stepped down in January 2021.

SEE POLICE CHIEF, PAGE 10

Supervisors Validate Hire of New Police Chief

Aware of concerns, comments provided.

Mercia Hobson The Connection

edia reports concerning former Baltimore Police Commissioner Kevin Davis, appointed last week as the new Fairfax County Chief of Police, raise concerns about his employment history, including allegations of excessive force and violations of civil rights in 1993 and 1999.

Members of the Fairfax County Board of Supervisors said on Tuesday, April 27, that they were aware of the past issues, but still believe that Davis is the right candidate to serve as Fairfax County Police Chief.

According to a report by NBCWashington, "Incoming Fairfax Co. Police Chief Appointed Despite Lawsuits Over Force in Prince George's," dated April 27, states that Mark Spann won a civil lawsuit against Davis, who as a Prince George's County police officer stopped Spann in front of his Temple Hill family's home in 1993. In the NBC4 Washington report, Spann alleges that Davis threw him to

the ground and mashed his face into the pavement. The same NBCWashington report states that six years later (1999), Davis, then a sergeant, was sued again, this time "for false imprisonment and arrest of a young man who claimed Davis and other officers essentially kidnapped him for a night." NBC4 Washington reports, "The victim won his civil suit."

On Oct. 15, 2015, a report by WBALTV, "Panel approves Davis as commissioner amid protests," by Kim Darcy and David Collins state, "The jury award against Davis was \$12,500," in the Mark Spann lawsuit. As for the second lawsuit, the one in 1999, WBALTV states, "Court records indicate Brian Romjue, a teenager at the time, accused Davis and three other Prince George's police narcotics officers of kidnapping. He claims the officers took him to a remote location and roughed him up, seeking information."

WBALTV reported that the jury rejected the claim the officers used excessive force during the 1999 incident, but "the jury award against Davis was \$90,000 for violating Romjue's constitutional rights."

Catherine Pugh, Mayor of Baltimore, fired

Davis as Baltimore Police Commissioner on Jan. 19, 2018, saying she had run out of patience in the attempt to reduce crime.

Fairfax County Supervisor Rodney Lusk (D-Lee) said that during his interview process, Davis made clear his commitment to police reform, data transparency, department morale, and combating inequalities in the use of force. "After extensive discussions on these and other topics with Mr. Davis, our entire Board came away confident in his values and ability to lead our police department," Lusk said. "I look forward to working with Chairman McKay to introduce Mr. Davis to our community, and I am committed to providing opportunities for the community to directly ask him questions about his past as well as his goals for the future of policing in Fairfax County." Lusk is chairman of the board's public safety committee.

VICE CHAIRMAN Chairman Penelope A. Gross (D-Mason) said that the Board used a search firm for a national search for police chief. They brought several candidates to the Board for interviews, and significant background checks had been done.

"I like to say, anybody who is coming for an interview, as police chief for Fairfax County, they're going to have some things in their background that may raise some questions. We felt that he was the strongest candidate, would do the best job in Fairfax County," Gross said.

According to Gross, the Board was aware of the employment issues raised in Maryland and that the mayor of Baltimore fired him. "As the mayor, she could, and we understand that's a political decision," Gross said. "We are aware of issues that were raised about all of our candidates. We still feel that Commissioner Davis was the best candidate for Fairfax County," Gross said.

Kofi Annan, President of The Activated People, said: "The hire of Chief Davis feels like a gut punch considering what the Black community and our nation has experienced over the past year. While the Derrick Chauvin verdict was a step in the right direction, this hire feels like we've taken two steps back locally. Nothing in Chief Davis' record indicates he is a reform-minded leader, and the revelations about his own racially-charged misconduct only solidifies our belief that he is not the leader we need at this moment. We hope that in light of this new evidence the Board of Supervisors reconsiders his appointment."

Social Media Argument Results in Homicide of Two Teenagers

Springfield man charged with murder.

By Mike Salmon The Connection

airfax County Police Department detectives are investigating a shooting on Sunday, April 25 that resulted in the deaths of two teenagers in the 8000 block of Winding Way Court in Springfield. Officers responded to the report of a shooting around 3:18 p.m. where they found one juvenile victim inside the garage suffering from gunshot wounds to the upper body. Despite lifesaving measures by officers, the victim was pronounced deceased by rescue personnel. A second juvenile victim was found in front of a home nearby suffering from a gunshot wound to the upper body. He was taken to the hospital where he later succumbed to his injuries, police said.

An investigation revealed there was a previous argument through social media between the involved parties. As a result, four teenagers went to the home to talk to someone who lived there and investigators were told a fight broke out. During the fight, Zachary Burkard, 18, of Springfield, emerged from inside the home and shot two of the juveniles who arrived at the home. Burkard remained at the scene and was taken into



PHOTO BY MIKE SALMON/THE CONNECTIO

The house in southern Springfield was taped off, and officers from the Fairfax County Police Department remained at the scene the following day while the investigation continued.

custody by officers. A firearm was recovered at the scene.

According to the police, Burkard was charged with two counts of second-degree murderand two counts of using a firearm in the commission of a felony. The Office of the Chief Medical Examiner was expected to conduct the autopsies the following day.

Per Virginia Code 19.2-11.2, FCPD is prohibited from providing information about

juvenile victims unless parental consent is provided. This law prohibits Virginia law enforcement agencies from directly or indirectly identifying deceased juvenile victims of a crime.

Victim specialists from our Major Crimes Bureau's Victim Services Division have been assigned to ensure the families are receiving appropriate resources and assistance.

This is an active investigation and de-



PHOTO CONTRIBUTED Zachary Burkard, 18, of Springfield: He was charged with two counts of second-degree murder.

tectives are continuing to examine evidence and interview witnesses to determine what led to the men's death. Anyone with information is asked to contact the Fairfax County Police Department Major Crimes Bureau at 703-246-7800, option 2. Tips

can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477), by text – Type "FCCS" plus tip to 847411, and by web. Anonymous tipsters are eligible for cash rewards of \$100 to \$1,000 dollars if their information leads to an arrest.

These deaths are being investigated as the 5th and 6th homicides year to date in Fairfax County.



Virginia Department of Transportation

Frontier Drive Extension Fairfax County

Virtual Public Information Meeting

Monday, May 17, 2021, 7 p.m. www.virginiadot.org/FrontierDrive

Find out about plans to extend Frontier Drive (Route 2677) from its southern terminus at Franconia-Springfield Parkway (Route 289) to Loisdale Road (Route 789) to relieve congestion and improve access to the Franconia-Springfield Metro station, the Springfield Mall and Town Center area, the General Services Administration (GSA) complex and the new Transportation Security Administration (TSA) building on Springfield Center Drive. The project will include a four-lane divided roadway (combination of new construction and improvements to existing Springfield Center Drive) with a shared-use path on one side and sidewalk on the other. The project will also include new braided ramps at the Frontier Drive/ Franconia-Springfield Parkway interchange, a new intersection at Metro Access Road with Frontier Drive, reconfigured sections of the Metro station circulatory road and access to parking garage entrances, but all existing access points will be maintained.

The meeting will be held as a virtual/online meeting. Information for accessing and participating in the virtual meeting is available at www.virginiadot.org/FrontierDrive. The project team will make a short presentation beginning at 7 p.m. and answer questions for about an hour after the presentation.

Review project information and meeting details on the webpage above or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-1794 or TTY/TDD 711 to make an appointment with appropriate personnel.

In compliance with the National Environmental Policy Act (NEPA) and 23 CFR Part 771, an Environmental Assessment is being prepared for this project and will be available for review at a future public hearing

Give your comments during the meeting, or by May 27, 2021 via the comment form on the project website, by mail to Mr. Zamir Mirza, Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or by email to meetingcomments@VDOT.virginia. gov. Please reference "Frontier Drive Extension" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775.

> State Project: 2677-029-204, P101, R201, C501 UPC: 106742 Federal: STP/F-5B01 (030)

In case an alternate date is needed, the meeting will be held Wednesday, May 19, 2021 at the same time.





News

Get Vaccinated and Register to Vote

LWV-Fairfax holds Voter Registration and Information Drive at the Fairfax County Government Center

> By Katharina Gollner-Sweet League of Women Voters of the Fairfax Area

airfax County residents getting their COVID-19 vaccinations at the Fairfax County Government Center can now also obtain information on registering to vote. League of Women Voters of the Fairfax Area member, retired physician and volunteer vaccinator Arina van Breda came up with the idea after watching hundreds of people file through the Center daily as she was administering vaccines. "Since one of the League's main goals is to encourage people to vote, I thought we could approach people as they exit the Center and provide information on registration, as well as on the Virginia Republican nominating convention on May 8 and Democratic primary on June 8," she said. "Voting is as important to civic health as vaccination is to our public health."

Registering voters this year is of particular concern since statewide the number of new voters registering was down last year, due to the COVID crisis. On the first day of this effort, van Breda and fellow LWV-Fairfax members Mary Valder and Yasmin Shafiiq, spoke to more than 400 people.

The League is a non-partisan and non-profit organization founded in 1920, six months before the 19th amendment was ratified and women won the vote. Members are encouraging Fairfax County residents to register to vote by using the Virginia state Department of Elections online portal, or providing paper voter registration forms, which can then be dropped off at the Office of Elections at the Government Center or mailed in. Van Breda expects LWV volunteers to be



members Arina van Breda and Mary Valder at the **Fairfax Government Center:**

present at the Center until the end of May or as long as the COVID 19 vaccination clinic is ongoing at that site. She emphasized, however, that the deadline for registering for the June 8 Democratic primary is May 17. Early voting began on April 23. The filing deadline to be a delegate for the Republican Convention has already closed but anyone interested in voting at the primary or the Nov. 2 general election can register now. Candidates for the following Virginia offices are up for election: Governor, Lieutenant Governor, and Attorney General. Several Fairfax County districts will also be electing their representatives for the Virginia House of Delegates.



Photo by Arina van Breda

LWV-Fairfax member Mary Valder and LWV-Virginia President Deb Wake at the Fairfax Government Center.



LWV-Fairfax volunteer Yasmin Shafiq

Local Troop Promotes Nine Eagle Scouts

Congressman Gerry Connolly (D-11) recognizes efforts.

SA Troop 1131, chartered by St. Stephen's United Methodist Church in Burke, held an Eagle Court of Honor on Wednesday, April 7. The event recognized nine Scouts who attained Scouting's highest rank.

(They) persevered and completed their Eagle advancement in 2020 and up till now



Carson Bulgin, 18, of Springfield, Donation Shed for St Stephens:

One of my earliest life goals was to become an Eagle Scout. It started when I first joined Scouting in 2013. I view my Eagle as an accomplishment to be proud of, as a manifestation of all my hard work and lessons learned along the way. My project was to solve a long-standing problem: storing donations for St. Stephens. Through the hard work of evervone who showed up and helped me along the way, we were able to finish the project in as little as a day. Total Hours: 107, Completed



Adam Ely, 18, of Annandale, Project: Renovation of Pre-School Playground:

My Eagle project consisted of completely stripping a preschool playground fence of rust, which eliminated many safety hazards, then painting it as well. In addition to those tasks, I removed three very large and heavy planter boxes from the outside of the playground and then moved them to an alternate location. Total Hours: 54, Completed 11/14/20

By Mercia Hobson in 2021 to complete their Eagle projects and earn the rank of Eagle Scout, despite the impacts of the pandemic," cited a post on April 4, 2021, on the BSA Troop 1131 webpage.

According to Independent Sector, with the Do Good Institute, a volunteer hour's latest value is \$27.70. The nine Troop 1131 Eagles provided a total of 983 hours of their time.



Aiden Dunlop, 16, of Burke, Project: Renovation of a Horse Barn for the Northern Virginia Therapeutic Riding Program (NVTRP):

I got the idea from a family friend who worked at a therapeutic horse-riding farm. After contacting the farm, they showed me the barn. It needed a new paint job, and several of the boards that made up its structure were rotted and cracked. My project was to renovate this barn. Total Hours: 69, Completed 07/19/20



Colin Cardaci, 17, of Clifton, Chalkboard for Outdoor Learning Environment:

I decided to do my Eagle Scout project at Holy Spirit, my old elementary school, as a "thank you" for all they have done for me over the years. I added to the outdoor learning environment that they have been working on by building a large chalkboard that mounts directly into the brick wall. I hope my contribution will aid in fun learning opportunities for the kids at Holy Spirit. Though there were many difficulties along the way, I am proud to say that we completed the project, and I was able to earn the rank of Eagle Scout. Total Hours: 12, Completed 10/03/20

talent, and effort to improve their communities. With the Value of Volunteer Time, these Eagles contributed approximately \$27,230 to their communities. Most of the Eagle Projects occurred during the COVID-19 pandemic when nonprofits, municipalities, and groups faced strained budgets.

SEE NEW EAGLE SCOUTS, PAGE 11



Matthew J. Hibner, 18, of Burke, Project: Howey Park Rehab:

Matthew's Eagle project was to repair and re-paint the dugouts at the park. This included replacing many pieces of wood that were broken or rotten. He and his volunteers also cleared grass and weeds that had grown into the infields of the baseball fields and stripped and re-stained the benches. He and his volunteers also cleaned years of dirt and grime from all the bleachers. Finally, they restained all the signs and repainted all the letters on the signs. Total Hours: 122, Completed 02/08/20



Ziqi "Michael" Shen, 17, of Fairfax,

Bush/Tree Clearance and Area Restoration: My project took place at St. Stephen's Methodist Church, where our troop was being held at. The objective was to clear and remove an area of weeds, bushes and vines in the back of the parking lot and replace them with trees and mulch. With the help of the church, we were able to knock out the entire project in one day. My project took several months to prepare and plan for, completing it the fall before COVID. Total Hours: 141, Completed 11/02/19



Matthew Norsky, 16, of Fairfax, Project: **COVID-19 Relief Food Drive:**

Partnering with ECHO and the Patriot District, Matthew led the efforts of collecting 2 tons of food for those experiencing a food crisis. There were challenges with the weather, but nevertheless, scouts, leaders and citizens came together and helped the community! Total Hours 123, Completed 06/27/20



Gabriel Sejas, 16, of Burke, Project: Planting Native Plants for Hidden Oaks

Nature Center: As a way to show my gratitude to Hidden Oaks for providing many of the merit badges during my quest to earn all 137 merit badges, my Eagle Scout Project was to remove the weeds and invasive plants around Hidden Oaks' newly paved trail, then to plant native plants that will act as a natural barrier to invasive plant species. Total Hours: 131, Completed 09/12/20



Jake Whitfield, 16, of Burke, Project:

Built Nine Replacement Benches for an Outdoor Chapel - Reaching Eagle Scout was one of my goals when I joined Troop 1131. As a new Scout, I saw it as a big accomplishment that earned respect and also indicated you have what it takes to be a leader. My project took over six months to complete during COVID and required dedication, perseverance, hard work, and leadership and planning skills. Overall, those traits are essential to a successful Eagle Project and achieving the rank of Eagle. The teamwork exhibited by my friends and other Scouts from the Troop was amazing. Total Hours: 224, Completed 10/04/20

SENIOR LIVING

There are an abundance of options for luxury retirement communities in Northern Virginia, including Sunrise of Old Town.



PHOTO COURTESY

When it's Time to Downsize

Suggestions for transitioning to a new living community.

BY MARILYN CAMPBELL THE CONNECTION

he decision to trade the comfort of home where you've lived for years and transition to retirement can evoke a range of emotions. From leaving behind a place that holds memories of having raised an active family to sorting feelings around a perceived loss of freedom can be overwhelming.

"One of the hardest things to do is embrace change," said therapist Carol Barnaby, LCSW. The older we get the harder it is to embrace change. It takes about three to six months to adjust to new changes and routines."

"That space between ending what was and becoming what will be can be a dark and scary place," added Carolyn Lorente, Ph.D., Professor of Psychology at Northern Virginia Community College.

Finding a retirement community where one feels comfortable can help make the transition easier. Virginia was ranked number one in the country for having the best resources for seniors by SeniorAdvice. com, an independent, non-profit organization that offers free information and guidance.

Touring a community before selecting one or deciding to move can allay fears of the sterile living conditions and sedentary lifestyles that are often associated with retirement communities, advises Barnaby. "Find activities to join in the care facility," said Barnaby. "Joining groups allows people to form connections."

One such community is Sunrise of Old Town, which is scheduled to open later this spring. "We have activities going all day long to keep our seniors active and moving so that they have a sense of purpose," said Maggie McElroy of Sunrise. "Residents can bring their furnishings to help make their suites feel more like home."

Creating a sense of the familiarity of one's old home can make the transition less jarring. "We can bring items like photos and decorations that help recreate the familiar home environment," said Jerome Short, Ph.D., professor of psychology at George Mason University. "Then think about good aspects of the move for our health and safety."

"Take time to actively think about memories in your home and reminisce," said psychologist Stacie Isenberg, Psy.D. "You can do this while packing up. Take photos of each room before you pack up and consider making a video where you walk through it and narrate events that happened in the room. It will be a nice keepsake to reflect on ... and a way to get closure and say goodbye to your home."

Bulletin Board

EVERY SATURDAY

Community Market Opens. 10 a.m. to 2 p.m. At Workhouse Arts Center in Lorton. Featuring over 20 vendors, new and returning.

DIAPER DAY DRIVE

Springfield Town Center is celebrating Mother's Day by supporting families in need in the Fairfax area. From April 19th through May 16th, Springfield Town Center will raise awareness and host collection boxes for diapers and related supplies benefiting struggling families with small children. Springfield

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

Town Center has partnered with Fairfax Diapers to host a Mother's Day Diaper Drive that will support local families that are experiencing a diaper need. Diaper donations can be dropped off at LOFT or Macy's at Springfield Town Center from Monday, April 19th through Sunday, May 16th. Support a family by bringing an unopened diaper package of any size or brand to either retailer to be donated.

STARTING MAY 2

Lorton Farmer's Market. 9 a.m. to 1 p.m. Lorton VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. The Fairfax County Lorton Farmer's Market offers the season's best produce, meats, eggs, honey, artisan breads, coffee, a wide range of prepared foods, pickles, fresh juices, microgreens, and more. Visit the website" https://www. fairfaxcounty.gov/parks/farmersmarkets/lorton

NOW THRU MAY 20

Free Citizenship Classes. 7-9 p.m.

SEE BULLETIN, PAGE 10



PHOTO BY SUSAN LAUME/THE CONNECTIC

Park Volunteer at Work

Ken Peterson, Engineer, Springfield, worked about two hours on this trail improvement in the Pohick Stream Valley. Peterson also fashions walkways through muddy trail sections to enhance others enjoyment of local trails.

Effective Communication Strategies for Alzheimer's and Dementia Caregivers Thursday, April 29, 2021, 2 p.m. - 3 p.m.

Does communicating with your loved one frustrate you? Is there a better way to reach a person with neurocognitive difficulties?

Communication is more than just talking and listening — it's also about sending and receiving messages through attitude, tone of voice, and body language. As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new

Join Ben Donnelly of the Alzheimer's Association to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease. Garner real-life tools you can use to navigate the difficulties of being a care partner.

https://librarycalendar.fairfaxcounty.gov/event/7560909

Responding to Dementia-Related Behaviors

Tuesday, May 4, 2021, 3 p.m. - 4 p.m.

Ben Donnelly of the Alzheimer's Association hosts a presentation related to dementia-related behaviors. Some behaviors can present real challenges for caregivers to manage. Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's dis-

https://librarycalendar.fairfaxcounty.gov/event/7570900

10 Warning Signs of Alzheimer's

Wednesday, May 19, 2021, 5 p.m. - 6 p.m.

Am I getting old or getting Alzheimer's? Is forgetfulness a natural part of aging? When does memory difficulty signal a larger problem? This program provides an understanding of the difference between normal aging and when symptoms reveal a larger problem.

https://librarycalendar.fairfaxcounty.gov/event/7582116

WEEK IN FAIRFAX

Fairfax City Farmers Markets to Start Soon

Sponsored by the Downtown Fairfax Coalition, the farmers markets in Fairfax City will soon be up and running for the 2021 season. Both are held at 10500 Page Ave., near the Historic Fairfax County Courthouse. (Look for the tents). The Saturday market goes from May 8-Oct. 30, from 9 a.m.-1 p.m. The Sunday market runs May 9-Oct. 24, from 10 a.m.-2 p.m. Because of the pandemic, social distancing is practiced. All vendors and customers are required to wear masks, and vendors' booths are 6 feet apart and will have hand sanitizer available.

'Housing is Central to the City's Future Development'

Fairfax looks at the types of homes it offers.

By Bonnie Hobbs
The Connection

n order to better plan for Fairfax City's future, City Council recently received a detailed update on the housing picture. Making the presentation during a work session was Senior Planner Eric Forman.

With a City population of about 25,000, some 70 percent of the residents own their homes; the other 30 percent rent them. And currently, Fairfax has 1,100 housing units approved or under construction.

"Since our last housing assessment, around 2014, the City has approved 2,000 more units to our housing stock," said Forman. "Of our 9,516 housing units, about 5,200 are detached or duplex homes. Over one-third are multifamily units – two-thirds of which are apartments."

However, he added, "A big part of our story isn't just what type of homes we have, but when they were built. About three-fourths of the City's current stock of detached/duplex units were built in the 1950s and '60s. Just 3 percent were built from 2010 through 2020."

FAIRFAX'S FIRST TOWNHOUSES

were built in the late 1960s – and then not again for 10 years. And the number of townhouses constructed in the last decade represent 17 percent of the whole, or about 220.

"Since 2014, the City has added over 1,000 multifamily units, including Scout on the Circle and the Kamp Washington apartments," said Forman. "And they're 29 percent of the City's multifamily housing stock. The bulk of the detached homes are in the \$400,000, \$500,000 and \$600,000 range in assessed value. And many of our homes have been occupied by the same people for 30 or more years."

So in a possible attempt to diversify what's available for residents here, Planning Division Chief Paul Nabti said City staff looked at five, alternative, housing types in other communities:

- ❖ Cottage Housing: Small, clustered, detached houses with two or three bedrooms, including first-floor, master bedrooms. They may have recessed second stories with one or two bedrooms and may have less parking than typical houses.
- ❖ Two-over-Two Condos: They look like a four-story townhouse, www.ConnectionNewspapers.com

but are divided into two, two-story units of three or four bedrooms each. Both units have exterior entrances, with garages typically in the rear and accessible via an alley.

- ❖ Townhouses with Elevators: Often marketed to senior citizens, each townhouse has three or four bedrooms. Elevators add approximately \$20,000-\$25,000 to the construction cost.
- Detached, Accessory Dwelling Units: These are small houses on the same

property as another house. They're typically under 800 square feet, with one or two bedrooms, a kitchen and bathroom.

Senior Multifamily Units: The complexes have both senior-friendly floor plans, one or two bedrooms, plus common areas. Usually offered are housekeeping, recreational activities, dining and fitness and wellness programs. May also offer assisted-living and memory-care components.

"We're forecasting high-end wage earners here," said Councilmember Janice Miller. "So should we be building housing for these future residents?" Nabti said staff could examine that possibility.

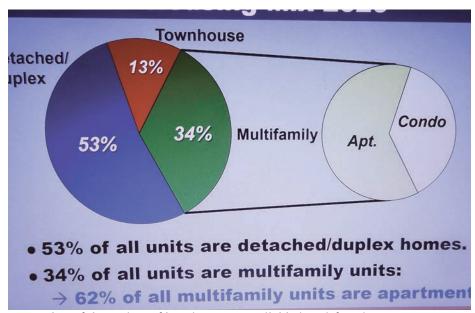
"We have a lot of homes in the \$575,000 to \$675,000 price range," added Miller. "So is the advantage of the two-over-two condos the new construction (since they're in the same price range)?" Nabti replied affirmatively.

Meanwhile, Councilmember Sang Yi wanted to know, "How would detached accessory dwelling units be accepted by homeowners' associations? Would a zoning ordinance supersede their requirements?"

"No," answered Nabti. "It would more likely be applied to neighborhoods with civic associations, instead."

Yi also wondered about the square footage of the cottages. "They don't seem like much bang for the buck, especially since they're expensive, have less parking and look pretty small," he said.

Noting that "This is an interesting discussion because it's relevant to our decisions regarding where we go from here," Councilmember Tom Ross had questions, as well. "What is the future housing demand anticipated here?" he asked. "What do our residents want?" But both queries require further re-



A snapshot of the variety of housing types available in Fairfax City.

search by staff.

AS FOR HOME PRICES, "The trend of homes selling for higher than their asking prices has continued in the City in 2021," said Forman. "Houses especially in the \$400,000 and \$500,000 range have sold for more than their assessed value. It's our mid, price-

point, and they're in high demand, right now. And the same is true of our townhouses built in the '60s and '70s."

"There's demand for all types of housing," he continued. "Although, currently, we're not seeing quite that level of demand for condos. Fairfax City's housing costs are similar to those in other Northern Virginia regions."

Regarding rentals, Forman said, "One-third of the City's apartments are rental units; and Fairfax City's rents, on average, declined more in 2020 than in the immediately surrounding areas. They declined by 10.5 percent last year. The main reason was because of two apartment complexes where mainly GMU students lived. (They weren't here because of the pandemic)."

"Clearly, housing is central to the future development of the City," said Fairfax Mayor David Meyer. "It affects our transportation, economic development,

education, etc., and it's certainly dynamic." He then asked Forman and Nabti to continue gathering data, return to the Council and recommend what the City should do to best position itself for the future.

Agreeing, Miller said she supports hiring a consultant "to direct us on what we should do, as we move forward"

Same Company, Same Employees, Same Great Value - Now Celebrating 20 Years!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling





- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)

Fully Insured & Class A Licensed Since 1999





Free Estimates

703-999-2928

Check if your contractor is licensed at the state level http://www.DPOR.virginia.gov

Visit our website: www.twopoorteachers.com





TRANSFORM YOUR BATH OR SHOWER IN AS LITTLE AS ONE DAY



Includes product and labor, bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires June 30, 2021. Each dealership is independently owned and operated. Third party financing is available for those customers who qualify. See your dealer for



BC BATH & Military & Senior Discounts Available

844-945-1631





TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Services

PRESSURE WASHING PROS



- Soft Wash
- Deck Cleaning/Staining Fences
- Driveways pwashingpros.com

(703) 378-8645

Call the licensed and bonded pros with the best pricing in the NoVA area today.

Find us on Facebook and become a fan!

www.Facebook.com/ connectionnewspapers



Newspapers & Online The Connection to Your Community

www.connectionnewspapers.com

GENERAC'

별트

LIFE LINE SCREENING.

Are you at risk for stroke or cardiovascular disease?

Call Life Line Screening at 844-588-4478

Special Offer for Readers 5 screening package for \$149



REQUEST A FREE QUOTE! 844-947-1479

7-Year Extended Warranty*
A \$695 Value! Offer valid February 15 - June 6, 2021

Special Financing Available

AN ORGANIZED HOME IS A HAPPY HOME

Add space to your kitchen and time to your busy schedule with ShelfGenie's custom pull-out shelves installed in your existing cabinets



BULLETIN BOARD

FROM PAGE 8

Online Zoom Classes. Free on-line ZOOM classes sponsored by Lord of Life Lutheran Church and Congregation Olam Tikvah. Classes meet Tuesdays and Thursdays, 7-9 PM, April 6-May 20. ZOOM link will be sent to registered students. Students register at www.lordoflifeva.org.

NOW THRU MAY 2

"AZUL" Exhibit. At The Loft Gallery, 313 Mill Street, Occoquan. Fiber Art by Marisela Rumberg, who shares with us "AZUL" - a collection of work featuring the color blue in different hues juxtaposed with other colors that look great together with azul. Virtual reception: Wednesday, April 7 at 12 p.m. Facebook LIVE at https://www. facebook.com/loftgalleryoccoquan. Visit www.MariselaRumberg.com

SATURDAY/MAY 15

Lake Accotink 5K and 10K Race. 8:45 to 11 a.m. At Lake Accotink Park, Springfield. Event by Lost Dog and Cat Rescue Foundation and Bishop's Events. For tickets, go to: www.bishopseventregistrations. com/event/2021-spring-lake-accotink-5k--10k

Police Chief

From Page 4

According to World Atlas, the Fairfax County Police Department, which has roughly 1,400 full-time sworn-in officers, is Virginia's largest police department and ranked 33 in the top largest police departments in the United States in August 2020.

Braddock District Supervisor James R. Walkinshaw issued the following statement regarding the Board of Supervisors' selection of Kevin Davis as Chief of Po-

"Many law enforcement leaders have learned to talk the talk of police and criminal justice reform, but very few have actually done it. In Kevin Davis, we have selected someone with a proven track record of implementing meaningful reforms in the face of fierce resistance. That's why the Open Society Foundation -- an organization working to develop policing systems that treat everyone equally -- asked him to write the book on consent decrees and police reform. With Chief Kevin Davis, Fairfax County is poised to build on the accountability measures already in place here and lead the nation in ensuring that the law is employed as an instrument of justice."

Board of Supervisors Appoints Kevin Davis as Fairfax County's New Chief of Police. - YouTube can be found online https://youtu.be/ Ii020GkUzvM

CALENDAR

NOW THRU JUNE 26

Ken Britz, Artist of the Year. At VAS Gallery in the Village Green, 513 Maple Ave. W, Vienna. The Vienna Arts Society is thrilled to present a collection of "Favored Subjects", artworks by Artist of the Year Ken Britz. The exhibition is open April 12 through June 26, Mon. - Sat., 9 a.m. to 5 p.m. Discover more about Ken on the website: www.ViennaArtsSociety.org

WEDNESDAY/APRIL 28

(The) Unruly Theatre Project's Virtual Improv Show. Virtual. Sponsored by the Alden. 7 p.m. Join them for (the) Unruly Theatre Project's virtual spring improv shows from the comfort of your couch. You can register for one show or as many as you like, but participants need to register at least two hours in advance of a show to see it. A Zoom link and password for the show will be emailed to registrants. For more information or to register, visit: www. aldentheatre.org.

WEDNESDAY/APRIL 28

Topics in Astronomy Webinar: Stargazing. 7:30-8:30 p.m. Virtual Program. Grab your binoculars and pull up a seat for April's "Topics in Astronomy Webinar." These monthly webinars explore everything from space missions to planets, stars and galaxies. See how much can be seen in the night sky, even if you don't have a telescope. These presentations are for the general public and do not require any specific knowledge of astronomy. This virtual program will be hosted in an online Zoom meeting by staff and volunteers of the Analemma Society. The cost is \$8 per person. Call Colvin Run Mill at 703-759-2771.

FRIDAY/APRIL 30

Old Firehouse Friday Night Trip -- Top Golf. 4-10 p.m. Come eat, drink and golf like a pro! Experience a new state-of-the-art Angry Birds golf game. Golf, food and a free Top Golf membership is included. Come have fun and perfect your golf swing with us. For more information or to register, visit: www.oldfirehouse.org or call 703-448-TEEN (8336).

FRIDAY/APRIL 30

Father-Daughter Silent Disco Dance. 7–8:30 p.m. Join MCC for a socially distanced, outdoor, Father-Daughter Silent Disco Dance with DJ BigCourt. We will transform the MCC parking lot into a dance floor with each father-daughter group having its own space. Price includes the use of headphones with the option of one of three family friendly music genres, snack bags and glow products to add to the fun. Get outside, get moving and spend some time with your little princess. For more information, visit www.mcleancenter.org or call 703-790-0123, TTY: 711.

APRIL 30-MAY 14

Art as Life Vale Arts. 10 a.m. to 6 p.m. More than 160 works of fine art will be on exhibit in the virtual "Art as Life" ValeArts show April 30-May 14, 2021. Normally held at the Vale

Schoolhouse in Oakton, the online show will show all types of abstract, representational, and impressionist art. Guest Artists Deb Keirce and Andrea Cybyk join the core Vale-Artists Laura Barringer, Linda Bullen, Lorrie Herman, Kim Richards, Diana Eichler and Jenna klimchak. Visit www.valearts.com

MAY 1 AND MAY 2

Twelfth Night." 5-7 p.m. At Arts Herndon Lawn, 750 Center Street, Herndon. Herndon Community Arts Lab, in association with Arts Herndon and Dark Horse Theatre on Arts Herndon Lawn Stage, starts Friday at 7 p.m. Pay what you can (but reserve 'Bubble') Saturday, May 1, Sunday, May 2 - all at 5 p.m. Book tickets now www.darkhorseva.com. Cost: \$50 per 4 person Bubble, \$15 Single.

SATURDAY/MAY 1

Painting With Nature. 1-3 p.m. At Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Discover what nature can add to your artwork with the "Painting with Nature" class at Colvin Run Mill. Explore the ways you can use natural pigments to create gorgeous hues. Learn how to make paints using organic materials. The class iis designed for participants age 13 to adult and the cost is \$25 per person. Call 703-759-2771.

SUNDAY/MAY 2

Tribute to Sonny Rollins. 3 p.m. At Mason Pond Lawn at GMU, across from the Center for the Arts Concert Hall in Fairfax. The talented Mason Jazz Faculty salutes tenor saxophonist Sonny Rollins, long heralded as "the greatest living jazz improviser," who has inspired generations of musicians. \$25/adults. Tickets are now available to the public at cfa.gmu.edu.

MONDAY/MAY 3

Science Enrichment Program. 10 a.m. to 3 p.m. At Hidden Pond Nature Ceter 8511 Greeley Blvd., Springfield. Explore science beyond the classroom with a "Science Enrichment" program at Hidden Pond Nature Center. These programs are designed to supplement online and classroom science instruction with handson activities tailored to specific elementary grade levels. The cost of each is \$6 per child. One parent is required to sign up per household. Call 703-451-9588.

<cal1>Monday/May 3

<cal2>Night Sky Seminar. 7:30-8:30 p.m. Go to infinity and beyond with a webinar on star maps and a virtual tour of the night sky. Join staff and volunteers from the Analemma Society as they help you explore the heavens from here on Earth. Sign into the "Night Sky: Intro to Star Maps Webinar" and get an intro-duction to sky coordinates. Learn how astronomical objects are represented on maps of the sky and how to read star maps to find your way among the stars. The talk will be illustrated by a variety of star atlases. Call Colvin Run Mill at 703-759-2771.

New Eagle Scouts Honored

From Page 7

During the Eagle Court of Honor, the young men who mastered the challenging rank of Eagle Scout in Scouts BSA shared comments and presented slide shows that captured three topics, their best Scouting memories, Eagle Scout Service Projects in action, and heartfelt thanks to individuals who lent support. One of the goals of an Eagle Scout service project is collaboration and leadership. That means enlisting and delegating tasks to volunteers.

At the request of Congressman Gerry Connolly (D-11), a flag flown over the United States Capitol was presented to each new Eagle Scout of Troop 1131 in recognition of the achievement. Congressman Connolly also sent letters dated April 7, 2021, under his penned signature to the new Eagle Scouts of BSA 1131.

"You have won the respect and admiration of your family, friends and fellow scouts. The discipline and dedication to excellence that you have developed in order to reach this goal will serve you well as you face tomorrow's challenge," said Connolly.



WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION



25 years of experience – Free estimates **703-868-5358**

24 Hour Emergency Tree Service

Landscape Drainage

Landscape Drainage



703-772-0500 www.Prodrainage.com

VA. Licensed Class A Contractor



"My Thoughts to Your Thoughts"



By KENNETH B. LOURIE

You know the expression: Can't walk and chew gum at the same time;" a disparaging characterization of a person, company or municipality unable to multi-task or even tasl at all? Fortunately, I've not had much interaction in any of these categories (myself included). I do however, have a similar description of yours truly: I can't write a column and eat at the same time. I can drink (not alcohol) and write. And back in college - in the 70s, while writing a weekly column for "the diamondback" (the college newspaper) at The university of Maryland, I could partake, recreationally, and still write my column. In fact, I still remember what I thought was one of the funniest lines in a column I wrote about my inability to use tools (while under said influence): "The only power tool I ever used was a hammer." Ah, the good old daze.

Fast forward and I mean fast, to 2021, approximately 45 years, since I was a weekly columnist for the campus newspaper. Time hasn't merely flown by, it has broken all former land speed records. In fictional fact, it hasn't been mach, it has been at "warp" speed, for those of you regular readers who are still trying to "Live long and prosper" while watching cable channel "H&I" Sunday through Friday, off and on between 8pm and 1am. For us "Star Trek" fans, these five hours of nightly programming fill a void that no replicator can match.

Spock could certainly multi-task. How else could he master three-dimensional chess? Perhaps some of his skill set had its origins in the "Vulcan mind-meld" which enabled him to read other's thoughts and gain unique insights into previously unshared experiences. As I think back over the years of previous "Star Trek" viewing (and my current re-infatuation), I can't recall ever seeing Spock eat, or even drink for that matter. Maybe he couldn't eat and be First Officer/second in command at the same time? Not that I'm equating myself with Spock, he was way more intelligent and accomplished than me. But maybe we did share a common affliction: an inability to eat and simultaneously perform other tasks?

And though Spock never seemed any the worse for the wear and tear he endured while rarely eating, I, as a red-blooded human, need to eat. I just can't eat while I'm writing. It seems to take away from my focus and blunt the creative process. Maybe if I were able to "narrow the confinement beam," I could put more of my thoughts down on paper before they're lost in my head. Thoughts which occasionally are fleeting, but usually are pertinent to the column I'm writing. Unlike Spock however, my thoughts are not always logical and though I try to embrace his Vulcan philosophy: "The needs of the many outweigh the needs of the few," I think I'm too needy to do so. (My nephew bought me Star Trek pajamas for Christmas. It didn't exactly fill a need but it sure has made me happy to wear them. If you're at all curious they are Spock's rank and color: blue top with black pants, with proper Star Trek insignia.)

As is the case with my weekly column. I deprive myself of nourishment in order to write in a semi-coherent way. Sometimes I fail (perhaps the proof is right here in the words which you are reading), but it's never because I ate while I wrote, it's because the "inertial dampeners" (whatever they are) were not functioning within normal parameters. I just have to hope that my communicator doesn't malfunction or that an ion storm doesn't develop locally and knocks out the power to my house. I don't have a "Scotty" around to transfer power from one system to another. All I have is that hammer. And I know from limited experience, that a hammer is not going to solve my problem. I need a whole crew with all their own tools.

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



Jacktaylor's

ALEXANDRIA TOYOTA

START THE









ICE & PARTS HOURS: MON-FRI 6A-7P & SAT

SPECIAL

11 FILTER SPECIAL 11

SPECIAL

SPECIAL

LUBE, OIL & II ALIGNMENT II BRAKE PAD IITOYOTACARE II **PLUS** 11

SERVICE VARIABLE

BATTERY CHECK-UP I INCLUDES: CHECK COLD CRANKING

AMPS AND VISUAL INSPECTION OF GENUINE TOYOTA OIL FILTER, INSPECT & ADJUST INSPECT SUSPENSION, BALL JOINTS, INSPECT FRONT & REAR ROTORS AND/OR DRUMS, CHECK TIRE EXTENDING YOUR TOYOTACARE BATTERY CONDITION. INCLUDES

ALL FULL EXECUTION OF ALL FULL EXECUTION OF A COMPLIMENTARY MULTI- STRUTS & SHOCKS, TIPE CONDITION AND INSPECT ALL HARDWARE. TOW PAGE SONLY. COMPLEMENTARY MAINTENANCE BATTERY CONDITION PRINT OUT. POINT INSPECTION WITH PRINT OUT. TOYOTA VEHICLES ONLY, COUPON MUST BE PRESENTED AT NOT VALID WITH ANY OTHER OFFER OR COLPOIN TOYOTA WENCES ONLY COLPON

\$44.95 FOR SYNTHETIC OIL CHANGE 11 4-WHEEL ALIGNMENT 11 BRAKE PAD REPLACEMENT 11 I INCLUDES: CHANGE OIL (UP TO 5 OTS.), INSTALL I INCLUDES: 4-WHEEL ALIGNMENT. INCLUDES: NSTALL GENUNE TOYOTA FRONT BRAKE PADS.

AND SET TIRE PRESSURE.

TOYOTA VEHICLES ONLY, COUPON MUST BE PRESENTED AT INCIDENCE INVOICES OFFICE OF INCIDENCE OF INCI

MACHINE ROTORS AN ADDITIONAL \$199.95

TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. | MISTERFERRED AT INFO FRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. | MISTERFERRED AT INFO FRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL.

SPECIAL

11

11

MAINTAIN PEACE OF MIND BY PLAN TO 4 YEARS/45,000 MILES!

TOYOTA VEHICLES ONLY, COUPON MUST BE PRESENTED AT

DISCOUNT THE MORE YOU SPEND THE MORE YOU SAVE!

\$10 OFF... WHEN YOU SPEND \$50-\$99 \$15 OFF... WHEN YOU SPEND \$100-\$199 \$20 OFF... WHEN YOU SPEND \$200-\$499 \$50 OFF... WHEN YOU SPEND \$500+

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL





Toyota's **President's Award** 34 years in a row!

Se habla español

Jacktaylor's

ALEXANDRIA TOYOTA

3750 Richmond Hwy • Alexandria 703-684-07 Alexandria Toyota.co