

# CONNECTION

Burke♦Fairfax♦Springfield♦Fairfax Station

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‘Nutcracker’  
Returns  
Virtually

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Guest soloists and American Ballet Theatre alumni, Elina Miettinen dancing the role of Sugar Plum Fairy and Sean Stewart dancing the role of Cavalier in Fairfax Symphony and Fairfax Ballet Company production of “The Nutcracker.”

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# NEWS

## Police Patrol on Bikes to Enhance Community Relations

Fairfax County has the Neighborhood Patrol Units in every district.

BY MIKE SALMON  
THE CONNECTION

The boots on the ground for the Fairfax County Police Department include the numerous bicycle squads cruising throughout the county, keeping communities safe while interacting with the public on a daily basis. These bicycle squads, called Neighborhood Patrol Units "remove the barrier between the officers and the public," said Sgt. Scott Shafer, a police spokesperson who started his career as part of the bike team based out of the Franconia District Station. "They enjoy that outreach," he said of the bike officers.

There are about 60-70 bicycle officers in the various districts around the county, divided into units of up to eight riders and one captain. It would seem the weather would have some impact, but it's a year-round duty that most of the first-year officers participate in while they climb the ladder through the ranks.

"They certainly are equipped to be out in all weather," Shafer said.

There are certain events throughout the year that the neighborhood patrol units usually work, such as local parades or the National Night Out in the late summer. Those opportunities were limited this year due to the pandemic. The bike patrol teams often receive special assignments when concerns are raised by community members or at the direction of the commanders at each district station. For example, the Neighborhood Patrol Units were part of the arrest at Springfield Town Center in January 2019 when a suspect was videoing in the dressing room. A NPU was involved in another arrest when a fugitive escaped at Mount Vernon Hospital last winter, and they were involved in another residential burglary in 2018. Due to the



If an officer is on a bicycle, it makes it easier to approach some of the residents, particularly children.

PHOTOS COURTESY OF FCPD



The outfits worn by a team are bulky for riding, but required for this line of work.

### AREA ROUNDUPS

#### Fatal Shooting in Springfield Investigated

Detectives from Major Crimes Bureau continue to investigate a fatal shooting that occurred Saturday evening, Nov. 28, in Springfield. Officers responded to the 8500 block of Bauer Drive at 5:11 p.m. and found a man suffering from apparent gunshot wounds to the upper body. He was pronounced dead on scene. Carlington Fitz Author Campbell, 33, of Springfield, identified himself to officers and advised that he was involved in the shooting.

Preliminarily, detectives determined that Campbell and the victim were acquaintances who were involved in an ongoing dispute. The victim arrived at



Carlington Fitz  
Author Campbell

out bond.

Detectives are still actively attempting to notify next of kin of the victim's passing. Upon this notification, more information about his identity will be released.

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 – Click HERE.

Campbell's residence and was later shot just outside his door. Following an initial review of the available evidence and after consultation with the Office of the Commonwealth's Attorney, detectives charged Campbell with second degree murder and use of a firearm in commission of a felony. He is being held at the adult detention center with

web – Click HERE.

This is the 14th murder year-to-date in Fairfax County.

#### Three-car Crash in Lorton Results in Fatality

Detectives from Crash Reconstruction Unit are investigating a fatal car crash that occurred Nov. 27 in Lorton. Officers responded at 1:20 p.m. to the intersection of Richmond Highway and Pohick Road for a crash involving three cars.

A preliminary investigation determined that the driver of a 2007 Chevrolet Silverado was traveling southbound on Richmond Highway prior to Pohick Road. The Silverado rear-ended a 2017 Subaru Forester which was stopped at the red light. The Silverado continued into the intersection striking a 2018

nature of this type of patrol, they were able to be present in a neighborhood where robberies were reported, and didn't attract as much attention as a squad car may have.

Reston has a large number of bike paths going through the community and this provides an ideal NPU environment, so the Reston bike squad puts in a lot of miles, while other districts are a little less rideable. Mount Vernon, for instance: the NPU riders do occasionally go on the Mount Vernon bike trail, but that is predominantly patrolled by the National Park Service.

"All the bike patrols across the county are pretty active," said Shafer.

There are some rules for the bike officers to follow, both qualifying to be a rider and rules of the road, laid out in Fairfax County Police Department general order #530.4, dated July 1, 2012. "It shall be the policy of the Fairfax County Police Department to implement the use of bicycles by officers whenever such methods will result in an improved level of service to the community," the order states. Bicycle officers must go through a training course and complete a "ride-along," with another officer before official duty starts. At least two bike officers must work together on a patrol, and they need to wear a helmet and ballistic vest.

The bicycles they use are mountain bikes made by Trek, Cannondale and Volcanic.

At Volcanic, "police mountain bike" is one of their special models.

In 2005, a police officer in Seattle complained that the patrol bike was breaking down, and that's how Volcanic started creating a rugged bike that many police departments across the country use, including Fairfax County. "Volcanic APB (Approach Patrol Bicycles) are designed and manufactured specifically for the bicycle patrol industry to the standards required to withstand the rigors of daily patrol," their website states.

Chevrolet Colorado that was attempting to make a left-hand turn from Pohick Road to southbound Richmond Highway.

The driver of the Chevrolet Silverado, Ralph J. Edwards III, 33, of Mason Neck, was pronounced dead at the scene. Five other occupants of the cars involved were taken to the hospital for injuries not considered to be life threatening. Detectives are working to determine if speed or alcohol were factors in the crash.

Anyone with information about this crash is asked to contact our Crash Reconstruction Unit at 703-280-0543. 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 – Click HERE. Download our Mobile tip411 App "Fairfax Co Crime Solvers". Anonymous tipsters are eligible for cash rewards of \$100 to \$1,000 dollars if their information leads to an arrest.

# OPINION

## Time to Send Art for Children's Connection

Like everything else, the Children's Connection will be different in 2020. With many schools virtual or with limited in-person classes, we know submissions will be different this year.

On our end, we will be unable to print every piece of art from classes this year, but we don't want to miss this beloved edition entirely.

During the last weeks of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View) is a long-time tradition.

We welcome contributions from public and private schools, art classes, individuals and homeschoilers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

For classes in 2020, please send a curated collection of no more than 5-10 pieces of art.

Please realize that we will not be able to print every item submitted.

We ask that all submissions be digital so they can be sent through email. Writing should be submitted in text format. Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions, but different ideas are welcome:

Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

Short answers to some of the following questions: If you could give your parents, family or friends any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? Describe one of the best or worst things that ever happened to you. What is the best gift you've ever given? Ever received?

Your opinion (100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

Poetry or other creative writing.  
News stories from school newspapers.  
Photos and text about activities or events.  
Were you involved in November's elections?

What did you think?

To be published, we must have the full first and last name of the student artist/writer.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

To send flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the flash drive to: Children's Almanac, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Friday, Dec. 11, 2020.

You can see last year's editions by visiting [www.connectionnewspapers.com/PDFs/](http://www.connectionnewspapers.com/PDFs/) and scroll down to Children's Edition.

Email submissions for the Children's Connection to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

## CONNECTION

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NEWS DEPARTMENT:  
[south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)

Kemal Kurspahic  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

Bonnie Hobbs  
Community Reporter, 703-778-9415  
[bhobbs@connectionnewspapers.com](mailto:bhobbs@connectionnewspapers.com)

Mercia Hobson  
Community Reporter  
[mhobson@connectionnewspapers.com](mailto:mhobson@connectionnewspapers.com)

Mike Salmon  
Contributing Writer  
[msalmon@connectionnewspapers.com](mailto:msalmon@connectionnewspapers.com)

Ken Moore  
Contributing Writer  
[kmoore@connectionnewspapers.com](mailto:kmoore@connectionnewspapers.com)

ADVERTISING:  
For advertising information

[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
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Debbie Funk  
Display Advertising/National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

David Griffin  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

Classified & Employment  
Advertising  
703-778-9431

Editor & Publisher  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

Executive Vice President  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

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

CIRCULATION  
Circulation Manager:  
Ann Oliver  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)



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## December is Virginia's Puppy Mill Awareness Month

BY SUSAN LAUME  
THE CONNECTION

In February, the 2020 General Assembly unanimously designated December as Virginia's Puppy Mill Awareness Month. This December, and each succeeding year thereafter, Virginians are encouraged to observe Puppy Mill Awareness Month by supporting efforts to raise awareness of puppy mills, support rescue organizations, and promote responsible dog breeding and responsible pet adoption. (See Great Falls Connection, July 20, 2020)

What is a puppy mill? No one common definition has been established in law, but puppy mills are generally defined as high-volume commercial breeding operations; factory farming of dogs, with inhumane treatment of adult breeding dogs where profit is put above the welfare of the dogs. These factory farms may have 50 to hundreds of dogs of various breeds held in poor conditions. Many such operations have been repeatedly cited for violations of the federal Animal Welfare Act. And while Virginia's restrictions on commercial breeding have kept such operations out of the Commonwealth, the General Assembly recognized that out-of-state operations regularly transport and ship puppies into Virginia.

The resolution recognized that Virginia consumers face purchase of dogs which are often underdeveloped, sick, or suffer from genetic deformities or behavioral defects as a result of poor socialization and mistreatment,



PHOTO COURTESY SARA YASSIN

Small mixed breeds, favored by puppy mills, often come with hidden poor health price tags, warn animal welfare organizations

and some may even die only days or weeks after purchase. Many pets purchased as holiday gifts come from puppy mills, by way of Virginia puppy stores or on-line sales, and animal welfare organizations see increased numbers of rejected and unwanted dogs following the holidays.

What can you do to stop puppy mills?

It's simple — don't buy from puppy stores which sell dogs/cats/rabbits! Instead, do your business with pet stores that work cooperatively with local rescues to display animals in need of a home. Don't buy animals on-line. Instead, identify responsible breeders or rescues and work directly with them, insisting on seeing their breeding/housing site and health testing.

Talk with your friends and neighbors about puppy store factory farm sourcing. Encourage others to avoid puppy store and on-line puppy/kitten/rabbit purchases. Also, contact your State legislator to voice your dissatisfaction with loop holes in the law that allow puppy mills to sell through puppy stores in Virginia. Ask your Congressional representative to strengthen federal animal welfare act regulations related to commercial dog breeding; to move and pass the Woof Act and the Puppy Protection Act.

Read more information on Puppy Mill Awareness Month in Connection during December.

# NEWS

## Fairfax's Welcome to Small Business Saturday

**S**mall Business Saturday was this past Saturday, Nov. 28, and the City of Fairfax eagerly promoted its small businesses with a citywide Elf Hunt. Business owners tucked elves into their storefront window displays, and shoppers now have through Sunday, Dec. 13, to find 10 or more. People doing so will have their names entered into a drawing for a chance to win one of five, \$100 gift cards to the Fairfax City business of their choice. For more information, go to [fairfaxcityconnected.com/elfhunt2020](http://fairfaxcityconnected.com/elfhunt2020).

— BONNIE HOBBS

Manning one of the welcome stations, last Saturday, in Fairfax City's Old Town Square are (from left) Sarah White of the Lost Dog Café, Noa Gamboa of Small Biz Books & Accounts, and Jennifer Rose, executive director of the Central Fairfax Chamber of Commerce. They handed out muffins, hot chocolate, candy canes, face masks and pens.



## Workhouse to Host Winterfest Holiday Market

The Workhouse Winterfest Holiday Market will be held on Dec. 12, 2020 from 12 to 6 p.m. This annual event is a joyous opportunity for visitors of all ages to enjoy the season, all while remaining safe and socially distant. This year's event will feature a holiday art market, local vendors, a snowflake decorating contest, holiday lights (4-6 p.m.), and a special visit from Santa (12-4 p.m.).

"Building on the success of our Community Market, seeing the engagement of our neighbors and friends, and being able to provide relief through art activities during this health crisis inspired us to design an even more special event this year. Please be sure to check the website below as there are special classes and demos in person and online



throughout the day," said Elena Romanova, Chief Development Officer. A 20 percent discount is available on all artwork campus-wide. Tickets include a gift from the Workhouse and raffle entry to win a \$50 gift certificate to any art or class at the Workhouse, plus a bottle of wine.

For more information on the event, as well as other activities occurring on campus and online Dec. 12, visit <https://www.workhousearts.org/event/winterfest-community-market/>

Workhouse Arts Center is located at 9518 Workhouse Way, Lorton, [www.workhousearts.org](http://www.workhousearts.org); Tel: 703-584-2900; Tickets: \$5 (ages 12 and under free, pre-registration required)

## Long & Foster's Burke Office Launches Toys for Tots Campaign

Long & Foster Real Estate has announced that its Burke office will support the U.S. Marine Corps Reserve in its Toys for Tots campaign this year. Because of the ongoing Covid-19 pandemic, the team is collecting donations to support Toys for Tots instead of its traditional toy drive. The office launched a virtual toy drive for Toys for Tots on Dec. 2, 2020, and you can make an online gift at [longandfoster.com/toysfortots](http://longandfoster.com/toysfortots)

"The Toys for Tots initiative is always a fun, important cause and we're excited to take part in the first-ever digital 'Fill the Box' campaign," said Paul DiCicco, manager of the Burke office.

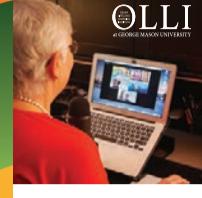
Long & Foster offices throughout the Mid-Atlantic region are participating in the Toys for Tots online toy

drive. This year marks the company's 30th year participating in the holiday collection campaign.

"Giving back to the many communities in which we live and work is important to our Long & Foster family, which is why we participate in the Toys for Tots drive year after year," said Jeffrey S. Detwiler, chief executive officer of The Long & Foster Companies. "The U.S. Marines have built a tremendous program with Toys for Tots, and our employees, agents and their clients appreciate and enjoy the opportunity to share the holiday spirit with children who might not receive anything otherwise."

For information on this year's Toys for Tots Campaign, call the Burke office at 703-425-8000 or visit [www.toysfortots.org](http://www.toysfortots.org).

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## Northern Virginia Joint Transportation Meeting

Tuesday, December 8, 2020, 6-8 p.m.  
[www.virginiadot.org/novatransportationmeeting](http://www.virginiadot.org/novatransportationmeeting)

You are invited to participate in a virtual joint public meeting held by the Commonwealth Transportation Board (CTB), Virginia Department of Transportation (VDOT), Virginia Department of Rail and Public Transportation (DRPT), the Office of Intermodal Planning and Investment (OPI), Northern Virginia Transportation Authority (NVTA), Northern Virginia Transportation Commission (NVTC) and Virginia Railway Express (VRE). According to Virginia Code, these organizations shall conduct a joint public meeting annually for the purposes of presenting to the public, and receiving public comments on, the transportation projects proposed and conducted by each entity in Planning District 8 (Northern Virginia).

The virtual meeting will begin with a brief presentation followed by a public comment period. During the presentation you can learn about various transportation initiatives, including:

- Virginia's Statewide Transportation Improvement Program
- VTrans Draft Mid-term Transportation Needs
- NVTA's FY2020-2025 Six Year Program; TransAction; COVID-19 analysis; and the Regional Multi-Modal Mobility Program (RM3P) in partnership with the Commonwealth of Virginia
- NVTC's Commuter Choice program

The meeting will be held as a **virtual/online meeting**. Information for accessing and participating in the meeting will be posted at [www.virginiadot.org/novatransportationmeeting](http://www.virginiadot.org/novatransportationmeeting). The team of VDOT, DRPT, OPI, CTB, NVTA, NVTC and VRE representatives will make a presentation beginning at 6 p.m. highlighting their transportation programs and receive public comments about Virginia's transportation network for about an hour after the presentation.

**Give your comments** during the joint meeting after the presentation concludes or submit your written comments by **January 4, 2021** by mail to Ms. Maria Sinner, Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or email [meetingcomments@VDOT.virginia.gov](mailto:meetingcomments@VDOT.virginia.gov). Please reference "Northern Virginia Joint Transportation Meeting" in the subject line.

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## WELLBEING

# Have Yourself a Sober Little Christmas

### Battling addictions during the holidays.

By MARILYN CAMPBELL  
 THE CONNECTION

**W**ith the holidays come an increase in imbibing. For battling addiction, the ubiquity of temptations can make attending social events, even those that are virtual or small in-person outdoor gatherings can be difficult, but not impossible, say local mental health practitioners.

"Staying sober is a daily, sometimes even hourly, choice," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College and a private practitioner in Maryland. "During a pandemic, this may be especially difficult because of loneliness and social isolation. In order to protect ourselves from spreading the virus, so many people are experiencing being lonely, which is hard at any time, but especially during the holidays."

Advanced planning when anticipating times when there might be triggers or temptations to drink is important.

"Build in activities, set up alternative things that are pleasurable," said Linda McKenna Gulyen, Ph.D., Professor of Psychology, Marymount University. "Keep yourself busy with tasks or appointments to greet or meet people virtually, by phone or go out on a brisk walk. And tell a trusted loved one that you are planning, too."

Have plans in place to help with those urges, says Lorente. "I also encourage my clients to make a list of tools that they will use to counteract the urges that I call choosing health and happiness, such as going for a 15 minute walk," she said.

Give forethought to situations that might lead to temptation. "It is important to have a plan and work your plan," said Lorente.

Even if conducted virtually, make sure to participate in regular meetings, advises Lorente. "Stay in touch with your recovery support person, whether it is a sober friend or a dedicated sponsor," she said. "And to counteract the isolation that many of us are feeling, reach out to help another person."

There are a variety of options for those looking for support. "For instance, call someone you know is alone," said Lorente. "Meet up for a socially distanced coffee with a neighbor or friend where you each bring your own thermos and blanket."



PHOTO BY MARILYN CAMPBELL  
 Alcohol can flow freely during the holidays. Develop a plan to maintain sobriety.

**"Make a list on your phone of why ... you want to maintain your sobriety and check it whenever you start to get the urge."**

— Carolyn Lorente, Ph.D.

Practice benevolence, suggests Lorente. "Volunteer to help provide food to those that need it," she said. "When we help others, we help ourselves."

It is important to acknowledge and understand the reasons why sobriety might be challenging during this time of year, advises Jerome Short, Ph.D., associate professor of psychology at George Mason University. "It may be difficult for people to

stay sober during a pandemic holiday because many of us are experiencing anxiety, depression, or loneliness and want to feel better," he said. "We also have expectations that we should enjoy the holidays and do fun social activities. Alcohol and other substances may help us feel better briefly and stop thinking about problems."

When spending time with difficult family, or navigating gift giving and money shortages, alcohol or other substances might appear to provide temporary stress relief. "Those feelings are fleeting so engaging in or developing hobbies can help fill the void normally satisfied by substances," said Short.

Maintain one's physical health, continued Short. "Get adequate sleep, exercise, and nutrition to reduce urges to use substances."

## ENTERTAINMENT

# 'Nutcracker' Returns Virtually

Special free broadcast of 'The Nutcracker' from Fairfax Symphony Orchestra in collaboration with the Fairfax Ballet and County Television.

By DAVID SIEGEL  
THE CONNECTION

With performing arts venues and concert halls closed for live entertainment due to the COVID pandemic three Fairfax County institutions have developed a solution for those seeking Holiday entertainment. Fairfax County Government Television Channel 16, the Fairfax Symphony Orchestra and the Fairfax Ballet Company, will bring classic holiday music and dance directly into homes with a virtual production of the masterpiece, Tchaikovsky's "The Nutcracker."

"We are delighted to partner with two of our premier Fairfax County arts organizations to bring this wonderful, holiday production into the homes of our residents for all to enjoy for free and safely this season," said Jeffrey McKay, Chairman of Fairfax County Government Board of Supervisors.

Annually performed in the George Mason University Center for the Arts Concert Hall before thousands of patrons, the virtual



PHOTO COURTESY OF FAIRFAX SYMPHONY ORCHESTRA

Fairfax Ballet Company dancers in "Waltzing Flowers" scene from "The Nutcracker."

"The Nutcracker" will be able to reach more than one million Fairfax County residents.

"In collaboration with our wonderful partners at The Fairfax Ballet and Fairfax County Television, we are thrilled to continue our annual holiday presentation of 'The Nutcracker'—this year as our gift to the community," said Jonathan Kerr, Executive Director,

Fairfax Symphony Orchestra.

"The Nutcracker" virtual performance was filmed in 2019 at Center for the Arts. The performance is unique as one of few "Nutcracker" performances in the DC region to feature live, musical accompaniment together with dancers on stage. Fairfax Ballet's dancers perform with the Fairfax Symphony

### WHERE AND WHEN

Fairfax Symphony Orchestra and Fairfax Ballet present Tchaikovsky's "The Nutcracker" as a free, virtual broadcast production televised on Fairfax County Government Channel 1016 (Cox in HD), Channel 16 (Verizon/Comcast) and streamed from Dec. 5 through Dec. 27, 2020 every Friday at 7 p.m., Saturdays at 7 p.m., and Sundays at 2 and 7 p.m. For details visit [www.fairfaxesymphony.org](http://www.fairfaxesymphony.org). Note: GEICO and The Kensington Reston & The Kensington Falls Church Assisted Living & Memory Care Communities are Premier Sponsors of this virtual production, helping to make the event accessible to the broadest possible audience. To help raise additional funds to support its music and education programs, the non-profit Fairfax Symphony is offering a free gift of cupcakes from Georgetown Cupcakes with donations to the nonprofit organization.

under the direction of Christopher Zimmerman, performing Tchaikovsky's captivating score.

"We're honored to join the Fairfax Symphony to share this virtual production of The Nutcracker," said Karla Petry, Executive Director of Fairfax Ballet and owner of The Russell School of Ballet. "Viewers are in for a special treat as they watch our talented dancers on stage, together with our special guest soloists."

This production features special guest soloists and American Ballet Theatre alumni, Elina Miettinen dancing the role of Sugar Plum Fairy and Sean Stewart dancing the role of Cavalier. Nicole Shortle, age 16 of Oakton, performs the role of Clara. Carlos Martinez (George Mason University) is featured as the Nutcracker Prince with Phillip Smith-Cobbs dancing the Arabian pas de deux. There are more than fifty dancers and students ranging from ages 7-18 from the counties of Fairfax, Loudoun, and Prince William.

A glorious treat for a winter's night.

### Advertising Opportunity

**THE CONNECTION**

Newspapers & Online

### Children's & Teens' Connection 2020



During the last weeks of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette and Children's Almanac) is a long-time tradition.

With high visibility, this is a great advertising opportunity for every industry, so give us a call about rates and ad sizes at 703-778-9431 or email [advertising@connectionnewspapers.com](mailto:advertising@connectionnewspapers.com).

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# 'Fairfax Peak' Indoor Ski Slope Jumps Another Mogul

**Public comments show mixed opinions for the slope planned at Lorton Landfill.**

By MIKE SALMON  
THE CONNECTION

**O**n one side, local skiers look at the possibility of the "Fairfax Peak," indoor ski slope in Lorton, as an opportunity. Fairfax County resident Aidan Lewe thinks the indoor slope could be a healthy escape from the evils of drugs and alcohol that sometimes impact teenagers. "Snowboarding is my passion and all the struggles of life are suddenly lifted when I'm on snow," he wrote.

Resident Anthony Haynes was supportive of this initiative as well, citing energy, enthusiasm, and employment that it could bring to the area. "As a very active snowboarder and long time employee in Lorton, I'm very excited about the possibility of having an indoor ski resort in Fairfax County. Lorton is already an outdoor recreation destination. Fairfax Peak would act as an anchor facility to help improve ski and snowboard skills," he wrote.

"This would be a great addition to the Laurel Hill subdivision," said Robert Arnakis. "I believe it would be a terrific opportunity for exercise and fits well within the adaptive reuse of the greater Lorton Penitentiary area," Arnakis added.

"Very supportive of this initiative. Will bring energy, enthusiasm, and employment. Hope this proceeds quickly," wrote Salim K Saifee.

Not all the comments were supportive.

**THE OTHER SIDE** cited environmental issues, transportation and racial inequalities that the Fairfax Peak could generate.

"My comments focus mainly on the potential loss of a large area of outdoor green space, particularly natural grassland habitat that shelters

declining species of birds and pollinators," wrote George C. Ledec, Ph.D., a local biodiversity conservation specialist who called it "economically risky as well as environmentally problematic."

The Fairfax County chapter of Citizens' Climate Lobby looked at the Community-wide Energy and Climate Action Plan (CECAP) already in place. "We believe a public-private partnership of this scale must not conflict with the ambitious goals being set forth in the CECAP process," wrote Jim Gearing of New Alexandria. This large indoor facility would need to be cooled to the point of allowing snow to be generated. This would take a lot of cooling and energy. "It completely disregards living in the environment we have and it sends a completely wrong message about global warming," he wrote, noting that the expense of skiing adds into the equation. "Fairfax County already has enough social equity issues with-



Artist rendering of the indoor ski slope.



This is one plan for the facility.



Another artist rendering of "Fairfax Peak."

out creating a facility that half or more of the county residents would not be able to afford," Gearing said.

Mary Paden, Chair of the South County Task Force, brought up some questions she felt were not answered: Are there economic benefits to low income families from this? What about the increased jobs for people who rely on public transportation?

"We hope you can provide answers to some of these concerns—especially those regarding energy use, environment, equity, and costs to the county—before the proj-

ect advances much further. It is crucial that community members be able to understand and discuss this information," Paden wrote.

The Audubon Society of Northern Virginia was against the project as well, citing the county's environmental statements in the past. "ASNV recommends that the Board of Supervisors reject the proposed interim agreement with Alpine X LLC for the Fairfax Peak ski resort complex," they wrote.

Catherine Ledec cited the racial inequalities for park land, and affiliated her comment with an NPR radio show from Aug 5

## Estimated Expenses

Skiing or snowboarding is not a cheap sport. Here's a look at what a skier pays on average for a day on the slopes - these prices may be what a Fairfax Peak skier may have to come up with\*:

**Skis:** \$179.99 new or rental \$53/per day

**Snowboard:** \$197.95 new or rental \$53/per day

**Helmet rental:** \$42.95 new or \$14/per day

**Lessons:** \$139/two-hour lesson

**Lift Ticket:** \$91/per day

**Lodging:** \$130 a night, per person

**Total ski trip:** \$427 for a day on the slopes

\* Based on rates at Seven Springs Ski Resort in Pennsylvania

called "Parks in Nonwhite Areas are Half the Size of Ones in Majority-White Areas, Study Says."

Weighing all the comments, the Board of Supervisors entered into an "interim agreement" on Nov. 18 with Alpine-X and the project is moving forward.

Supervisor Dan Storck (D-Mount Vernon) is strongly supportive of moving forward with the process to determine if this location is viable for an indoor ski facility and the additional amenities proposed by Alpine-X. "Once due diligence is complete and County staff and Alpine-X come to a mutual understanding to build on the site, I look forward to working with the community through a series of public engagements on the proposed development. I understand its potential environment, recreation, transportation and community impacts. I also look forward to continuing to realize the vision and transformation of Lorton, consistent with our on-going visioning and planning efforts," Storck said.

## Ski Local

The whole thing is being planned to be built on the mountain of trash at the Lorton Landfill, right off I-95 in the southern part of Fairfax County. The ski facility plans may include multiple slopes for skiing and snowboarding with a variety of ramps, jumps, rails, boxes and other features, capable for use in national snowboarding and freestyle skiing competitions.

At the top of the 20-degree slope there are plans for restaurants, a ski shop and sky bar. A 100-plus room luxury hotel is planned at the base of the indoor snow facility.

It could be connected to Occoquan Regional Park by a gravity-powered, mountain coaster that would slide from the summit to the park. A gondola could ferry riders from Occoquan Regional Park and the facility's base to the summit where Fairfax Peak sky terrace could be built, one plan states.

Fairfax Peak would be built as a public-private partnership, so the county would lease its land to Alpine-X, and the company would build, own and operate its facility. Details of the agreement are pending.

The project is moving forward but there are no concrete dates on the county website under the heading "2021 and Beyond," so it is not clear when the first mogul might be jumped at Fairfax Peak. The immediate future includes more public meetings, traffic analysis, application review and studies.

# BULLETIN BOARD

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

## NOW THRU DEC. 13

Holiday Greenery for Delivery. 8 a.m. to 8 p.m. Thru Assistance League of Northern Virginia, P.O. Box 209, Herndon. The holidays are just around the corner and Assistance League of Northern Virginia has teamed up with Lynch Creek Farm to offer holiday décor. Purchase wreaths, garlands, and centerpieces for your home or as gifts for family and friends. Your orders will be sent directly to the recipients. Shipments to Northern Virginia should take about 5 business days. Assistance League will receive 15% of the cost of every purchase and 100% of any donations. Those funds will help the charity provide food, new clothing and books to many needy children in our community. Here's the link to shopping: <https://www.lync creek-fundraising.com/teams/250781>. Shipping is free. Contact info@alnv.org. Visit [www.alnv.org](http://www.alnv.org).

## STARTING JAN. 26, 2021

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

## THURSDAY/DEC. 3

Providence of Fairfax. 9 a.m. to 6 p.m. At 8280 Willow Oaks Corporate Drive, Suite 600, Fairfax. Immerse yourself in invigorating wellness, join the vibrancy of local culture, and merge a spirited lifestyle of unexpected luxury with innovative care when you join us at The Providence. Meet at the Leasing Gallery for a private one-on-one tour and discover why the Assisted Living is unlike anything you've seen before. RSVP 571-396-0500 to reserve your private consultation and tour. Prefer to meet virtually? Call to schedule a live virtual video meet and greet on the platform of your choice. Visit the website: <https://providencefairfax.watermarkcommunities.com/>

## DEC. 1 TO JAN. 21

Citizenship Test Preparation. 7-8:30 p.m. Free On-Line Citizenship Test Preparation classes. Register at [www.lordoflifeva.org](http://www.lordoflifeva.org). We will use ZOOM software. For permanent residents who are eligible for citizenship. Sponsored by Lord of Life Lutheran Church, Fairfax and Centreville.

## FRA AWARDS \$14.42 MILLION TO REPLACE NEWINGTON ROAD BRIDGE

The Federal Railroad Administration announced its award of \$14.42 million in Federal-State Partnership State of Good Repair funds to the Virginia Department of Rail and Public Transportation (DRPT). The funding will be used to finance the critical \$37 million state-of-good-repair Newington Road Bridge project in Fairfax County. The sub-standard two-track railroad bridge will be replaced with both a new, publicly owned two-track structure over Newington Road in Lorton, Virginia, and a new two-track rail bridge for use by CSX Transportation (CSXT) freight trains. The result will be a four-track structure that separates passenger and freight service and provides con-

tinuity of corridor operations for both passenger and freight service while construction is underway. Ultimately, the project will address a state-of-good-repair need for the railroad, as well as improve the rail and roadway network with modern clearances, lower maintenance costs, and increased capacity built for growth.

## WORKHOUSE ARTS CENTER AFTER-SCHOOL CAMPS

After-school visual arts camps at Workhouse Arts Center have begun. After-school camps are offered from 4:30-6:30 p.m. every Monday, Wednesday, and Friday in two week sessions. Camps are for students Grades 1-3 and 4-6, with a limit of 9 students per session. Session E - December 7 to December 18  
Email [JoshStout@workhousearts.org](mailto:JoshStout@workhousearts.org) or call 703-584-2934.

## WREATHS ACROSS AMERICA

Northern Virginia Veterans Association is partnering with Wreaths Across America to support your local Quantico National Cemetery and needs your support. To lay wreaths, those interested can join up individually or in groups (employee/family/church/civic). Select the day and time frame over a four-day time period from Dec. 16-19 via the Eventbrite registration. Laying wreaths is a memorable way to honor our fallen service men and women during a time that many of us have had little opportunity to get out and give back. Visit <https://www.eventbrite.com/e/125175867389> For more information feel free to email [info@novavets.org](mailto:info@novavets.org) or if you'd like to volunteer with our NOVA Veteran's Team to support this event, email our Volunteer Coordinator at [Fred@novavets.org](mailto:Fred@novavets.org).

## MULTIPLE EXPOSURES GALLERY AT MOSAIC DISTRICT

Multiple Exposures Gallery will present a new group exhibition of photography by MEG member artists at the Torpedo Factory Artists @ Mosaic gallery. Located in the Mosaic District in Fairfax, the Torpedo Factory Artists @ Mosaic gallery is an art venue and venture by the Torpedo Factory Artists' Association (TFAA). Visit <http://www.mosaicdistrict.com>.

## FAIRFAX NAACP PROVIDES \$19,350 IN COVID ASSISTANCE

Fairfax NAACP announced that they will distribute \$19,350 in COVID-19 relief funding to several community-based nonprofit organizations. The pandemic has disproportionately impacted communities of color, from higher infection and death rates to housing and employment insecurity to inequities in distance learning.

## FRESHFARM MARKETS OPEN

Local FRESHFARM Markets are opened. Residents are encouraged to pre-order as much as possible, but grab-and-go and prepackaged options will be available for purchase at all of the markets listed below.

Saturday Markets  
Mosaic, 9 a.m. - 2 p.m. -- 2910 District Ave., Fairfax

SEE BULLETIN, PAGE 11

## When School Was in Session in Person

When school was in person, before reverting to online instruction, Fairfax Academy Auto Tech teacher John King (at far right) got a chance to work with his students in their classroom.



PHOTO COURTESY OF ERIN MOLEK

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December 4th through December 6th

December 11th through December 13th

December 18th through December 20th

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[DelRayArtisans.org/holiday-market-2020](http://DelRayArtisans.org/holiday-market-2020)



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## Announcements

## Announcements

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## Announcements

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# CALENDAR

## TYSONS CORNER CENTER HOLIDAY PLANS

Santa Is Back (Now through Dec. 24). Careful consideration has been given to the Santa set to ensure that they are both healthy and magical to meet the moment. Santa will be seated a distance from his guests to maintain a healthful distance, with a physical barrier to prevent young guests from trying to sit on Santa's lap. Santa and his young visitors will wear masks and maintain a healthful distance, in a contactless visit and photo experience fully re-designed to meet the moment.

Grinch's Grotto (Now thru Dec. 31). Located on Level 2 next to A Christmas to Remember. Guests will meet The Grinch and interact with him right in his cave, as well as pose for a photo. Admission includes a free 6x8" printed photo with a playful Grinch catchphrase. With over 20 sayings to choose from, guests can customize their own Grinch holiday memory. Admission also gets you a collectible Grinch ornament. Each ticket allows admission for up to 5 guests to meet the Grinch as a group. This ticket secures your individual time to meet the Grinch and experience his cave. Social distancing and mask usage will be in accordance with local and mall regulations.

Stuff-A-Truck Event (Friday, Dec. 4, 3 - 7 p.m.) Together with WGTS, the official radio sponsor of the

Salvation Army's Angel Program, the Johnny and Stacey show will broadcast live from the Hyatt Regency Tysons Corner Center near the Plaza, encouraging listeners to help "Stuff the Truck" with toys for donation to the Salvation Army.

## NOW THRU THE HOLIDAYS

Santa at Springfield Town Center. Santa and his reindeer have arrived at Springfield Town Center to kick-off the holiday season. In an effort to create touchless experiences and accommodate varying levels of visitor comfort, Santa will be available at Springfield Town Center via numerous experiences and offerings: Picture with Santa; Virtual Experience; Family Pet Photos on Mondays; Family Photos and Visits with Santa. Reservations are required for all Santa and photo offerings.

## NOW THRU DEC. 15

BUMC Holiday Marketplace. Burke United Methodist Church is hosting an online Holiday Marketplace.

Proceeds will benefit our Cambodia ministry and the preschool. Includes links to many local crafters. Visit [www.burkeumc.org](http://www.burkeumc.org)

## DEC. 4 AND DEC. 11

Centrestage Spotlight. 6-8 p.m. Virtual Event. Centrestage Spotlight is a virtual show that will feature songs, monologues and scenes performed by Theatre Centreville students. Audience members will receive a link so the show can be enjoyed virtually. The first show can be viewed between Dec 4th and Dec 7th. The second show can be enjoyed Dec 11th through Dec 14th. To purchase tickets, go to <https://www.theatrecentreville.com/wpa/>

## FRIDAY/DEC. 4

Holiday Drive-In Movie. At Tysons Corner Center. Friday, December 4 - Elf from 5 p.m. - 9 p.m. Each night, the fun will kick-off at 5 p.m. (movie starts at 7:30 p.m.) and will last until the movie has concluded with food available from participating eateries as well as some live entertainment, trivia, and music prior to the show. Reservation required, with a donation of \$10 or more to Food for Others, a local nonprofit providing food to neighbors in need.

## DEC. 4-6

Capital Craft Fair. 12 to 5 p.m. At Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. A Showcase of Artistry and Craftsmanship - The Capital Craft Fair will feature works of art and fine crafts presented by more than 100 juried artists. Artists will offer a wide variety of handmade art in several mediums. Cost: \$10 Adults (in advance) \$12 (at the door). Visit the website: <https://hubs.la/H0y-gJs0>

## SATURDAY/DEC. 5

Living Nativity. 11:30 to 1 p.m. At St. Christopher's Episcopal Church, 6320 Hanover Ave., Springfield. St. Christopher's Living Nativity and unwrapped toy drive is on — drive or walk by. Rev. Connors: "Come experience the joyous Christmas story — and make a child's life a little brighter." Free. Visit the website: [www.saintchristophers.net](http://www.saintchristophers.net)

SEE CALENDAR, PAGE 11

## Legals

### ABC LICENSE

The French Roast LLC, trading as Grounded Coffee Shop, 6919 Telegraph Rd, Alexandria, VA 22310. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine And Beer On and Off premises license to sell or manufacture alcoholic beverages. Sebastien Rondier, Owner. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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**Senior Living**, fourth week of every month.

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-Werner Heisenberg

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## CALENDAR

FROM PAGE 10

### SATURDAY/DEC. 5

Healing with Horses. 9 a.m. At Ohana Equestrian Preserve, 24240 James Monroe Hwy, Aldie. Capital Caring Kids will host a free event for seriously ill, grieving children and their families in the region to be introduced to the special bond between humans and horses. Registration is required by Dec. 1. Call 703-407-2741 or visit the website: <https://www.capitalcaring.org/event/healing-with-horses/>

### SATURDAY/DEC. 5

Snow White and the Seven Dwarfs. 3 p.m. At Reston Community Center Hunters Woods, CenterStage, Reston. Cost is \$5 Reston/\$10 Non-Reston. Mark Brutsché brings his unique spin on this childhood favorite that will be fun for the whole family. Visit the website [www.restoncommunitycenter.com/ptas](http://restoncommunitycenter.com/ptas).

### SATURDAY/DEC. 5

Cookie Cutter Creation - 3D Printing Workshop. 10-11:30 a.m. Online. Get into the holiday STEM spirit and explore the world of 3D design to create your very own cookie cutter. In this virtual workshop, the STEM educators will take you through the process of designing a 3D cookie cutter on TinkerCad. Cookie cutters will be printed on the Children's Science Center 3D printer and available for pick up on Friday, December 18 from 4 p.m. - 6 p.m. and Saturday, December 19 from 10 a.m. - 12 p.m. Cost is \$25. Visit the website: <https://www.childsci.org/events/diy-workshop-cookie-cutter-creation>

### SATURDAY/DEC. 5

Pancake Breakfast. 9:30-11:30 a.m. At Turner Farm, 10609 Georgetown Pike, Great Falls. Turner Farmhouse Foundation invites the community to come to its Pancake Breakfast and Fundraiser. Come tour the grounds, visit the milk house and enjoy pancakes, coffee, tea and hot chocolate. They are raising funds to work on the Retreat House, and will start construction once the Special Exception application is approved. Contact Sarah Kirk, [skirkbr@gmail.com](mailto:skirkbr@gmail.com), 703-403-3072.

### DEC. 5 AND 6

McLean Holiday Art & Crafts Festival (Virtual). 4 p.m. Free Admission. Founded in 1982, the McLean Holiday Art & Crafts Festival is a highly anticipated, juried show featuring exceptional regional artisans. These fine, handcrafted works are made by established, high-quality, seasoned artisans as well as new artisans exhibiting innovative concepts. The show includes pottery, glass, jewelry, holiday decorations, mixed media, fashion accessories, wood, fine art, artisanal foods, and more. See behind the scenes and watch how these artists create their masterpieces. Support the arts and buy a unique gift for someone special. Registration is required. Activity No. 2011.220. Visit <http://nvhg.org>

### DEC. 5 AND 6

Festival of Nativities. 5-8 p.m. At Church of Jesus Christ of Latter-day Saints, 6219 Villa Street, Franconia. Celebrate Christmas at an open house event to view nativities from around the world. This will be a wonderful way to focus on the true meaning of Christmas as the holiday season begins. To promote the health and safety

of volunteers and guests, they ask that you sign up for a window of time to attend. Details and the registration link can be found at: [www.festivalofnativities.com](http://www.festivalofnativities.com)

### SUNDAY/DEC. 6

CIA in Moscow. 2-3:30 p.m. At the Cold War Museum (100% Virtual, Zoom Room). Jonna Mendez, former Chief of Disguise at CIA, will talk about how CIA Technical Services spoofed the KGB so we could run agents in Moscow during the Cold War. Cost is \$20. Call 703-283-4124.

### NOW THRU DEC. 6

Nature's Palette. At The Loft Gallery of Occoquan, 313 Mill Street, Occoquan. Featuring work by Patricia Hafkemeyer and wood artist, George Jones III. Gallery Hours: Tuesday-Friday, 11 a.m.-4 p.m.; Saturday, 11 a.m.-5 p.m.; and Sunday, Noon-5 p.m. Artist's Reception: See Facebook Live Reception on Saturday, November 7 at 3:30 p.m. at <https://www.facebook.com/loftgalleryoccoquan>

### MONDAYS BEGINNING DEC. 7

Junior Lakeside Explorers. 10:30 a.m. At Burke Lake Park, 7315 Ox Road, Fairfax Station. Don't miss the chance for your child to join the Park Authority's newest nature club. Join "Junior Lakeside Explorers" at Burke Lake Park. This new nature club is designed for children age 5 to 7. Kids will learn about the wildlife that call the region's lakefront parks home, and the nature topics will be geared to meet some homeschool science requirements. The program meets on Mondays, beginning Dec. 7, 2020. Sessions run from 10:30 to 11:30 a.m. for four weeks. The cost is \$32 per child. Call 703-323-6600.

### SATURDAY/DEC. 12

Winterfest Holiday Market. Noon to 6 p.m. At Workhouse Arts Center, Lorton. This year's event will feature a holiday art market, local vendors, a snowflake decorating contest, festive lights, and a special visit from Santa. They are also offering a 20% discount on ALL artwork campus-wide! This is an excellent opportunity to get the perfect gift for the art lover in your life. Visit our website for tickets and information: <https://www.workhousearts.org/event/winterfest-community-market/>

### SUNDAY/DEC. 13

Winter Wreath Workshop. 1 p.m. At Colvin Run Mill, 10017 Colvin Run Road, Great Falls. With help from staff at Green Spring Gardens, the "Winter Wreath Workshop" will teach you some dazzling possibilities with greens, ribbons and pinecones. This workshop is designed for participants age 16 to adult. The cost is \$39 per person, plus a \$25 supply fee. Please register for both the program and supply fee. Call 703-759-2771.

### THURSDAY/DEC. 17

Lúnasa, a Celtic Holiday. 8 p.m. At Reston Community Center Hunters Woods, CenterStage, Reston. Cost is \$25 Reston/\$50 Non-Reston. Irish band Lúnasa brings its holiday show to the CenterStage, along with Dublin-born bouzouki player Daoiri Farrell and rising star Malinda. Part of the Professional Touring Artist Series. Visit the website [www.restoncommunitycenter.com/ptas](http://restoncommunitycenter.com/ptas).

## BULLETIN BOARD

FROM PAGE 9

### COX FOUNDATION AWARDS \$25,000

Cox Communications is helping feed families in Fairfax through Fairfax County Meals on Wheels with a \$25,000 donation from The James M. Cox Foundation. This is in addition to the \$10,000 awarded on behalf of Cox Charities to Fairfax County Meals on Wheels in March. The grant will support local families in need during the COVID-19 pandemic. The James M. Cox Foundation is the charitable arm of Cox Enterprises, the parent company of Cox Communications and Cox Automotive. In response to the growing strain on feeding the community, the foundation announced \$25,000 grants to support people in need where we live and work.

### COMMUNITY FOUNDATION AWARDS

#### \$715,000

The Community Foundation for Northern Virginia awarded \$715,000 in Round 3 grants from the COVID-19 Response Fund for Northern Virginia.

Organizations offering access to health care, mental health care, and dental health care for low income, uninsured and underinsured residents, and organizations offering direct services to victims of domestic violence which are soaring under stay at home orders across our region, were invited to apply. And while they originally estimated that approximately \$350,000 would be awarded in Round 3, strong contributions to the COVID-19 Response Fund and a phenomenal demand for support has resulted in grants totaling \$715,000 to 35 organizations on the front line of the pandemic.

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## A Bone To Pick



By KENNETH B. LOURIE

Not that I'm the most-stressed about it, but I am at least stressed about a bone scan I'm having this week. The reason being that thyroid cancer that's metastasized - which mine has, sometimes moves to the bones. And since I have some knee-hip discomfort, particularly when I get up from a seated position, my oncologist ordered this two-step diagnostic process: an injection of something followed a few hours later by the actual scan to assess the damage. Not that I want to look for trouble (since it has already found me) but it's important - though scary, to tell your oncologist about any new symptoms, especially, if this new symptom has persisted for more than a few weeks. Rather than be an idiot and not mention the problem, I mentioned it during our last phone call on Thursday the week before Thanksgiving and tomorrow, Monday, 10 days after the new fact, the bone scan will occur. I imagine I'll receive the results by the end of the week. Waiting for results all the time is another negative aspect of this disease. Very little happens while you wait, if you know what I mean?

I wouldn't say exactly that common sense has prevailed here. It really doesn't take a genius to call a doctor when you're experiencing some new and unusual pain. In fact, the first lesson of oncology 101 is to contact your oncologist if any new symptom presents. It might actually be serious. Moreover, you're never to presume anything. You are to let the doctor know and let him be the judge. Keep the self-diagnosing and self-medicating to a minimum, if at all. You don't know best. In fact, you hardly know at all.

Part of the occasional apprehension I've had in not sharing any new symptoms with my oncologist is fear. If I tell him about a new symptom, it might actually indicate a problem/complication with my disease/treatment. The illogic is: if I don't tell him, my overall medical situation can't get worse - which is obviously stupid, and not true. But since I'll never receive medical confirmation that my health situation has taken a turn, I can continue to delude myself. But my thought process - as a previously diagnosed "terminal" non small cell lung cancer patient stage IV, was just that. What I don't tell him won't hurt me. 'Hurt me' meaning leading to a premature death (I know, any death is premature). I realize even before writing this that it doesn't make any sense. As I have said on many occasions, I'll blame the cancer.

And why I'll blame the cancer is because more than the damage it does to your body, it is the damage (effect really) it has on your brain. In a subconscious kind of way, your brain is totally rewired. After receiving such a life-changing/potentially life-ending diagnosis, you begin to think differently about life. Your obligations change. Your priorities change. Your responsibilities change. Your perspective changes. As such, your answers to questions and preferences no longer seem to be coming from the same place as they were before your diagnosis. It's not so much physically as much as it is emotionally, psychologically, spiritually. You're almost an entirely new person. At a minimum, you definitely become a variation of the previous you. You might look the same, but you don't exactly act or sound the same.

All your decisions become controlled by your disease, not literally, but made through the prism of your being a cancer patient. It's not that, if you're lucky, you need someone to prepare your meals/assist with your activities of daily living, but you do lose yourself in the disease with all the appointments, scans and treatments. And the worst part of it, none of it guarantees anything other than more appointments, scans and treatment. The bone scan I'm having is a perfect example. And unless I embrace the process, the stress and anxiety is likely to do as much damage as the cancer. Fortunately, I'm up to the challenge. Nevertheless, it's worrisome.

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



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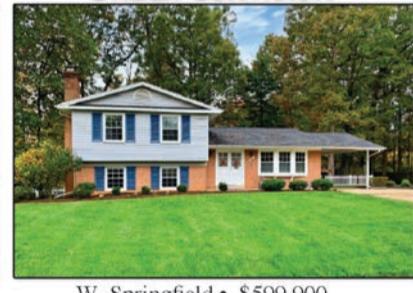
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