

CONNECTION

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Coyotes in the Neighborhood

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“Simply seeing a coyote should not be cause for alarm.”



Animal Shelter's Tribute Garden Marks a Milestone

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Combatting the Toll of Racism on Mental Health

Black Health and Wellness is the theme of Black History Month 2022.

BY MARILYN CAMPBELL
THE CONNECTION

After walking into a hospital room to administer medicine, her patient told her to go find a nurse because he wanted his prescriptions to be administered by a professional, recalls Kezia, who has a master's degree in nursing and has practiced for more than 20 years.

"Since I'm black he probably thought that I was there to empty his garbage can. I had to explain to him that I was a nurse and I'm not even sure he believed me," she recalled from her home in Fairfax. "I have to let things like that roll off because I have to deal with all kinds of people all day."

The constancy of experiencing racism, even subtly, can have a negative impact on the mental health of those on the receiving end of such behaviors, say area mental health professionals. The theme of Black History Month 2022, "Black Health and Wellness," offers an opportunity to recognize and address the issue on a personal level.

The theme is set by Association for the Study of African American Life and History.

<https://asalh.org/black-history-themes/>
"Constantly feeling the need to repress slights and other acts of racism is psychologically damaging," said Arlington psychotherapist Robyn Wright, Ph.D. "The unresolved pain of being a victim of racism is fertile ground for mental health problems like depression, anxiety and substance abuse."

Expressions of racism are often unconscious or subtle, and therefore are not addressed or recognized, advised family therapist Jaelyn Lewis who practices in Bethesda and Alexandria. "Most white people don't express overt racism like using racial slurs, so it's easy for us to overlook it, accept it and bury the anger and sadness," she said. "We have to make ourselves aware of the toll that it's taking on our mental health."

"We have to find ways to take care of ourselves and give ourselves a mental health break," continued Lewis. "Sometimes this means getting out of our comfort zone and finding ways to practice relaxation every day. We can do it through

meditation and even deep breathing to reduce the stress that we've become so accustomed to that we don't even recognize it."

Identifying a place that is filled with like-minded people can be empowering and

"Most white people don't express overt racism like using racial slurs, so it's easy for us to overlook it, accept it and bury the anger and sadness. We have to make ourselves aware of the toll that it's taking on our mental health."

—Jaelyn Lewis

stress-relieving, advises Wright. "It can be spending time with friends who you can let your guard down with," she said. "It can

also be at church or another house of worship. The bottom line is that we need a reprieve from the feeling of constantly having our guard up or feeling like we have to look or behave a certain way to feel accepted."

Anger is often an automatic reaction to racism or bias. Using those feelings to take action in a way that brings about change can reduce the negative impact on one's mental health, suggests Lewis.

"Vote, register to vote, make sure your family and friends register and vote. Speak up calmly when you feel racism or bias. Protest and raise awareness but do it peacefully so that people will be able to hear and accept our views."

Resisting the urge to give up or succumb to feelings of hopelessness can help guard against depression, says Wright. "You don't have to experience racism first-hand to feel the effects of it," she said. "Even seeing it on television or reading about it in the newspaper can be painful. ... Learning about the rich history of African Americans and important contributions to society that are often overlooked, can give you a sense of pride instead of a sense of being inferior."



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NEWS

Coyotes Spotted in All Parts of Fairfax County

Seldom seen, coyotes have been living next to people for a long time.

BY MIKE SALMON
THE CONNECTION

A coyote spotted in Lee District Park caused some alarm amongst nearby residents that coyotes possibly pose a threat to pets that are left unattended.

“Coyotes differ from most other wildlife species in urban areas in that they are often perceived to be a danger or a nuisance simply by being seen,” says Fairfax County information on the website. “Most complaints regarding coyotes are that they occur near people, even when no incidents or damages have occurred. Simply seeing a coyote should not be cause for alarm.”

A picture of the animal at Lee District Park was posted on the Nextdoor social media site, and there were several responses.

Renee Grebe, of Loft Ridge Small Side, praised the presence of coyotes. “We’ve got them all over here - what a joy to have! Thank you, coyotes, for helping keep our rodent population in check,” she said.

In nearby Huntley Meadows Park, coyotes have been heard after dark, said one of the Friends of Huntley Meadows Park.

Marlene Koenig of Manchester Lakes said on social media, “I have seen [coyotes] in the Kingstowne area since the late 1990s. There is a pack of perhaps six that live in Huntley Meadows. You can hear the howling at times.”

According to the county, coyotes are opportunistic foragers with diverse diets that commonly prey on small animals such as mice, rats, voles and rabbits but will also readily eat fruits, plants and carion.

But coyotes may “mistake” small, unattended pets including cats and small dogs as prey.

“They will however see any small pets as food, particularly outdoor cats, when they find them wandering off in the woods,” according to Alonso Abugattas in the Capital Naturalist blog. “This is just one more good reason among so many to not let cats out.”

“Coyotes are remarkably shy and avoid people any way they can,” Abugattas said. “Most are rarely seen, and certainly are no danger to people.”

Coyotes are territorial and may view larger dogs as potential competitors, particularly from January to June while mating and



PHOTO CONTRIBUTED

Coyotes have been seen in every part of Fairfax County.



PHOTO CONTRIBUTED

This coyote goes to the Lake d’Evereux neighborhood frequently. The neighborhood is right next to Huntley Meadows Park.

birthing pups, although actual confrontations are rare.

In May 2018 Animal Protection Police Officers and the Fairfax County Wildlife Management Specialist reported that a small dog was attacked and killed in the forested area of the Parklawn community of Alexandria.

“The best way to safeguard pets in areas where coyotes are active is to keep them indoors and do not leave them outside without supervision,” said Dr. Katherine Edwards, Fairfax County Wildlife Management Specialist.

According to the Capital Naturalist blog by Abugattas, <https://capitalnaturalist.blogspot.com/> or on Facebook:

“Our Eastern Coyote (*Canis latrans*) ... was first noticed around 1930 or so spread-

can vary. They are now found in every county in the mid-Atlantic.

“The Eastern Coyote is bigger than those in the West, about the size of a border collie or even German Shepherd, often between 45 to 55lbs, though occasionally bigger. The males are usually larger than the females. They are not only larger, but often tend to be more quiet than their western cousins, not howling as much, and often in much smaller groups. Their color can be variable as well, though they’re often some shade of tan, with erect ears, bushy downward-pointing



NEXTDOOR

Coyotes are in every part of the area. These were near the Potomac River on the Maryland side.

ing East near the Great Lakes, as Western Coyotes wandered over and took over the areas vacated by most gray wolves. They mixed with Algonquian Wolves and continued the way with dogs as well. What resulted was a mix of about 60% Western Coyote, 30% Algonquian Wolf, and the remainder dog, though these averages

tail with a dark tip. Most have white chins as well.”

Fairfax County lists a series of tips for co-existing with coyotes:

- ❖ Never feed or attempt to “tame” a coyote.
- ❖ Place garbage and compost in an animal-proof container, such as a metal trash can with latches on the lid or secure with bungee cords.
- ❖ Do not feed pets outside or store pet food outside.
- ❖ Keep small pets inside and do not leave unattended when outside.
- ❖ Provide secure shelters for poultry, rabbits, and other vulnerable animals.
- ❖ Coyotes are most active at night and

Simply seeing a coyote should not be cause for alarm.”
— Fairfax County

early morning hours; however, they may be active during the day in search of food or denning sites.

❖ If you see a coyote crossing your property, and you don’t want it there, let use hazing techniques to frighten coyotes from the property or exclusion measures to restrict their access. Yell and wave your arms at the coyote. Use noisemakers such as whistles, air horns, bells, “shaker” cans full of marbles or pennies, or pots and pans banged together.

‘It Raises Money for Animals that Need Special Care’

Shelter’s tribute garden marks a memorial milestone.

BY BONNIE HOBBS
THE CONNECTION

Losing a beloved pet can be heartbreaking, so the Friends of the Fairfax County Animal Shelter (FFCAS) established an animal-tribute garden outside the shelter. Designed in the images of a dog and a cat – the shelter’s logo – it’s created of bricks that people may purchase and have engraved in memory of their late pets.

Now, some two years after the Friends began the garden, it’s sold its 100th brick and held a ceremony to mark the occasion. But the bricks have an even more far-reaching purpose, since the money from their sale provides critical funds for the shelter itself.

“I think it’s a creative way to raise money, particularly now when everyone’s looking for fundraising opportunities,” said former Sully District Supervisor Michael Frey, after whom the shelter is named and who’s also on the FFCAS Board. “It gives people the chance to leave something that both memorializes their pet and recognizes the shelter.”

FFCAS is the shelter’s nonprofit, fundraising partner. As such, it ensures that animals requiring lifesaving medical care beyond the shelter’s budget limitations can receive it. However, it doesn’t come easily – especially since the shelter opens its doors and hearts to more than 5,000 animals a year.

But by making this money available – as well as funds for animal behavior-training, parasite prevention, dental care and community outreach – the Friends help the shelter in its efforts to offer each animal the best opportunity to find a permanent, loving home. And the tribute garden plays an important role in making this possible. Besides being an attractive entrance to the shelter, it’s a special way for people to honor and remember their own pets, while helping other animals get adopted.

To commemorate the sale of the 100th brick, shelter staff and board members, volunteers, FFCAS members and various county dignitaries recently gathered at the tribute garden for a special ceremony. They included Dave Rohrer, former Fairfax County deputy executive for public safety, and supervisors Kathy Smith (D-Sully), James Walkinshaw (D-Braddock) and John Foust (D-Dranesville).

The brick’s purchaser, Diane D’Arcy, placed that special brick in the dog-shaped garden. It was actually the third one she added there – two, in memory of her late, red bone coon hounds, Stella and Rhythm, and one in honor of her current coon hound, Zipper. Each of their bricks is engraved with their names, plus the names of the kennels from which they were bred.

“I adopted them all,” said D’Arcy. “All are rescue dogs. It’s just wonderful to rescue a dog, and this is a great project. It raises money for animals coming to the shelter



Diane D’Arcy places the 100th brick while Evelyn Grieve watches.



Karen Diviney



Dave Rohrer



The bricks honoring D’Arcy’s three dogs are at bottom of photo.



The bricks honoring D’Arcy’s three dogs are at bottom of photo.



Evelyn Grieve (center) hands the 100th brick to Diane D’Arcy, while FFCAS Operations Manager Lindsey Jurca looks on.

that need special care – such as operations, medication and training – before they can be put up for adoption.”

She also praised FFCAS President and

co-founder Evelyn Grieve, who also attended the ceremony. “This wouldn’t have happened without Evelyn,” said D’Arcy. “She’s the cheerleader for the Friends of the Ani-

mal Shelter.”

Foust was there since D’Arcy lives in his district. “How fortunate we are in Dranesville to have her,” he said. “And I’m so proud we were able to name this facility after Michael Frey. What an advocate he is – people who like animals are good people.”

Speaking next was Dave Rohrer, former Fairfax County deputy executive for public safety. He thanked “the volunteers and everyone who makes this shelter such a special place. The work you do is so valuable.” Rohrer also expressed appreciation for longtime shelter Director Karen Diviney for all she’s done for the shelter. And, in turn, Diviney thanked FFCAS and all the shelter’s supporters for their hard work.

Noting that there are 450 memorial bricks total in the tribute garden, Frey said that, initially, “We had no idea this effort would be successful.” But, he added, “There’s a lot of loyalty to the shelter.”

To Help

The tribute garden serves as a place for visitors to rest and remember the pets and other loved ones in their lives. It’s also a thank-you for contributions and a garden for everyone to enjoy, so the community is welcome to participate in the ongoing fundraising.

Bricks may be inscribed in honor or in memory of an animal or animal lover, or with the donor’s name or the name of a family or business. Each brick is 4x8 inches; cost is \$200 a brick, and each has up to three lines – with 12 characters per line – available for inscription.

For more information, email the Friends at generalinfo@ffcas.org. Or go to www.ffcas.org, <https://ffcas.org/ways-to-donate/friends-tribute-garden/> for ordering instructions or to donate to the tribute garden.

<PC>PHOTOS BY BONNIE HOBBS/THE CONNECTION

NEWS



PHOTO COURTESY OF MITCH CLARKE
Firefighters on the scene, as flames shoot out of the building.



PHOTO COURTESY OF TERRI HOBSON

The aftermath of the fire at this building on Woodson High's campus. It's to the left of the gym side of the school, along the access road to Pickett Road.

Fire on Woodson High Campus: \$8.8 Million Damage

An early morning fire, last Sunday, Jan. 30, caused nearly \$9 million damage to a building on the campus of Woodson High in Fairfax. It's an administrative building owned by FCPS but not physically connected to the high school.

Units from both the Fairfax County and City of Fairfax fire departments were dispatched to the scene, around 3:07 a.m., for a reported building fire in the 9500 block of Main Street. First-arriving firefighters discovered smoke and flames billowing from a two-story structure and immediately struck a second alarm to bring additional personnel and equipment to their aid.

Meanwhile, firefighters began an interior attack on the blaze. However, after observing only minimal improvements – as well as cracks forming in the exterior

brick wall – crews quickly transitioned to a defensive operation from the outside. Indeed, a portion of the roof and an exterior wall eventually collapsed.

Firefighters were able to bring the fire under control in approximately two hours. But fire crews remained on the scene for several hours afterward to extinguish hot spots present in several void spaces.

The facility was unoccupied when the fire broke out; area residents saw smoke coming from it and called 9-1-1. In addition, the building's fire alarm activated. Fire investigators determined that the blaze was accidental and started in an office. However, the exact cause of the fire is listed as undetermined. Based on tax records of the building and its contents, damage was estimated at about \$8,851,409.

— BONNIE HOBBS

NEWS BRIEFS

Fairfax City Receives Award for Resilience

Fairfax City was recently awarded "Best in Enterprise Resilience" Certification Gold Tier status. This designation from the Everbridge Corp. recognizes the City's commitment to establishing best-in-class practices, technologies and workflows to ensure the City is ready, responsive and resilient.

Fairfax City is the first local government to achieve this status, joining other organizations such as Goldman Sachs, Siemens, Discover, AARP, Philips, NBC Universal, Dow and the U.S. Department of Labor. An enterprise software company, Everbridge offers applications that provide information about critical events to help with personal safety and business continuity.

Army Woodwind Quintet, Feb. 11, Old Town Hall

The U.S. Army Woodwind Quintet will entertain Friday, Feb. 11, as part of the Bonita Lestina Old Town Hall Performance Series. The free event is slated for 8 p.m. in Old Town Hall at 3999 University Drive in Fairfax. Masks are required and seating is limited; doors will open at 7:30 p.m.

This recital will explore the past 100 years with selections from the quintet's most notable repertoire, while introducing audience members to the newest masterworks of today. Also included in the program will be the energetic sounds of a variety of Latin American dances.

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Annual Mount Vernon District Town Meeting is Back in Person

BY SUPERVISOR DAN STORCK

We are very excited, after two years of pandemic challenges, to be back in-person at Mount Vernon High School with the 35th Annual Town Meeting, with virtual options as in past years. Of course, we are monitoring the COVID-19 situation, taking all CDC recommended safeguards, and will adjust our format as needed.

Join us on Saturday, Feb. 12 from 7:45 a.m.–noon to engage and learn about topics and issues that are important to you in our District, County and schools. Our very popular Exhibit Hall runs from 7:45 – 9:30 a.m. with many, many County agencies and local service providers, providing an opportunity to connect with these services and mingle with your neighbors. The Mount Vernon High School Athletic Booster Club will be on hand selling hot coffee and morning treats.



Looking for an easy, convenient way to get your COVID-19 Vaccine? The Fairfax County Health Department will be on hand to provide them. Appointments are available and walk-ins are welcome. Visit the MV District website for additional information: <https://www.fairfaxcounty.gov/mountvernon>.

The morning's program will begin at 9:30 a.m. with a year-in-review slideshow, recognition of special guests, a musical performance and an update on ALL that is happening in the District. You will hear from Supervisor Storck about District updates, Fairfax County Board Chairman Jeffrey C. McKay and County Executive Bryan Hill on County priorities and Mount Vernon District School Board Member Karen Corbett Sanders regarding schools.

George Washington Parkway Superintendent Charles Cuvelier, Congressmen Don Beyer and Gerry Connolly, and others will also make remarks. Throughout the meeting, there will be

opportunities for you to question your local leaders and hear their responses.

The highlight of the morning will be taking a "virtual tour" of the changing Mount Vernon District from Huntington to Lorton.

Prefer not to join us in-person this year and want to watch now or later? The Town Meeting will stream live on Facebook @SupervisorDanStorck, on YouTube Channel Mount Vernon District Supervisor Dan Storck and on Channel 16 www.fairfaxcounty.gov/cableconsumer/channel-16/stream.

Anyone can ask questions during the Q & A sessions, or in advance, by emailing us at mtvernon@fairfaxcounty.gov, commenting on Facebook or Tweeting us @DanStorck. Use #MVTownMeeting! For more information and updates on the Town Meeting, visit: <https://www.fairfaxcounty.gov/mountvernon>.

Hopefully, by now you have received our annual year-in-review Advisor mailer at your home detailing key accomplishments of the past year and our focus for 2022. I would love to hear your thoughts about it and suggestions to make it better.

Named Chairman of Two Subcommittees & Bills Are Moving

BY SEN. SCOTT SUROVELL

In the state legislature's third week in session, the Senate passed and sent to the House of Delegates five of my bill and many of my other bills advanced.

First, I was named the Chairman of two different subcommittees. The Senate Commerce & Labor Committee Chairman created a Labor & Employment Subcommittee which I will chair and consider 11 bills focused on workforce issues. I was also named the Chairman of the Criminal Law Subcommittee of the Judiciary Committee which will consider 19 bills addressing criminal justice issues.

We have spent much of the last two weeks rejecting legislation that attempts to undo much of the progress we made over the last two years, policies like making it easier to vote, modernizing workers' rights, requiring a transition to cleaner energy, making Virginia a more welcoming state and reforming our criminal justice system. We have disturbing bills coming up this week to reinstate capital punishment and to require the kinds of election audits conducted in states like Arizona and Michigan. These measures will not pass.

We passed my legislation requiring law enforcement to advise drivers why the officer has stopped a driver before asking for the driver's license and registration. Unfortunately, the debate became politicized and it passed on a party line, but I am hopeful that we can have fur-



ther discussion about the anxiety many drivers feel during traffic stops and how that can be alleviated by explaining the basis for the stop.

I am working on two bills to curb Virginia's methane emissions. Two months ago, President Biden attended the United Nations Climate Change Summit called "COP26" in Glasgow, Scotland, and emerged with a pledge to reduce American methane emissions by 30 percent. Methane is 85 times more potent than carbon dioxide at capturing the greenhouse gas that is warming the planet at unsustainable rates. I am carrying two bills to address this.

First, I introduced a bill to clarify the legal treatment of the byproduct of organic waste digestion. One way to create methane without hydraulic fracturing or "fracking" natural gas, a greenhouse gas, is to put organic materials in a digester so it can decompose in an enclosed environment. The end products are methane or "biomethane" which can be used interchangeably with fracked methane. The residual sludge can be applied to farm fields. However, the end product does not contain consistent nutrient content so it needs to be sold and labeled as a soil amendment like vermiculite instead of fertilizer. My bill passed out of committee unanimously.

Second, I am also working with Virginia's five natural gas companies on legislation which would allow the companies to purchase bio-

gas from composing facilities, landfills or other composting facilities and sell it to consumers. It would also allow companies to obtain credit for methane reduction by capturing "fugitive methane" from leaky pipelines, compressor stations or closed wells. The legislation basically gets methane out of the atmosphere and into the pipes where it can be used to power your furnace, hot water heater or stove top. A Senate committee will consider the bill next week.

The Senate Rules Committee approved my legislation to conduct what I am calling a "COVID-19 Pandemic Autopsy." This is the first pandemic our government has responded to since 1918 and our existing rules and systems adjusted, but there are always lessons to be learned. Our state-of-emergency laws are designed for short-term events like hurricanes and snowstorms. Many of us feel that the General Assembly should have a role in addressing more extended situations. We need to examine the responses of our education, health, regulatory and legal systems and look for lessons learned, approaches we need to keep and changes we need to continue to make.

The next ten legislative days will be some of the busiest we face as we approach "Cross-over" – the day that we must complete work on all legislation in our respective chambers and switch to work on bills from the other chamber. We usually save the most difficult bills for the last few days.

If you have any feedback, you can reach me at scott@scottsuovell.org. It is an honor to serve in the Virginia Senate.

CONNECTION

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NEWS

Two Men Charged in Separate Incidents of Misconduct on Airlines

A federal grand jury returned two indictments today and yesterday charging an Alexandria man and a New York City man in separate incidents of criminal conduct aboard aircraft arriving at Washington Dulles International Airport.

According to the indictment filed today, on Dec. 2, 2021, a 40 year old man knowingly interfered with a flight attendant's duties by disregarding the flight attendant's instructions and assaulting the flight attendant while on board an Ethiopian Airlines flight traveling from Dublin, Ireland to Dulles International Airport.

He is charged with one count of interference with flight crew members and attendants, and one count of simple assault in the special aircraft jurisdiction of the United States. If convicted, he faces a maximum penalty of 20 years in prison.

A separate indictment filed yesterday charges a man, age 26, with sexually assaulting another passenger onboard a commercial flight.

According to court documents, it is alleged that the 26 year old man was a passenger on a commercial flight from Las Vegas McCarran International Airport to Washington Dulles International Airport on Dec. 24, 2021. During the flight, the passenger seated next to him fell asleep. The indictment alleges that she awoke to the man repeatedly rubbing her right breast. When the passenger opened her eyes, she allegedly observed him leaning over her and his right hand was placed on her right breast. The passenger allegedly yelled at him and he moved to the back of the aircraft, where he allegedly admitted to a flight attendant that he sexually assaulted the woman.

He is charged with abusive sexual contact aboard an aircraft in flight. If convicted, he faces a maximum penalty of two years in prison.

Actual sentences for federal crimes are typically less than the maximum penalties. A federal district court judge will determine any sentence after taking into account the U.S. Sentencing Guidelines and other statutory factors.

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The 35th Annual Mount Vernon Town Meeting is back in person this year!

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7:45 a.m. – Exhibit Hall Open
9:30 a.m. – Speakers, Q&A's and Virtual Tour
Live on Channel 16, Facebook and YouTube
More details: www.fairfaxcounty.gov/mountvernon

Join Supervisor Dan Storck for the 35th Annual Town Meeting! Meet your Supervisor and many County, state and federal leaders. Have your questions answered, learn about issues important to you, connect with County agencies and service providers and mingle with your neighbors. The highlight of the morning will be taking a "virtual tour" of the changing Mount Vernon District from Huntington to Lorton.

Speakers: Board of Supervisors Chairman **Jeff McKay**, County Executive **Bryan Hill**, George Washington Parkway Superintendent **Charles Cuvelier**, Mount Vernon District School Board Member **Karen Corbett Sanders**, Special Guests Congressmen **Don Beyer** and **Gerry Connolly**, and other community leaders.

*Per COVID-19 protocols, visitors – regardless of vaccination status – are required to wear a mask while inside all Fairfax County facilities. **Looking for a COVID-19 vaccine? Get yours at the Town Meeting!**

For more information, call the Mount Vernon District Office at 703-780-7518, TTY 711, visit the office at 2511 Parkers Lane, or send your questions/comments to mtvernon@fairfaxcounty.gov.

To request reasonable ADA accommodations or language translation services, call the Mount Vernon District Office, 703-780-7518 or TTY 711 on or before 2/1/21.

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Connect with TEAM MVD and your Mount Vernon neighbors at the 35th Annual Town Meeting! #ConnectMVD

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The original U.S. Army Band at Fort Hunt in 1922.

It All Started at Fort Hunt The U.S. Army Band centennial was Jan. 25, 2022.

BY GLENDA C. BOOTH
MOUNT VERNON GAZETTE

Fort Hunt Park's visitors today hear crows cawing, chickadees chirping, airplanes descending to National Airport and vehicles buzzing up and down the George Washington Memorial Parkway. One hundred years ago, they might have heard the melodious sounds of trumpets, saxophones and flutes rippling across the rural landscape from what was then the U.S. Army's Fort Hunt.

January 25, 2022, marked the centennial of the U.S. Army Band's founding at Fort Hunt.

In 1922, the Coast Artillery Corps was stationed at the fort to help protect Washington, D.C., the nation's capital, from naval assault ships coming up the Potomac River, though one observer at the time wisecracked that this unit was not capable of attacking a dinghy.

The Army had started a music school in 1910-1911 at the Washington Barracks, today's Fort McNair, but when they organized a formal band of around 100 men, they moved to Fort Hunt because some buildings, now long gone, were available. Most of the band members were single and lived in barracks. In just nine months, September 1922, the band moved from Fort Hunt to the Washington Barracks.

There's another local connection: Fort Belvoir's Army Institute of Heraldry created the Army Band's uniform, one authorized exclusively for this band.

The original band had both professionals and novices. The first leader, Warrant Officer Francis Leigh, graded the musicians.

"Some could barely play an instrument," snickers Adam Lessard, today's head of the band's collections and archives.

The band's first public performance was at an April 27, 1922 dedication of a statue of General Ulysses S. Grant at the U.S. Capitol. To travel from Fort Hunt to performance sites members had to be



Members of the U.S. Army Band "Pershing's Own" march down Pennsylvania Avenue during the 59th Presidential Inauguration in Washington, D.C., Jan. 20, 2021. Military members from across all branches of the armed forces of the United States, including Reserve and National Guard components, provided ceremonial support and Defense Support of Civil Authorities during the inaugural period.



The U.S. Army Herald Trumpets pose for a photo on the White House lawn. The Herald Trumpets are The Official Fanfare Ensemble to The President of The United States.

"creative," Lessard says, navigating over muddy roads, using street cars and taking water taxis across the Potomac River. (The south section of the George Washington Me-

morial Parkway to Mount Vernon Estate was completed 1932.)

They had their first radio broadcast in 1923 and in the 1930s averaged four a week. In 1927, they

performed at a ceremony honoring Charles Lindberg's historic Spirit of St. Louis flight from New York to Paris, France.

In 1942, Fort Myer in Arlington

became their home installation and is still their home today, near Arlington National Cemetery where they often play for funerals and ceremonies. Fort Myer today is called Joint Base Myer-Henderson Hall.

Starting as a mostly concert band of around 86 musicians, today the band has 256 professional musicians who stage 6,000 performances or missions a year. There's a concert band, ceremonial band, strings, chorus, herald trumpets, blues band and a band that plays rock, pop, country, rhythm and blues and inspirational music.

Pershing's Own

The band is called "Pershing's Own" because General John "Black Jack" J. Pershing believed the U.S. Army should have a band like the polished ones he had seen in Europe in World War I. He ordered the band's formation and believed it could boost the troops' spirits.

MAKING HISTORY

Today's Pershing's Own is a group of highly-trained, professional musicians who perform at some of the nation's most high-profile events, for U.S. Presidents, the U.S. Congress and foreign dignitaries.

They are the official band for full honor ceremonies at Arlington Cemetery's Tomb of the Unknown Soldier. They provide buglers for wreath layings and do the fanfare for arrivals of foreign heads of state. They perform patriotic programs, for example, at the U.S. Capitol with the National Symphony Orchestra.

Mount Vernon resident Sergeant First Class Paul Tucker, a saxophonist, loves the camaraderie, shared sense of mission and playing with world-class musicians, he says. "Performing in the Army Band at important ceremonies and concerts in our nation's capital has been an incredible honor, whether it is the Presidential inaugural parade or a Medal of Honor recipient ceremony or an outdoor summer concert. It is personally very re-

SEE IT ALL STARTED. PAGE 7
WWW.CONNECTIONNEWSPAPERS.COM

DOD PHOTO BY U.S. ARMY SGT. JACOB HOLMES

U.S. ARMY PHOTO BY THE UNITED STATES ARMY BAND



U.S. ARMY PHOTO BY STAFF SGT. VICTORIA CHAMBERLAIN
Sgt. Major Christal Rheams sings with The U.S. Army Blues.



PHOTO BY ANDREA HANKS
The U.S. Army Strings perform in the Rose Garden of The White House.

It All Started at Fort Hunt

FROM PAGE 6

warding to both make music and also represent the U.S. Army.”

The band welcomed John Glenn back from his historic space flight in 1962 and played for the Apollo 11 astronauts’ return from the moon in 1969. Pershing’s Own performed at the 1987 summit of U.S. President Ronald Reagan and the Soviet Union’s General Secretary Mikhail Gorbachev.

After the Sept. 11, 2001, terrorist attacks, band members helped with recovery efforts at the Pentagon and a month later, participated in a memorial service at New York City’s Ground Zero. They performed for the 50th anniversary of NATO (North Atlantic Treaty Organization) in 2005.

In 2021, they played for the post-inauguration wreath-laying ceremony for President Joseph Biden at Tomb of the Unknown Soldier. Their brass quintet, one of the band’s ensembles, played for people arriving for the late General Colin Powell’s funeral this past November.

Diplomacy

The musicians have also practiced diplomacy. In World War II, the band had a two-year deployment to North Africa and Europe. It came under a German V-2 rocket bomb attack in Antwerp, Belgium, in 1944. Rockets aside, “Playing concerts in countries like Algiers and Morocco, they were representatives of the American liberating force,” Lessard says.

In 2002, some band members did a six-day USO tour of Kuwait, Afghanistan and Uzbekistan to support Operation Enduring Freedom.

The band had a memorable exchange with China’s Military Band of the People’s Liberation Army in 2011 and 2012, performing together at the Kennedy Center, at the United Nation in New York and in China, playing both American and Chinese pieces. “We are more similar than we are dissimilar,” commented then Major General Michael Linnington.

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The U.S. Army Herald Trumpets for the White House arrival of Chinese President Hu Jintao with U.S. President George W. Bush.



PHOTO BY PEG GABRIEL SILVA
Staff Sgts. Adrienne Doctor and Sidonie McCray play taps for a wreath-laying at The Tomb of the Unknown Soldier.

When dignitaries visit the U.S., the band plays the national anthem of the visitor’s home country.

Hollin Hall resident and percussionist Larry Ferguson found his two USO tours to Iraq and Afghanistan to be very rewarding. For him, the band has been a capstone of his musical pursuits that started 36 years ago. At age 10, he began playing drums and he’s been a percussionist playing instruments like the drum, cymbals, xylophone, triangle and tambourine for 20 years. “The Army and the Army band have been an amazing career. I’ve been fortunate enough to pursue my passion while giving something back to the nation through concerts and high-profile ceremonies,” he says.

Emily Ross, who handles band operations, played the clarinet

with the band for 17 years. “It’s a great way to serve your country and perform the music that you love,” she believes. Band members surely agree.

Forthcoming Events

The U.S. Army Band will have several centennial events, including an April gala concert at Washington’s Constitution Hall, virtual and outdoor concerts and possible tours. Visit usarmyband.com, Facebook www.facebook.com/usarmyband, Instagram @usarmyband, and YouTube www.youtube.com/c/usarmyband

In China

See the YouTube documentary, “In China,” the U.S. Army Band’s trip to China, <https://www.youtube.com/watch?v=BL5VJ9o7y6g>



PHOTOS CONTRIBUTED
The Animal Welfare League of Alexandria was one of three nonprofits selected as a donation partner of Amazon’s Springfield Same Day Distribution Center.

Prime Partnerships

Amazon kicks off donation program to local charities.

BY JEANNE THEIS-MANN
GAZETTE PACKET

Amazon’s Springfield Same Day Fulfillment Center kicked off a donation program to support local charities, including two headquartered in Alexandria in its initial January donation.

The new program builds on Amazon’s existing product donation initiatives, which sends millions of products to charities each year. The donation program will distribute unsellable inventory to charitable organizations on a monthly basis, giving a second life to as many products as possible and helping the online retailer reduce waste.

In January, the site donated nearly \$16,000 of inventory to three organizations selected by the Springfield Amazon Associates: The Animal Welfare League of Alexandria, Carpenter’s Shelter and D.C.-based So Others Might Eat.

“Amazon looks to leverage our scale for good and use our ability to innovate quickly to strengthen communities around the world where our employees



Carpenter’s Shelter was selected as a donation partner of Amazon’s Springfield Distribution Center.



So Others Might Eat is one of three nonprofits selected as a distribution partner by Amazon’s Springfield Distribution Center.

live and work,” said Emily Hawkins, Amazon’s Regional Communications Lead for Virginia, Maryland and D.C. “Amazon’s culture is built around solving impossible problems. We work side-by-side with community partners to find solutions to the world’s most pressing challenges and build long-term, innovative programs that have a lasting, positive impact.”

The Springfield Same Day Distribution Center opened in 2020 and is located at 6885 Commercial Drive.

Green Rollback May Hit Blue Wall

Republican efforts to undo environmental laws to face opposition in Democratic-led Senate.

By MICHAEL LEE POPE
THE CONNECTION

The goal of dumping fossil fuels by 2050 may be on the chopping block. The mandate that 8 percent of all new car sales must be zero-emission vehicles may be hitting a speed bump. And the Air Pollution Control Board might soon find itself without the ability to regulate air pollution. Plus a former coal lobbyist might end up leading the state's environmental agency.

These are some of the environmental debates shaping up in the General Assembly this year as the new Republican majority is now in control of the House of Delegates.

"Some of them are really gunning for these laws," said Mike Town, executive director of the Virginia League of Conservation Voters "And we're going to have to do everything we can to defend them."

When the Democrats were in power, they passed a sweeping environmental law known as the Clean Economy Act that set a deadline to end carbon emissions from utilities by 2050. It was a major triumph for environmentalists, who praised the new law as putting Virginia ahead of most states. Now that law has become a target for Del. Nick Freitas (R-30), who has a bill that would repeal the Clean Economy Act. Environmentalists warn of the economic consequences to rolling back energy efficiency measures and efforts to develop renewable sources of energy.

"The average family in Dominion's service territory should save almost \$34 a year," said Harry Godfrey, executive director at Virginia Advanced Energy Economy. "So rolling back the VCEA would do economic harm to those ratepayers."

THE MOST CONTROVERSIAL of the new governor's appointments to fill out his Cabinet is his choice for Secretary of Natural and Historic Resources, Andrew Wheeler. A former coal lobbyist and Senate staffer, Wheeler led the rollback of Obama-era environmental regulations when he led the Environmental Protection Agency during the Trump administration. Appearing before members of the General Assembly this week, Wheeler presented himself as a champion for reducing air pollution and cleaning up superfund sites.

"The governor believes that with my unique background of having run the EPA and working in a senior leadership position in the U.S. Senate that I know how to access federal funding and assistance to make a difference for the state," said Wheeler in testimony to the Senate. "I have a long career in trying to bridge differences on these issues and protect the resources we all share."

Senate Democrats are hopeful they'll be able to deny Wheeler the nomination if it gets to the Senate floor, although they have no room for error. Democrats have a one-



Former EPA chief Andrew Wheeler testifies before a Senate panel.

vote majority, so they'll need every member of the Senate Democratic Caucus to vote together.

But when Wheeler appeared before the Senate Agriculture, Conservation and Natural Resources Committee, Sen. Joe Morrissey (D-16) signaled he would be open to voting in favor of the nomination. That alarmed advocates who are concerned about Wheeler's past actions.

"Andrew Wheeler has a record of undermining science and environmental protec-

"Some of them are really gunning for these laws. And we're going to have to do everything we can to defend them."

— Mike Town, executive director of the Virginia League of Conservation Voters

tions that are meant to keep people safe," said Tim Cywinski, communications manager for the Sierra Club of Virginia. "Virginia has made an awful lot of progress in environmental justice and climate action over the last two years, and Andrew Wheeler is a threat against the progress we've made."

VIRGINIA IS CURRENTLY a member of a multi-state compact known as the Regional Greenhouse Gas Initiative, although Republicans are hoping to force a divorce. Opponents of the initiative warn of higher power bills, and one estimate pegs that amount at \$52 a year for the average customer. Ultimately, opponents say, participating in the initiative won't accomplish anything that wouldn't happen anyway considering recent trends in the energy sector.

"Power companies are moving in this direction anyway," said Stephen Haner, a senior fellow at the Thomas Jefferson Institute. "They are moving away from coal and they are reducing carbon emissions on their own. So I think it's virtue signaling to try and basically say well we made them do it even though they are doing it anyway."

Supporters of the initiative say it provides an important source of revenue. When power companies don't meet targets for reducing pollution, they have to pay.

That money is currently funding energy efficiency programs for low-income families and coastal resiliency projects. Gov. Glenn Youngkin issued an executive order to re-

view the commonwealth's participation in the initiative, ostensibly laying the groundwork to navigate a path for exiting the compact. Asked about how Virginia would fund coastal resiliency programs if Virginia leaves the initiative, Wheeler said he would find a way.

"I am committed to working with the legislature to make sure that we have the funding for that," said Wheeler. "Coastal resiliency is very important."

SENATE DEMOCRATS are hopeful they will serve as a "blue wall" to stop Republican efforts to roll back environmental laws that were approved when Democrats were in control.

The Senate committee that would consider that legislation includes Sen. Jennifer McClellan (D-9), who wrote the Clean Economy Act, and Sen. Lynwood Lewis (D-6), who wrote the bill that entered Virginia into the Regional Greenhouse Gas Initiative. As long as Democrats remain in control of that committee, Republicans will have a hard time accomplishing efforts to roll back laws from McClellan and Lewis.

"As the chairman of this committee, I'm very protective of their accomplishments," noted Sen. Chap Petersen (D-34), chairman of the Senate Agriculture, Conservation and Natural Resources Committee.

PHOTO BY MICHAEL LEE POPE/THE CONNECTION

BLAST FROM THE PAST

Duckpin Bowling Went the Way of the Dodo Bird

PHOTOS BY MIKE SALMON/THE CONNECTION

Once a popular sport, bowling has taken a hit around here.

BY MIKE SALMON
<2B>THE CONNECTION

Let's face it, bowling is not as popular as it once was, Alleys in Springfield, Penn Daw, and Pickett Road in Alexandria closed over the last few years without much fanfare. An early victim in the decline of bowling was duckpin bowling, a form of the sport that used little pins and a ball that was about the size of a softball, but no finger holes. The alley was a little different too, the ball return was all exposed, and when the little ball got back to the bowler, it went through a little zig zag to slow it down – something Fred Flintstone might have at the Bedrock Alley.

Duckpins were a little more difficult than ten pins, so there were three rolls in each turn instead of two. The rules are a little different too. All the pins down on the first ball is a strike, with two balls is a spare, but when it takes all three balls to knock all the pins down, it's just a score of 10.

The name "duckpin" was attached to the sport from the pin action when hit with a well-thrown ball. The pins fly around like a flock of ducks taking off.

The last duckpin alley around here was in Falls Church, and it closed about 20 years ago, but the duckpin crowd in Alexandria fondly remembers an alley in Penn Daw in a building that is now a second-hand store. The original sign is still there, a giant arrow pointing to a bygone era when duckpin bowling was king. Lots of memories surround that building, which will be gone too in a few months to make way for new development.

The chatter on the "We're from Rt.1 .. and this is how we know," Facebook page was busy with reminiscing when duckpins were brought up. Lots of leagues, trophies, music and fun.

"Went there all the time when I was young and my parents bowled in a league. Loved playing the jukebox at the very end and eating at the grill," wrote Kimberly Haney Lozada.

"We used to go there during PE at Walt Whitman Intermediate! I just loved that place. I wish duckpins were still a thing!" said Audrey Dorfman O'Hara.



Duckpin balls return all on the surface and go through a zig zag track to slow them down when arriving back at the playing area.



Here the writer, Mike Salmon, holds a ball at the Silver Spring lanes, showing the size of the ball. This was taken in 2012 when he was a little more fit, had more hair, and had the zeal for a duckpin road trip.

Hundreds of responses were similar. "We'd make the ride up from Woodbridge, only Duck pin alley I've ever been to," said Russ Martin, but that was many moons ago, he added. Gerald Taylor was the Tri-State duckpin champ one year, he wrote.

At the duckpin alley in Penn Daw, the juke box hammered out the Beatles, Monkeys and Rolling Stone songs, a popular snack bar and a nursery existed for the youngsters while their parents were bowling in the various leagues. The building now houses a consignment shop but there's no sign of any bowling operation, not to the naked eye anyways. The owner of the shop did say that years ago, when they moved in, many former bowlers came in to share their stories and she set up a temporary display for their bowler's trophies, shoes and knick-knacks, but it was only there for a short time. This spring, the shop is moving, the building is being demolished and the development monster is taking over the whole area.



Blast from the Past

DUCKPINS STILL AFLOAT

Even though the duckpin alleys in Northern Virginia closed years ago, there is still White Oak Duckpin Lanes in Silver Spring, Maryland, and the sport is still hot in the City of Baltimore. In fact, the Patterson Bowling Lanes, which first opened in 1927, is still open in Baltimore, said Johns Hopkins, the narrator of a Baltimore Heritage video on duckpin bowling. Legend has it, Hopkins said, that duckpin was started by two players from the Baltimore Oriole baseball team sometime in the 1894-1896 timeframe. But then Hopkins unearths a bit of conflicting information that duckpins started in New Haven, Connecticut around the same time.

The Duckpin Congress was formed in 1928 as the sport took off. Even Babe Ruth, the sultan of swat, was a duckpin bowler, and there's a famous picture of him holding a duckpin ball.

Duckpin bowling is reportedly an east coast sport, active in Maryland, Connecticut, West Virginia and the Virginia Beach area of Virginia. According to the National Duckpin Bowling Congress, based in Linthicum, Maryland, Fred Shinnamon was named the duckpin champion in December 2021, and was awarded a blue champion jacket for his efforts.

Blast from the Past is an occasional column that looks into people, places and events in Fairfax Count from earlier times. Have an idea that I could look into? Email me at msalmon@connectionnewspapers.com, Sincerely, Mike Salmon

Fairfax Art League Presents Painter Robert Yi

The Fairfax Art League will present oil painter Robert Yi, as part of its virtual Art Education Series, 2021-2022. Sponsored by the City of Fairfax Commission on the Arts, this Zoom event is scheduled for Saturday, Feb. 12, at 10:30 a.m. To access it, go to <https://us02web.zoom.us/j/87148971527?pwd=OGVsZ-TezMXFoRjFWdHdDRXB0ejduZz09#success>.

Born in Seoul, South Korea, Yi received his master's in fine arts from American University. He also graduated from the University of Virginia with a

bachelor's in Foreign Affairs, and the Corcoran College of Art & Design with a bachelor's in fine arts in Studio Art. His works have been exhibited in both the U.S. and Milan, and he's done residencies in Berlin and New York.

Yi currently serves as the Interim Director of Drawing and Painting and the Assistant Director at George Mason University's School of Art and Design. For more information, visit <https://www.roberty.com>.

BULLETIN BOARD

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

call Marilyn at 571-261-9163.

SEEKING SOFTBALL PLAYERS

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. They play on Wednesday evenings and Saturday mornings in Vienna. For more information, visit the website www.goldengirls.org or

JAN. 25-APRIL 14

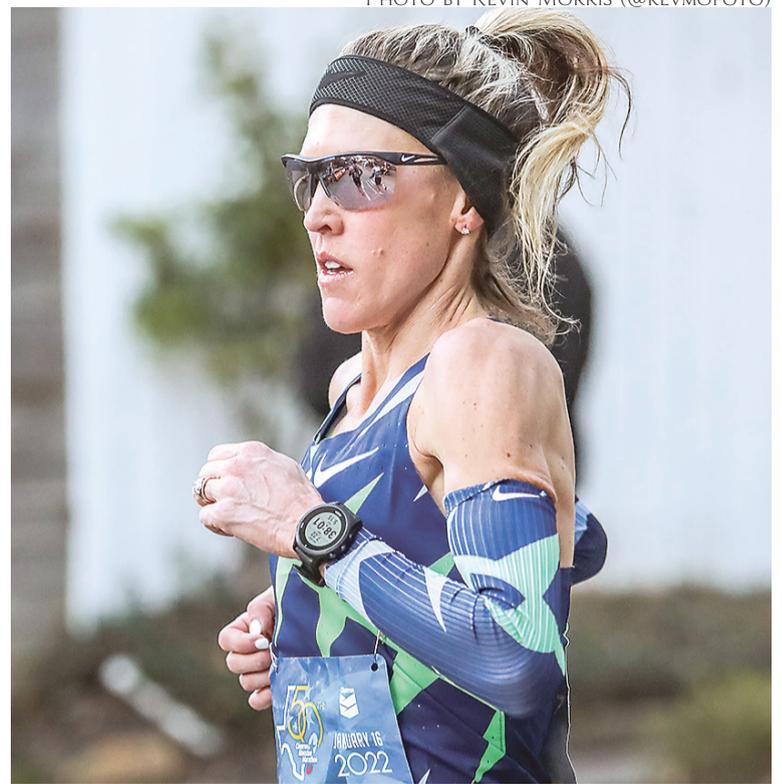
ESL Classes. 7-9 p.m. At Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. In-person and online ESL classes. Classes will meet on Tuesdays and Thursdays from 7-9 p.m. Online registration starts on December 15 at <http://www.lordoflifeva.org/esl> Cost is \$20.

PHOTO BY KEVIN MORRIS (@KEVMOFOTO)



Keira (Carlstrom) D'Amato, a 37-year-old Oakton High School alumna, shattered the U.S. women's marathon record on Jan. 16 with a time of 2:19:12 at the 2022 Chevron Houston Marathon.

PHOTO BY KEVIN MORRIS (@KEVMOFOTO)



Keira (Carlstrom) D'Amato pounds the pavement at the 2022 Chevron Houston Marathon.

"I'm really proud of myself that I had the courage to start."

— Keira (Carlstrom) D'Amato

Oakton Alumna Breaks U.S. Marathon Record

Discipline and courageous inner conversations fuel perseverance.

BY MERCIA HOBSON
THE CONNECTION

It took Keira (Carlstrom) D'Amato, a 37-year-old Oakton High School alumna, mother of two, and career woman, eight years to rediscover her love of running and put on her sneakers again. After she did, D'Amato shattered the U.S. women's marathon record on Jan. 16 with a time of 2:19:12 at the 2022 Chevron Houston Marathon, running an average pace of 05:19 minutes a mile. The record stood since 2006 when American Deena Kastor won the London Marathon in 2:19:36.

As a young soccer player D'Amato (then Carlstrom) joined her high school freshman cross country team on a whim, only to discover that running was her genuine love. She raced competitively at American University in Washington D.C. only to be sidelined by an injury she thought would end her competitive running.

D'Amato shared the one thing she is most proud of about herself in an interview on Jan. 20, and it is not the win. "This whole journey has been intimidating for me; it's scary. I didn't quite know the path that I was on the whole time, but I'm really proud of myself that I had the courage to start," D'Amato said.

Because of her family, friends and community's love and support, she persevered even when she felt "out of place" on a path full of ups and downs. The ups, according to D'Amato, were simple, but she refused to allow

PHOTO CONTRIBUTED



Keira (Carlstrom) D'Amato's strong support team, her family, husband Anthony, and their children, Tommy, 7, and Quinn, 5, surround her with love.

the downs to drag her under.

"Stuff would go wrong, and I would write it off quickly," she said.

D'Amato persuaded herself that these would be speed bumps in her rearview mirror. Going through hardships and disappointments, she said, is challenging because one can feel alone and believe that things will always be this way. "You just have to keep your head down and believe that the best is yet to come," she said.

D'Amato remembers her most difficult running challenge. Her fitness had improved quickly as she aimed to compete in the United States Track and Field Olympic

Trials in 2021. Then a hamstring issue threw everything into disarray, derailing the trial. "There is no way you are going to make it to the finish line if you do not make it to the starting line," she observed. Her dream vanished.

D'Amato has been going to physical therapy twice a week since then. "And I'm doing exercises almost every day to help create strength and balance. Getting old isn't easy ... but the 2024 Olympics are still top of my mind," she said. D'Amato will be 39 years old when the next Olympics take place.

One of the things that provides her the most encouragement and allows her to take risks is the support of her family, husband Anthony, and their two children, Tommy, 7, and Quinn, 5. It makes no difference to them whether D'Amato is first or last. "They are still going to love me."

D'Amato admitted that running is a selfish sport because it takes a long time to train at her level. Sometimes she runs early in the morning before the children get to school. Other times, it is while they are at school, and on given weekends, she needs to hire a babysitter because her husband is in the Air National Guard.

"Our family had to get creative with how to make it all fit," she said.

Throughout her recent record-breaking marathon run, she feared the win would not happen for her that day. The winds were blowing at 10 to 14 mph, making the temperature feel like it was in the twenties. But she convinced herself that she had to contin-

ue to push until she was absolutely broke.

"Go a little further, further," D'Amato told herself. She asked inwardly why this is not feeling easy, only to respond, "You're trying to go where no American woman has ever gone before. This isn't going to feel easy," she recalled saying to herself.

The mental discussions D'Amato had with herself during the marathon pushed her that day — she was going to do it to make "herself proud." Running had given her the confidence and goal-setting abilities she needed to achieve. D'Amato said that she had worked hard on how she speaks to herself, especially when things are not going her way and that encouraging inner conversation made a difference.

"I know what it feels like to fail, and I know what it feels like to succeed. In a marathon, everything is hurting. You are exhausted; you can barely breathe; your legs are pounding, and you start feeling sorry for yourself. Your brain tries to convince you just to slow down. ... I've been to that point and felt disappointed after the race. Oh man, there was more in the tank," D'Amato said.

"That happened in this race; everything was starting to shut down. I just didn't want to come up short. Whatever I needed to push through to get there, I was willing to do," she said.

Being kind to herself, being her own cheerleader, and ending up feeling proud is the message that D'Amato gives to the sport that has given her so much. She speaks in various settings and is passionate about helping others discover their passion for running from an early age.

Exhilarating, Crackling Evening of Orchestral Music

Fairfax Symphony includes a U.S. premiere.

BY DAVID SIEGEL
THE CONNECTION

Something singular is coming — a concert like no other from the Fairfax Symphony Orchestra. “We are thrilled to bring these orchestral works to life for our audience — art from the past through the present,” said Christopher Zimmerman, FSO Music Director and Conductor. “It’s not only a responsibility to help make new music happen, but a great joy to be part of this process.”

“This is first time that the FSO has highlighted its various components in one concert (strings, winds, and percussion) and a specific opportunity to highlight the richness and diversity of our expansive orchestral repertoire, from the masterpieces of the past to what’s being written now.” added Zimmerman.

Zimmerman selected a program that includes not only Dvorak but contemporary composers such as Adolphus Hailstork and Arvo Pärt. The concert opens with “a bang with the highly energetic piece ‘Ku-Ka-Ilimoku’ by Pulitzer Prize recipient Christopher Rouse, bringing the fury and intensity of the Hawaiian god of war to the stage featuring more than 30 percussion instruments on stage together.”

The U.S. premiere is “Bruromano” by Sylvie Bodorová, a Czech composer whose compositions are performed internationally by renowned artists and orchestras. “I have known Sylvie Bodorova for 25 years. She has made an impact on the national and international stage and her music is direct, completely without pretension, beautiful, and sometimes very powerful.” said Zimmerman.

Written in 2019, “Bruromano” is “a rare work composed as a double concerto for Guitar and Double Bass and String Orchestra.” said Aaron Clay, FSO Principal Bassist, who also plays Principal Double Bass for the “The President’s Own” Marine Band. It is rare to hear this combination of instruments together because the bass has such a low voice and the guitar a higher voice “This combination works very well for this concerto. The colors of the two instruments mix well and produce different shades of musical expression throughout,” said Clay.

Soloist and Grammy-winner Jason Vieaux



FAIRFAX SYMPHONY ORCHESTRA
Aaron Clay, Principal Bassist, Fairfax Symphony Orchestra who will perform the U.S. premier of “Bruromano.”



ARTS LAUREATE/COURTESY FAIRFAX SYMPHONY ORCHESTRA
Christopher Zimmerman, Music Director and Conductor, Fairfax Symphony Orchestra

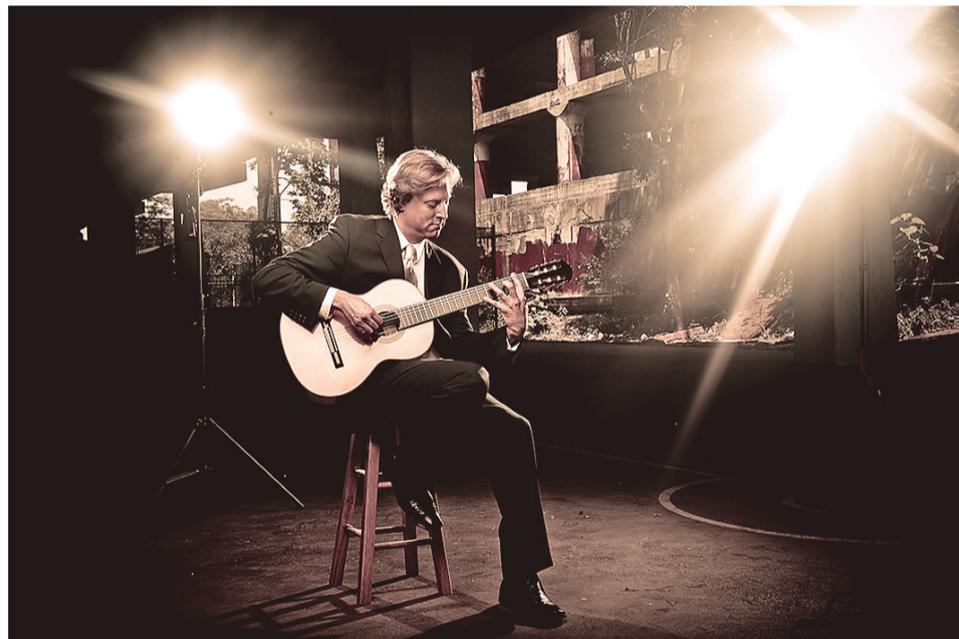


PHOTO BY TYLER BOYE, COURTESY FAIRFAX SYMPHONY ORCHESTRA

Guest Soloist Guitarist Jason Vieaux who will perform the U.S. premiere of “Bruromano” with the Fairfax Symphony Orchestra.

performs “Bruromano” with Clay. Vieaux is among today’s elite classical guitarists. “I think the balancing of the ensemble writing with two relatively quiet solo instruments is handled very well, allowing for a robust

musical dialogue between the two soloists and orchestra. There are also moments of reflection and lyrical playing for both solo instruments.”

“Bruromano” premiered with the Slovak

WHERE AND WHEN: Fairfax Symphony Orchestra and Christopher Zimmerman, conductor present concert including “Bruromano” (U.S. premiere) at Harris Theatre, George Mason University, 4400 University Drive, Fairfax, Va. Performance on Feb 19, 2022 at 8 p.m. Tickets: \$40, \$55, \$65. Call 703-993-2787 or visit www.cfa.gmu.edu. Hear the stories behind the music with Christopher Zimmerman and guest artists before the concert at 7 p.m.

PROGRAM: Christopher Rouse: “Ku-Ka-Ilimoku;” Dvořák: “Serenade for Wind Instruments;” Adolphus Hailstork: “Essay for Strings;” Arvo Pärt: “Cantus in Memoriam Benjamin Britten;” Sylvie Bodorová: “Bruromano” for solo guitar, double-bass and strings (U.S. Premier) with Jason Vieaux, guitar and Aaron Clay, double bass

Chamber Orchestra in Bratislava in January 2020 before the consequences of the coronavirus pandemic were known. “For me, music is the best encouragement; it brings hope for a better future. I would like to share this spirit of this hope with all of you,” said Bodorova.

Health Note: This concert follows safety protocols of George Mason University. Attendees must present proof of vaccination against COVID-19 or show a negative COVID-19 test result. Face coverings required indoors for patrons ages two and up. For details: <https://cfa.gmu.edu/plan-your-visit/what-expect>

CALENDAR

FRIDAY/FEB. 4

In a Sentimental Mood: Music of Duke Ellington. 8 p.m. At GMU Center for the Arts, Fairfax. A perennial favorite, musical theater ambassadors, The Mason Cabaret, return with a fresh line up of stellar vocalists showcasing the brilliant work of the legendary Duke Ellington. Ticket sales will support Mason’s Musical Theater program. Presented by the Mason School of Theater. Conceived by Erin Gardiner and James Gardiner; Directed by Erin Gardiner and James Gardiner; Musical

Direction by Joe Walsh. Tickets: \$20 General Public; \$10 students, faculty/staff, and seniors. Visit www.cfa.gmu.edu.

SATURDAY, FEB. 5

Family Fun Day. 11 a.m. At Big Blue Swim School, 9650 Main Street, Fairfax. Get a first look at the new state-of-the-art swim school while enjoying live entertainment, kids’ crafts, giveaways, a hot cocoa bar, and a bbq food truck. Visit the website: <https://www.eventbrite.com/e/big-blue-family-fun-day-tickets-250574654537>.

FEB. 5-6

Virginia Opera Three Decembers. Saturday at 8 p.m.; Sunday at 2 p.m. At GMU Center for the Arts, Fairfax. A pre-performance discussion will take place in Monson Grand Tier, which is located on the third level of the Center for the Arts Lobby, 45 minutes prior to curtain. Virginia Opera’s production of Jake Heggie and Gene Scheer’s Three Decembers is a two-act chamber opera about family—the ones we are born into, and those we create. Based on Tony Award-winning playwright Terrence McNally’s unpublished

play, Some Christmas Letters, the story follows Broadway Star Madeline Mitchell as she enters the twilight of her career and life. Tickets \$110, \$70, \$40, half-price for youth through Grade 12. For more information, visit <https://vaopera.org/experience/ticket-policies>.

MONDAY/FEB. 7

Magic Show. 10:30-11:30 a.m. At Stacy S. Sherwood Center, 3740 Old Lee Highway, Fairfax. Drew Blue Shoes - where kids are participants. Perfect for preschoolers but open to children of all ages. Part of the City of Fairfax’s Funday Monday program.

Register online. Free admission.

FRIDAY/FEB. 11

“Umbrellas of Cherbourg.” 7:30 p.m. At the Stacy C. Sherwood Center, 3740 Old Lee Highway, Fairfax. Enjoy a timeless performance by Catherine Deneuve in this 1964 classic film! Winner of the Palme d’Or - Cannes Film Festival. Free event includes popcorn, candy and refreshments. Doors open at 7 p.m. Website: <https://www.fairfaxva.gov/government/parks-recreation/cultural-arts>

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NEWS

Police Charge Fairfax Man with First-Degree Murder

Fairfax County police have charged a Fairfax man with murdering an Alexandria resident who'd been reported missing on Jan. 17. Now behind bars is 20-year-old Joel Antonio Sarabia. A 17-year-old alleged accomplice was also arrested in connection with the death of the victim, Ahmed Hasheem Ebrahim.

According to police, Ebrahim, also 20, was last seen Jan. 15, leaving his home for a friend's house. But when he didn't return, a family member contacted police, and officers entered him as a missing person in the National Crime Information Center database.

During the subsequent investigation, police detectives from the Missing Persons Squad learned Ebrahim's vehicle was towed Jan.

18 from a City of Alexandria address. When detectives arrived at the tow lot, they immediately noticed blood in the vehicle. Then, based on the vehicle's condition and evidence found inside it, they upgraded Ebrahim to a critical missing person.

Next, say police, detectives discovered on Jan. 20 that Sarabia had allegedly been driving the victim's vehicle after his reported disappearance. So they obtained an arrest warrant charging him with unauthorized use of a vehicle and driving without an operator's license, based on the evidence recovered from the vehicle. On Jan. 24, detectives from the Fugitive Track and Apprehension Unit took Sarabia into custody.

Police say it was determined

through interviews that Sarabia and Ebrahim knew each other. According to police, "Sarabia and a 17-year-old associate [reportedly] planned to rob Ebrahim on Jan. 16. Sarabia [allegedly] shot Ebrahim in the upper body while Ebrahim was in his vehicle in a parking lot near the 6200 block of Lachine Lane in Lincolnia. Sarabia and his associate then [reportedly] drove the victim in Ebrahim's vehicle until they disposed of his body, later on Jan. 17, in a dumpster in the 3700 block of North Rosser Street."

Police charged Sarabia with first-degree murder, robbery resulting in death, concealment of a dead body, and use of a firearm in

SEE FIRST-DEGREE MURDER, PAGE 15

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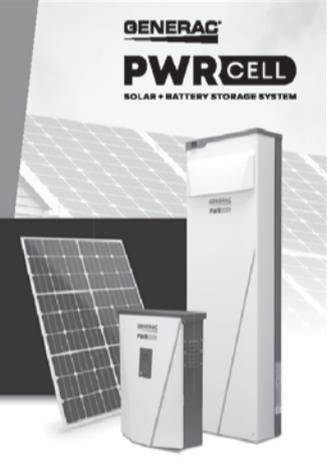
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Obituary

David Howard Frowert of Fairfax, Virginia passed away on January 23, 2022 after a long battle with prostate cancer. He was 79 years old. He was preceded in death by his parents, Laura and George Howard Frowert, and his brother, George Richard Frowert, of Camden, New Jersey.

David is survived by his fiancé Dorothy Hall, of Frederick, Maryland, his partner of twenty-seven years. David was happiest when he and Dorothy spent time with his family. Surviving children and grandchildren are George Frowert and his wife Melanie and their sons Andrew and Alexander of Mechanicsville, Virginia; Matthew Frowert and his wife Ibolya Latran and their sons Samuel and Benjamin of Falls Church, Virginia; Nancy Frowert and her daughter Edith of Richmond, Virginia; and John Frowert and his wife Vickie of Fairfax, Virginia. He is also survived by his former spouse and mother of his children, Mary Jane C. Frowert of Fredericksburg, VA.

David graduated from Drexel University with a degree in civil engineering and received an MBA from the University of Washington. He was licensed in Virginia as a professional engineer and spent most of his working career with Bechtel and Northrop Grumman constructing electric power generating plants and implementing air traffic control systems.

A memorial service will be held on Sunday, January 30th at 2p.m. at Advent Funeral Home, 7211 Lee Highway, Falls Church, VA 22046.

In lieu of flowers, donations in David's name may be made to Inova Schar Cancer Institute.

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Employment

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County Code Addresses Inoperable Vehicles

Not just eyesores or environmental hazards some say.

By MIKE SALMON
THE CONNECTION



FAIRFAX COUNTY

Inoperable vehicles on residential properties in Fairfax County must be within a fully enclosed structure or completely screened from view.

In some driveways and backyards around Fairfax County there's an old car that would make the perfect hot rod with chrome pipes and shiny mag wheels, if there was only time or energy to take on the project like this. Tick tock, tick tock, goes the county time clock on such a project before it falls under the "Fairfax County Vehicle Storage Rule," which is Chapter 110 of the Fairfax County Code, article four of the Zoning Ordinance that regulates inoperative vehicle storage in residential areas.

According to the county, "when an inoperable vehicle is found on private property, the offender is given a 30-day warning in order to comply with the code. If the vehicle remains in violation after the 30-day period the offender will be given a 10 day notice of violation. If they disregard the notice of violation criminal enforcement action is taken. Due to the large volume of complaints it will take longer than the minimum required by code and policy in order to bring charges and tow a vehicle. The Impound Officer makes every attempt to seek voluntary compliance as soon as possible."

This rule was part of the latest Braddock Beacon newsletter out of Supervisor James R. Walkinshaw's (D-Braddock) office to "promote the health, safety, and general welfare of the public."

They cited the code that looks at the inoperative motor vehicles, trailers and semi trailers as possibly a fire hazard and a hindrance in fighting fires or an unsanitary harborage for rodents and insects that could lead to health and safety hazards to the citizens of this County. "The existence of such vehicles on property in the County reduces the market value of such properties and surrounding properties, dissuades the relocation of families and businesses to the area, and discourages tourism; and that such conditions are aesthetically unappealing to the citizens of this County." (20-85-110.)

According to the Fairfax County Police

Department, there were 542 reported inoperable vehicle complaints in 2021. Older, denser neighborhoods have the most complaints, countywide, the police said. Only four of those complaints in 2021 were in the Braddock District, said Brian Garcia, the communications director in the Braddock District office.

The police found that most property owners voluntarily comply with the initial warnings to move their vehicle. If the owner does not comply, the impoundment officer will tow a vehicle at the property owners' request but rarely tow and fine the owner. Typically, the vehicles that are reported as inoperable have mechanical problems that are not worth repairing. If the owner does not claim their vehicle, the storage lot will obtain an abandoned vehicle title and sell or scrap the vehicle to pay the towing and storage fee, the police said.

FLUIDS LEACHING OUT

Over at Clean Fairfax, Jennifer Cole said they get more calls about trash than inoperable vehicles, but when a complaint like this does come to them, they send it on to compliance for action. Cole did note that an inoperable vehicle could leak out old oil, transmission fluid or gasoline.

"It is an environmental hazard, especially if it's leaking," she said.

The Police Impound Officer that handles inoperable vehicles that are on private property (i.e. a junk car in someone's yard) can be reached at 703-280-0716 or by email at FCPDjunkvehicle@fairfaxcounty.gov. Inoperative vehicles parked on PUBLIC STREETS are parking violations and should be reported to Parking Enforcement by calling 703-691-2131 or emailing the location and description to: FCPDparking@fairfaxcounty.gov

Detectives identified the dumpster where the victim's body was disposed. They've since contacted the disposal services company to determine the potential location where Ebrahim's body may have been taken. Police have coordinated several searches with the Search and Rescue Team to locate him.

Meanwhile, detectives are asking anyone with additional information about this crime to contact them at 703-691-2131 or call 911. Tips may also be submitted anonymously via Crime Solvers by phoning 1-866-411-TIPS (866-411-8477).

— BONNIE HOBBS

First-Degree Murder

FROM PAGE 14

the commission of a felony. He's currently being held without bond in the Adult Detention Center and has a March 14 court date. Police also noted that, during Sarabia's arrest, "Detectives recovered a firearm and are coordinating additional searches for a second firearm believed to be in the City of Alexandria."

The 17-year-old male was arrested Jan. 25 and charged with robbery resulting in death and concealment of a dead body. He's being held in the Juvenile Detention Center.

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The Time is Now



By KENNETH B. LOURIE

For the first time in nearly 13 years, I forgot I had cancer. More specifically, I nearly forgot I had quarterly scans next week. In fact, I only remembered them the Friday before the Wednesday, five days ahead. And I only remembered them because of a bone-strengthening injection I get every four weeks which requires lab work. Lab work which must be completed one to two days prior to the injection. Lab work which determines whether I receive treatment or not. If levels of any number of measures are too high (creatinine, magnesium, calcium, as but a few examples) or too low (potassium, white blood cells), I'm not treated and sent back home with a re-scheduled injection date weeks or even a month later. The logic for the delay, as best I understand it, is to allow one's body to rest and recuperate, sort of, from previous treatments and overall cumulative cancer wear and tear. Nevertheless, the protocol for these injections is every four weeks so it's recurring enough that the thought of it, the preparation for it, never leaves my mind. But the scans however, are something else entirely and easier to misplace, if you know what I mean? Three months doesn't come around nearly as regularly as monthly.

Over the course of months, one can get caught up in life and the miscellaneous responsibilities involved. And before you realize it - or before I realized it, my quarterly scans were a mere five days away, Wednesday, Feb. 2, the day this column publishes. Never in my cancer-patient history had I ever been this late to the party. Fortunately, these appointments are always made by my oncologist immediately after we discuss the results of the previous scans. It's never left to this patient's chance which I imagine is a good thing considering the likelihood of finding available appointments this close to my oncologist's timeline. (And it's been my experience that adhering to the doctor's timeline might be important for my diagnostic health.) And though typically I receive electronic and text reminders from my provider, it just so happened that I remembered I had forgot before I received any reminders. Fortunately, all is not lost and there's no actual harm done. However, for a cancer patient who takes great pride in navigating the entire cancer treatment/appointment process, this temporary oversight has been quite surprising.

As a cancer patient, I've kept the pedal to the metal thinking that letting off the gas might be harmful to my health. I've never stopped treatment or took a break - as my oncologist occasionally suggested, always worried that a delay might be bad for my health. I've always been aware of my appointments and responsibilities and have been "compliant," as my provider says, meaning I've done what they've told me to do and never missed an appointment (apparently some do). When I woke up this past Friday and it hit me that my lab work and scans were next week, I couldn't believe I had totally forgot about it.

The experience of nearly forgetting my cancer care has shaken my confidence a bit. I thought I was "Charles in charge" and on top of my cancer business. I knew who, what, where when and why. I didn't exactly take it all for granted but I had assimilated it all into my routine and thought I had a handle on it. Perhaps my subconscious was taking a much-needed break. I will readily admit that being a cancer patient is all it's cracked up to be. Sometimes, a brake in the action is exactly what the patient needs.

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

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